

**THE FORGIVING SELF: THE ROAD FROM RESENTMENT
TO CONNECTION**

Hope McLennan

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Robert Karen's book presents forgiveness as something that is for all people. It is a work that bridges the divide between pop psychology and psychoanalytic.

In this fascinating book about our struggle to forgive, psychologist and award-winning author Robert Karen uses movies, people in the news.

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Apr 01, Marvel rated it liked it. In this inner configuration, sadness and hurt, anger and hatred, can all exist. I've been reading a lot on forgiveness lately, and this book touches on some really important concepts and perspectives that are not well accessed by other works.

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