**Recommended Reading on Forgiveness**

* *Radical Forgiveness: A Revolutionary Five-Stage Process to Heal Relationships, Let Go of Anger and Blame, and Find Peace in Any Situation.* Colin Tipping. (2010)
* *How Can I Forgive You?: The Courage to Forgive, the Freedom Not To.* Janis A. Spring. (2005)
* *Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope*. Dr. Robert D. Enright. (2001)
* *The Power of Forgiveness: A Guide to Healing and Wholeness*. Emily Hooks and Nirmala Nataraj. (2017)
* *8 Keys to Forgiveness (8 Keys to Mental Health).* Robert Enright. (2015)
* *When Forgiveness Doesn't Make Sense*. Robert Jeffress. (2001)
* *The Book of Ho'oponopono: The Hawaiian Practice of Forgiveness and Healing.* Luc Bodin, Nathalie Bodin Lamoy & Jean Graciet. (2016)
* *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World.* Desmond Tutu and Mpho Tutu. (2015)
* *From Murder to Forgiveness: A Father's Journey*. Azim Khamisa. (2012)
* [*From Red Earth: A Rwandan Story of Healing and Forgiveness*](https://www.amazon.com/Red-Earth-Rwandan-Healing-Forgiveness/dp/0874869846/ref%3Dcm_cr_arp_d_product_top?ie=UTF8)*.* Denise Uwimana. (2019)
* *The Sunflower: On the Possibilities and Limits of Forgiveness.* Simon Wiesenthal. (1998)
* *Triumph of the Heart: Forgiveness in an Unforgiving World*. Megan Feldman Bettencourt. (2015)
* *Beyond Forgiveness: Reflections on Atonement*. Phil Cousineau. (2010)
* *Unconditional Forgiveness: A Simple and Proven Method to Forgive Everyone and Everything*. Mary Hayes Grieco. (2011)
* *How To Forgive Ourselves Totally: Begin Again by Breaking Free from Past Mistakes*. R. T. Kendall. (2007)
* *The Path to Forgiveness.* Dr. Preston C. VanLoon. (2018)
* *Forgiving Our Parents, Forgiving Ourselves: The Definitive Guide*. Dr. David Stoop. (2011)
* *Why Forgive?* Johann Christoph Arnold. (2014)
* *The Forgiveness Book: Healing the Hurts We Don't Deserve.* D. Patrick Miller. (2017)
* *Forgiving the Unforgivable: Overcoming the Bitter Legacy of Intimate Wounds.* Beverly Flanigan. (1994)
* *The Forgiveness Project: Stories for a Vengeful Age*. Marina Cantacuzino. (2016)
* *The Secret of Lasting Forgiveness: How To Find Peace By Forgiving Others . . . And Yourself*. Bruce Wilkinson and Mark E. Strong. (2018)
* *Forgive and Love Again: Healing Wounded Relationships.* John W. Nieder and Thomas M. Thompson. (2010)
* *Five Steps to Forgiveness: The Art and Science of Forgiving*. Everett Worthington. (2001)
* *Heart Healing: The Power of Forgiveness to Heal a Broken Heart*. Susyn Reeve. (2018)
* *Forgive and Forget: Healing the Hurts We Don't Deserve*. Lewis B. Smedes. (2007)
* *The Twelve Steps of Forgiveness: A Practical Manual for Moving from Fear to Love*, 2nd Edition. Paul Ferrini. (2012)
* *Forgiveness Workbook*. Eileen Barker. (2009)
* *The Forgiving Self: The Road from Resentment to Connection*. Robert Karen. (2011)
* *Dare to Forgive: The Power of Letting Go and Moving On.* Dr. Edward Hallowell. (2006)

