

STORY IDEAS

Why You Should Absolutely Forgive Someone Who Doesn't Want It

Dr. Tibbits says because it can save your life

Are You A BLAME ADDICT?

How to ACCEPT that it just might be YOUR RESPONSIBILITY

From Bitter to Better

How to Benefit from Forgiveness No Matter what the Other Person's Response

Should I Forgive the Terrorists?

One expert says the answer may be yes

The HIDDEN ANGER Inside Could Be KILLING YOU

Dr. Tibbits uncovers the CONCEALED DANGERS and Cure

Are You Using One Of the 7 STRATEGIES For Dealing With Anger That DON'T WORK?!!

This expert explains the only methods that do

The Upside of Anger

This expert reveals the 5 healthy expressions of anger

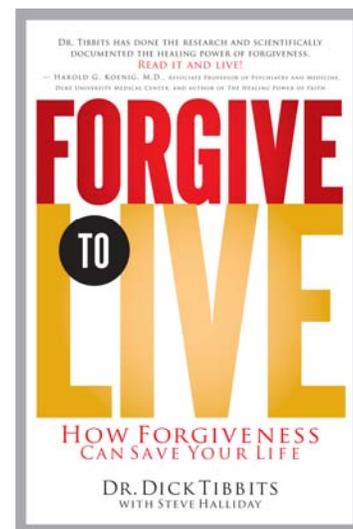
Forgive DOES NOT EQUAL Forget

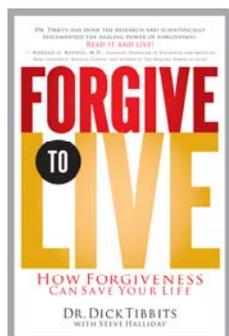
Dr. Dick Tibbits can clarify what forgiveness is and is NOT.



Dr. Dick Tibbits has worked in the field of behavioral and spiritual health for over thirty years. He has used his training in behavioral sciences to assist tens of thousands of people in achieving Whole Person Health and designing life strategies that work in both the corporate world and private life. Dr. Tibbits has his doctoral degree in psychology and is a licensed professional mental health counselor. He is also a certified Clinical Pastoral Education Supervisor (ACPE). Dr. Tibbits currently serves as Chief People Officer at Florida Hospital—the largest admitting hospital in America.

For a full media kit visit
www.ForgiveToLive.net





Forgive To Live: How Forgiveness Can Save Your Life

Author: Dr. Dick Tibbits, doctorate in psychology, licensed mental health counselor, ordained minister

Publisher: Integrity Publishers

Brief Description: Everyone has a “grievance story” – we’ve all been hurt or rejected by someone who mattered to us. Unfortunately, while most of us have been told *to* forgive, we’ve never been told *how* or *why* to forgive. Dr. Dick Tibbits explains how understanding and practicing forgiveness can literally save your life!

Content: From the legacy of 9/11, to the man or woman that broke your heart, to divorce, to random violence, to the boss that holds you back, to reparations for slavery and the Holocaust. In a world riveted by conflict, everyone has a “grievance story.” Too often, that damage leads to negative emotions – such as anger – that lingers for years. *Forgive to Live: How forgiveness can Save Your Life*, Dr. Dick Tibbits plan can help repair hearts, restore health and save lives.

In this book and workbook– drawn from his groundbreaking research and his popular “Forgive to Live” seminars – Dr. Tibbits, Chief People Officer (CPO) at Florida Hospital – the largest admitting hospital in America, reveals the clinically proven steps and tools every person needs to uncover their grievance story, eliminate the unresolved anger that they can and can’t see – and forgive for good. In *Forgive to Live* Dr. Tibbits presents the scientifically proven steps for forgiveness – taken from the first clinical study of its kind that demonstrated there is a link between practicing forgiveness and better health. Dr. Tibbits addresses head-on the paralyzing problem of people being told to forgive, but not how to forgive. *Forgive to Live* demonstrates how to uncover your grievance story, eliminate unresolved anger that you can and can’t see, and forgive for good.

According to Dr. Tibbits, “There probably isn’t a person in the country who hasn’t tried to forgive at one time or another and failed.” Most people have tried to forgive the offender and forget the pain. But it’s still there. Unless the grievance story is revealed and redefined people will face a spiritual crisis, emotional despair and serious health risks. The urgent need for this book is even more apparent when you consider that failing to forgive is a major cause of hypertension. *Forgive to Live* provides positive, life-changing advice that is applicable to everyone with a grievance story.

Audience: Regardless of race, creed, color, or background everyone has been hurt by someone in the past and needs to learn *how* to forgive (not just be told *to* forgive). The urgent need for this book is even more apparent when you consider that failing to forgive is a major cause of hypertension. During the 1990’s more than 40% of all deaths in the US were associated with cardiac and vascular disease, for which hypertension is a major risk factor. It is estimated that about 30% of the US population (approximately 88 million people) have hypertension, with the risk increasing as one ages. *Forgive To Live* contains a clinically proven intervention for people who have serious health problems related to hypertension—the #1 killer in America today.

Endorsement: “Dr. Tibbits has done the research and scientifically documented the healing power of forgiveness. Read it and live!”

~ **HAROLD G. KOENIG, M.D., Associate Professor of Psychiatry and Medicine, Duke University Medical Center, and author of *The Healing Power of Faith***

What Florida Hospital Can Offer:

- Medical experts on this topic or any medical topic you are doing a story on
- Dramatic interviews of people who have greatly benefited from the **Forgive To Live** program
- Other medical professionals who may disagree with this philosophy to reduce blood pressure

Contact: Stephanie Rick, Florida Hospital Publishing
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