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In his sermon, he refers to the book, Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope, by Robert Enrightin, which he highly recommends as it is published by ...

Forgiveness is a choice

Robert D. Enright's Forgiveness is a Choice, R. T. Kendall's Total Forgiveness and Colin Tipping's Radical Forgiveness are recent contributions to the self-help movement's interest in forgiveness as a method for emotional and physical healing. These influential and bestselling books represent a sampling of a much larger trend in studies...

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For example, saying "I forgive you" sometimes may be a denial that any harm occurred or a self-defeating effort to control, manipulate or gain "moral superiority" over the offender. 1 Robert Enright, Forgiveness is a Choice (Washington: APA, 2001); Robert Enright & Richard Fitzgibbons, Helping

The Enright Process Model of Psychological Forgiveness

Robert D. Enright's *Forgiveness is a Choice*, R. T. Kendall's *Total Forgiveness* and Colin Tipping's *Radical Forgiveness* are recent contributions to the self-help movement's interest in forgiveness as a method for emotional and physical healing.

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About the Author. Robert D. Enright, PhD, is a licensed psychologist and professor of psychology at the University of Wisconsin, Madison. He is the author of more than 80 publications and has been a leader in the scientific study of forgiveness and its effects since 1985. His work on the subject has appeared in *Time*, *McCall's*,...

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