**Recommended Podcast on Forgiveness**

*Single Episode*

* Do you forgive? And a little bit on shame. The Overwhelmed Brain. (<https://theoverwhelmedbrain.com/do-you-forgive-and-a-little-bit-on-shame/>
* The science behind forgiveness and how it affects our mental health. David Puder: Psychiatry and Psychotherapy Podcast. (<https://psychiatrypodcast.com/psychiatry-psychotherapy-podcast/2019/4/10/what-is-forgiveness>)
* Forgiveness isn’t all it’s cracked up to be. Tell Me More. (<https://www.npr.org/templates/story/story.php?storyId=186479863>)
* Forgiveness: What It Is and What It Isn’t. Family First Podcast, Episode 108.
* (http://www.markmerrill.com/108-forgiveness-what-it-is-and-what-it-isnt-podcast/)
* The Power of Forgiveness. Tell Me More. (<https://www.npr.org/templates/story/story.php?storyId=102233758>)
* Studies suggest forgiveness has health benefits. Talk of the Nation. (<https://www.npr.org/templates/story/story.php?storyId=17785209>)
* After Sandy Hook, how one parent found hope through forgiveness. (https://www.wbur.org/hereandnow/2017/04/19/alissa-parker-unseen-angel)
* The Why Factor: Forgiveness. (<https://www.bbc.co.uk/programmes/p04knmml>)
* The Forum: Forgiveness. (<https://www.bbc.co.uk/programmes/p020znbb>)
* Why should I forgive? Save the Marriage Podcast, Episode 23. (<https://savethemarriage.com/stmblog/2014/01/why-should-i-forgive-podcast-23-save-the-marriage/>)
* Moral Maze: Forgiveness. (<https://www.bbc.co.uk/programmes/b03ktz12>)
* Forgiveness: Being Well Podcast, Episode 48. (<https://www.rickhanson.net/being-well-podcast-forgiveness/>)
* Surviving assault and offering radical forgiveness featuring Rosario Rodriguez (<https://www.thecatholicfeministpodcast.com/shownotes/rosario>)
* The Psychology of Forgiveness with Dr. Everett Worthington. Why Science Podcast, Episode 15. (<https://cobe.vcu.edu/podcast/episode-15-the-psychology-of-forgiveness-with-dr-everett-worthington/>)
* How can I forgive myself? The Dr. Joe Show (<https://www.marriagehelper.com/forgive-myself-podcast>)
* Elie Wiesel: Evil, Forgiveness, and Prayer. On Being. (<https://onbeing.org/programs/evil-forgiveness-prayer-elie-wiesel-2/>)
* The Seven Signs of Forgiveness with RT. Kendall. More than this Podcast, Episode 23. (<https://sheridanvoysey.com/023-the-seven-signs-of-forgiveness-podcast/>)
* Drug Addiction, self-loathing, and the power of forgiveness with Emily Hooks. The SHAIR Podcast. (<https://soberpodcasts.com/episode/shair-podcast/drug-addiction-self-loathing-power-forgiveness-emily-hooks/>)
* Forgiveness is critical to recovery. The Recovery Show, Episode 174. <http://therecoveryshow.com/2016/10/forgiveness-is-critical-to-recovery-episode-174/>)
* Forgiveness is not what you think it is with Dr. Fred Luskin. Like Mind, Like Body Podcast. (<https://www.curablehealth.com/podcast/forgiveness-is-not-what-you-think-it-is-dr-fred-luskin>)
* The Benefits of Forgiveness. Distraction Podcast, #14. (<http://www.distractionpodcast.com/2016/06/22/mini-distraction-14-the-benefits-of-forgiveness/>)
* After the genocide, author witnessed how Rwandans defined forgiveness. Morning Edition, NPR. (<https://www.npr.org/2019/04/09/711314421/after-the-genocide-author-witnessed-how-rwandans-defined-forgiveness>)
* The Paradox of Forgiveness: Fambul Tok – Forgiveness and Family Talk in Sierra Leone. The Hidden Brain, Episode 18
* (<https://www.npr.org/2016/01/26/463861864/fambul-tok-forgiveness-and-family-talk-in-sierra-leone>)

*Continuous or Multiple Episodes*

* Forgiveness – the process of “letting go.” Part 1: The Resilience Centre. (<https://www.theresiliencecentre.com.au/2017/08/07/forgiveness-the-process-of-letting-go/>)
* Forgiveness – How to say “Sorry.” Part 2: The Resilience Centre. (<https://www.theresiliencecentre.com.au/2017/08/21/forgiveness-how-to-say-sorry/>)
* Forgiveness – how it works in abusive relationships. Part 3: The Resilience Centre. (<https://www.theresiliencecentre.com.au/2017/08/14/forgiveness-how-it-works-in-abusive-relationships/>)
* The Way to Forgiveness. Art of the Unknown Podcast, Episode 37

