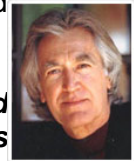


THE BUZZ

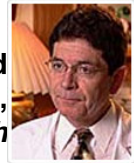
“Forgiveness is more than a noble gesture toward someone else. It is an act of kindness that changes one's self and the world as well. In a world seething with a thousand hatreds, what could be more important?”

~ **LARRY DOSSEY, MD**, author of *Healing Words, Prayer is Good Medicine*, and *The Extraordinary Healing Power of Ordinary Things*



“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*



“*Forgive to Live* is outstanding because it takes you through each vital step of the forgiveness process. It's a compelling read. Once you've finished the book you'll want to pass it on to everyone!”

~ **SCOTT BRADY, MD**, Founder and Director of the Brady Institute for Health, author of *Pain Free for Life*



“Perhaps the reason that you have not been able to forgive is because you have the wrong impression of what forgiveness is. Dr. Tibbits finally exposes the myths of forgiveness, and offers vital answers to those of us struggling to forgive.”

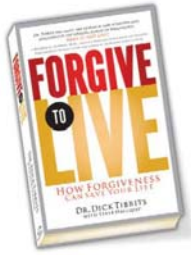
~ **NICK HALL, PHD.**, author of *Change Your Beliefs, Change Your Life*



“We all have a grievance story. Who hasn't been hurt? Who hasn't struggled with forgiveness? We all need this book!”

~ **MONICA REED, MD**, CEO, Celebration Health, author of *The Creation Health Breakthrough*





“*Forgive to Live* is so timely and relevant because the wisdom transcends barriers of age, race, social status and spiritual background. Literally, the ideas and practices in *Forgive to Live* may save your life.”

~ **KENNETH R. PELLETIER, PhD, MD, Clinical Professor of Medicine, University of Arizona School of Medicine and University of California School of Medicine (UCSF), San Francisco, author of *The Best of Alternative Medicine* and *Sound Mind, Sound Body***



“In this inspiring and thoughtful book, Dr. Dick Tibbits presents a compelling portrait of a “muscular” forgiveness with the reminder that strong people forgive. Forgiveness is vital to good health – both physical and mental. This book could not come at a better time in a world that has become increasingly harsh and unforgiving. It’s a mandatory read for all healthcare professionals and their patients.”

~ **JAMES M. RIPPE, M.D., Cardiologist, Founder and Director of the Rippe Lifestyle Institute and author of *Fit Over Forty* and *Fit for Success***



“Dick Tibbits has written a helpful guide to the difficult task of forgiving. He writes with a deep understanding of the subject and offers a methodology that will certainly work for those who apply its principles”.

~ **FRED LUSKIN, PHD, Director and Cofounder of the Stanford Forgiveness Project, and author of *Forgive for Good* and *Stress Free for Good***

