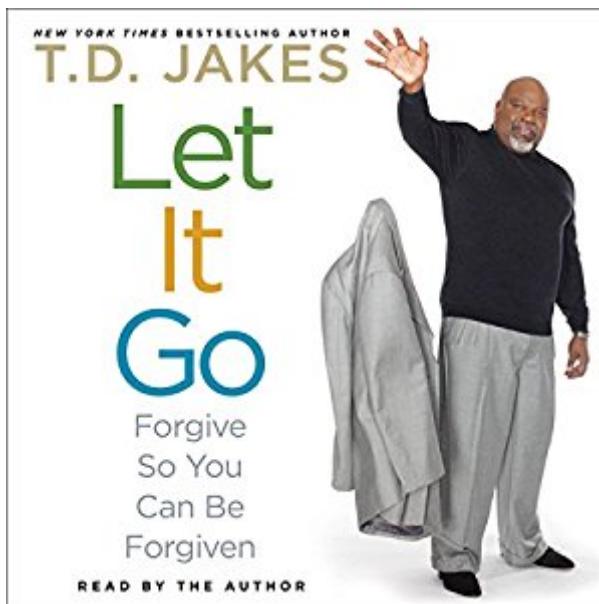


The book was found

Let It Go: Forgive So You Can Be Forgiven



Synopsis

New York Times best-selling author T.D. Jakes uses inspiration from the Lord's Prayer to reveal how the act of forgiving - and learning to be forgiven - can lead you to a more joyful, peaceful, and purposeful life. Forgive and forget. It should be easy to do - so why don't we do it? The father who wasn't always there for us. The mother who punished us. The spouse who betrayed us. The children who will leave us behind. Whoever and whatever the source of hurt, there is always a path to forgiveness. But too often, instead of forgiving, too many of us live with resentments and grudges that keep us stuck, robbing us of joy, peace, and purpose. In *Let It Go*, best-selling author and pastor to a flock of millions T.D. Jakes shares the wisdom and guidance necessary to release a lifetime of hurt and anger and move on with the joyful business of living. Revealing the essential secrets to leading an emotionally vital and spiritually healthy life, Jakes gently teaches the art of forgiveness as a daily practice. In order to practice forgiveness, he explains, we must first learn new styles of conflict resolution and new forms of anger management. To that end, he shows you how to recognize offenses when they come, establish boundaries, encourage purity of heart, develop trust, recover from hurts faster, and forgive ourselves for the rest of our lives. As unconditionally loved children of God, he attests, we are all forgiven. Through grace, we can forgive ourselves and the people around us. In this way, says Jakes, we can live a happier and more fulfilled life.

Book Information

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Customer Reviews

This book had me and my husband really talking about our pasts hurts and our need to stop the

effect from passing on to our children. If a book can get a truly stoic Southern man to talk...its a must read!

It was well written and informative and covered the problem of forgiveness in an understanding way and showed how to handle the many feelings and obstacles on the road to forgiveness. His congregation is very lucky to have a Pastor such as T.D. Jakes as he is very informative and can relate to the many problems in our daily life. I heartily recommend this book to anybody who wants many questions answered and share his experiences with life and find it pertains to the reader. Then, you can have a more compassionate relationship with yourself, and, if it comes to pass, you are able to connect to ties to people in your family and friends, who may have been estranged in the past from you and you from them. I heartily recommend this book and any other ones written by Mr. Jakes. They will be very insightful and give you the courage to solve problems that may have been hurting you for a long time.

When I saw the book Let it Go: Forgive So You Can Be Forgiven by T. D. Jakes as the July selection for our ministry Book Club, I was excited to get a copy and read it! We've been discussing bitterness and resentment in our small group Bible studies, and I wanted to go deeper and learn more. I was completely satisfied with this book...rich in content and applicable to many areas of life. Mr. Jakes applies his concepts of forgiveness to business, ministry and personal relationships. He doesn't preach "get over it" and instead he teaches how to reshape your view, understand your anger and process these feelings in a healthy and constructive manner. He uses excellent examples from his own experiences and this adds value to the book. When teaching about anger, Mr Jakes writes "Anger is a God-given emotion that if managed correctly can be of huge benefit....If Jesus got angry and used it to set the temple in order (see Mark 11:15-19), then you and I must understand that there are some things within us and around us that we will not correct if we aren't angry about them." He then explains how to take ownership of your anger and prevent it from taking root as bitterness. This is a really good book if you want to remove anger, resentment and bitterness from your heart. Grab a copy and be warned...once you pick it up you will not want to put the book down until you finish...it's that good! I highly recommend this book.

I am that type of person when everyone sees & gets to know says "You have so much potential" The person you meet & say to yourself he/she should be much farther along in life than they are" For a long time I didnt understand exactly why. After reading this book I realize it was because of the

unforgiveness (myself & others) anger, resentent that I accumalated from my past. It kept me stuck inside & affected every area of my life. But after reading this amazing book, I understand to write it off & channel my energy into more important & productive things for my life. I feel like a ton of bricks has been released from my life. Thank You TD Jakes. You have helped me on my joirney of changing my life for the best. God Bless You!

This was a good book and it helped me in healing from my past and moving on from people who doesn't bring me any positive energy in my life. I could read this book over and over again

This book talks about different forms of forgiveness which is something that I really enjoyed. When we think about forgiveness we think of other people offending us. But forgiveness comes in many forms including self forgiveness. This book also talks about understanding people while in the process of forgiving. One statement that really stuck with me, was understanding that people grow up differently and the level of etiquette are different for everyone. People whom have a higher level have a very low tolerance for rude people. Which helped me personally. When it comes to dealing with people and extending grace. This book was written from a spiritual prospective which I really liked and it gave examples from the bible with a little humor. The only negative: the vocabulary, thank goodness I was reading from my kindle and could tap the word and get an immediate definition!!! Lol All in all it's a great book and a must read

This is the first book I have read by Christian author T.D. Jakes, but after seeing him recently on the Dr. Phil show where Mr. Jake's new book was mentioned I decided that it was one I wanted to read. As the author says, give yourself the gift of forgiveness. I just finished the book and what I learned is changing my life. The author gives the reader tools to move on, rid oneself from living in the past and pain and guilt, how to understand and communicate with negative people, and create peace and happiness that not only we deserve but can also share with others through our changed attitude and body language. This is the best book I have ever read about the whole matter of forgiveness, and as you can tell I highly recommend it.

I'm just saying, "Let It Go" has awakened areas of my life that have been hibernating for as long as I can remember. I want to selfishly say this book was especially written just for me. Well, maybe not , but it surely feels as though it was. I have allowed my past to stunt my growth as a person, wife, mother, and christian which being bitter and holding myself hostage becomes second nature. Bishop

T.D. Jake never ceases to amaze me. His selection of sophisticated wording and bible references gets me going every time I reads his books. He motivates me to improve in most needed areas I struggle to articulate for myself. I hope other readers can identify with what is commonly unhealthy, and though these life lessons doesn't change in just one book, it surely is insightful to look forward to KO some personal, daily, or situational challenges. I hope all readers will enjoy as I have been thoroughly enlightened and encouraged! (:b=blessed:)

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