(<http://www.artoftheunknownpodcast.com/episodes/2017/8/18/037-the-way-to-forgiveness>)

* Self-forgiveness is key. Art of the Unknown Podcast, Episode 38

(<http://www.artoftheunknownpodcast.com/episodes/2017/8/28/038-forgive-yourself-dammit>)

* How to Forgive Yourself. Art of the Unknown Podcast, Episode 39 (<http://www.artoftheunknownpodcast.com/episodes/2017/9/27/039-how-to-forgive-yourself>)
* The Essay: Forgiveness with Madeleine Bunting (<https://www.bbc.co.uk/programmes/b03w0fz4>)
* The Essay: Forgiveness with Michael Symmons Roberts (<https://www.bbc.co.uk/programmes/b03w0k6b>)
* The Essay: Forgiveness with Dr. David Starkey (<https://www.bbc.co.uk/programmes/b03w0k66>)
* The Forgiveness Solution (<https://sacredstoriesmedia.com/category/theforgivenesssolution/>)

**Recommended Twitter Accounts on Forgiveness**

@ForgivenessProj

@WayzForgiveness

**Recommended Videos on Forgiveness**

# The real risk of forgiveness and why is worth it | Sarah Montana

<https://www.ted.com/talks/sarah_montana_the_real_risk_of_forgiveness_and_why_it_s_worth_it>

# What comes after tragedy? Forgiveness | Azim Khamisa and Ples Felix

<https://www.ted.com/talks/azim_khamisa_and_ples_felix_what_comes_after_tragedy_forgiveness?referrer=playlist-the_path_to_reconciliation>

Why is it so hard to ask for and offer forgiveness?**|** Elizabeth Lesser

<https://www.npr.org/2017/05/12/527942398/elizabeth-lesser-why-is-it-so-hard-to-ask-for-and-offer-forgiveness>

# 12 Principles of Forgiveness | Jack Kornfield

# <https://mindfulnessexercises.com/jack-kornfield-12-principles-of-forgiveness-video/>

Do Hateful People Deserve Forgiveness? |Anand Giridharadas

# <https://www.npr.org/2018/07/13/628622772/anand-giridaharadas-do-hateful-people-deserve-forgiveness>

Forgiveness requires gratitude |Fred Luskin

# <https://www.youtube.com/watch?v=GKDM5QH_wlo>

When your son does the unthinkable, can you forgive him and yourself? |Sue Klebold

<https://www.npr.org/2017/05/12/527939178/sue-klebold-when-your-son-does-the-unthinkable-can-you-forgive-him-and-yourself>

Why you need to forgive more |Vishen Lakhiani

<https://blog.mindvalley.com/power-of-forgiveness/>

Calling to forgive a loved one |The Science of Happiness

<https://www.youtube.com/watch?v=EpclyrcMMHs>

The Power of Forgiveness |The Science of Happiness

<https://www.youtube.com/watch?v=8o9_TlZyB_Y>

# Forgiving those who slaughtered his family in the Rwandan genocide | Hyppolite Ntigurirwa

# <https://www.youtube.com/watch?v=ZWmhd4j7XRw>

Forgiveness in an age of anger |Brant Hansen

# <https://www.youtube.com/watch?v=0Rh8uywILZk>

# The Moth Presents Hector Black: Forgiveness

# <https://www.youtube.com/watch?v=hLZ95jFdIH8>

# Infidelity and Forgiveness | First Things First with Julie Baumgardner: Season 10 Ep. 1

# <https://www.pbs.org/video/first-things-first-julie-baumgardner-infidelity-and-forgiveness/>

# Exploring Forgiveness

# <https://www.pbs.org/video/tpt-co-productions-exploring-forgiveness/>

The power of forgiveness | Sammy Rangel

<https://www.youtube.com/watch?time_continue=17&v=iOzJO6HRIuA>

Warning: This video contains explicit descriptions of abuse and violence.