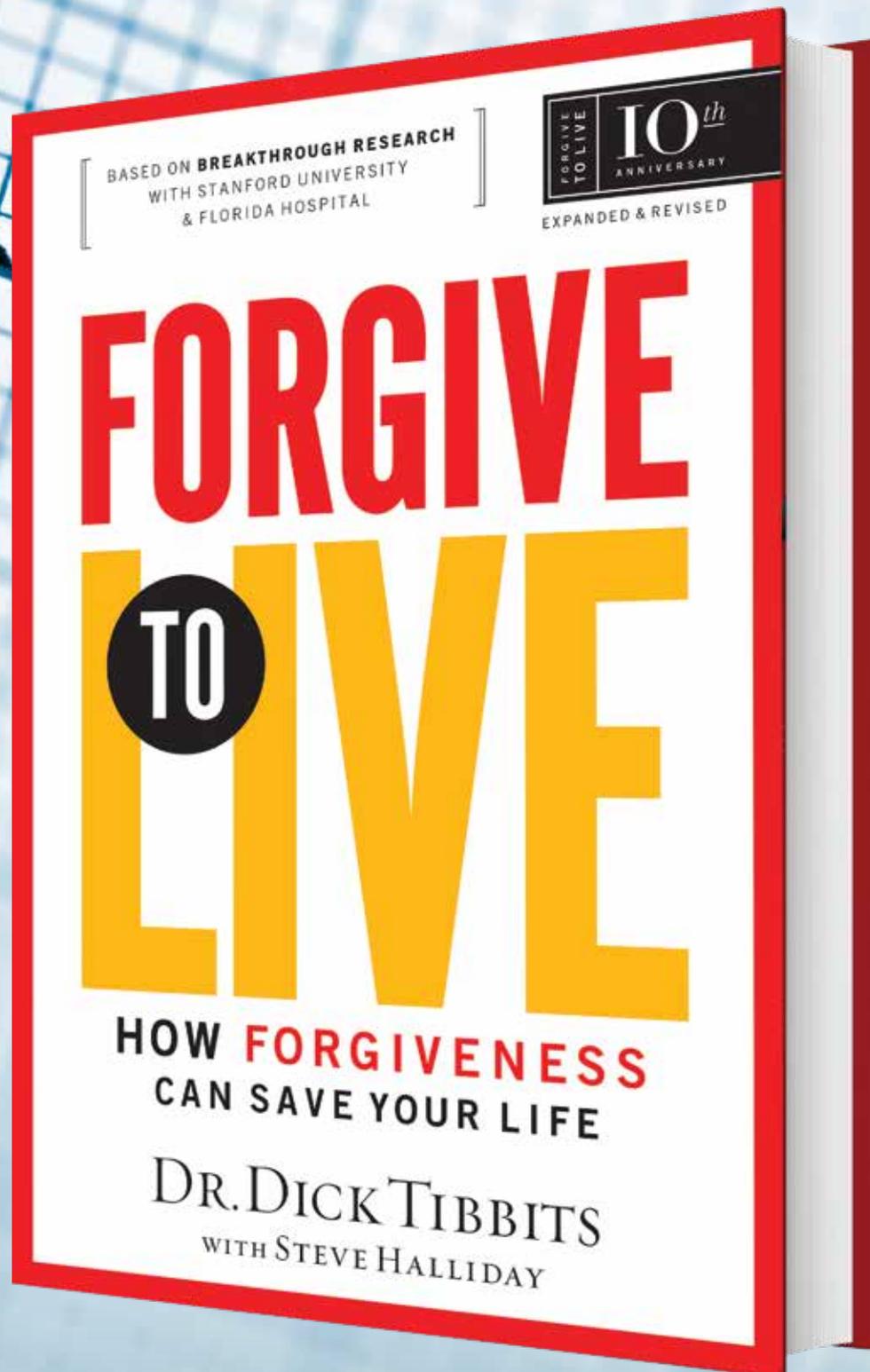


Forgiveness Heals

Could This Book Save Your Life?



About the Book

Every one of us has a “grievance story” – a hurtful event perpetrated by someone who mattered in our lives. And for most of us, that hurt simply will not go away.

Enter forgiveness.

Unfortunately, while most of us have been taught we *should* forgive, we’ve never been shown *how* or *why* to forgive. In this revised and updated edition of *Forgive to Live*, Dr. Dick Tibbits demonstrates that understanding and practicing forgiveness can literally save your life!

The truth is, forgiveness does not balance the scales of justice any more than vengeance does. But a failure or inability to forgive creates an inner anger – sometimes observable, but oftentimes unseen – that affects our emotional, spiritual and physical well-being, from broken relationships and cynicism that lead to isolation, to health issues that lead to a shortened life expectancy.

Using his years of study in the behavioral sciences, observation of patients and his own published scientific study, Dr. Tibbits not only provides practical advice on anger management and goal-setting, but also case studies, assessment tests and other interactive techniques to help us learn and live honest-to-goodness forgiveness. As he provocatively shows, forgiveness is the only way to get our life back and to keep our past from destroying our future.

Why You Should Read This Book

Anger kills ... every day ... through a host of ailments such as depression, stress, broken relationships and heart disease. Yet its victims often never know what hit them.

Though there’s no quick fix for this silent killer, Dr. Dick Tibbits’ groundbreaking research reveals a solution: **forgiveness**.

In celebration of its 10th anniversary, this revised and updated edition of Dick Tibbits’ powerful book shows readers *how* to forgive – insight by insight, step by step – in a workable plan that can effectively reduce anger, improve health and put readers in charge of their life again, no matter how deep their hurts.

In This Book You Will Find

Grievance Story Assessment – A tool to help discover your primary grievance story, how to track it and control its effect on your health.

Anger Temperature Guide – A self-test you can use to identify the “temperature” of your anger and learn to normalize it if it is high.

Personal Peace Practice – A guided psychological technique for instantly creating a positive physical and emotional reaction that counteracts the body’s negative effects of anger, hostility and stress.

Forgiveness Assessment Tool – A guide to discover where you are on your journey toward complete forgiveness and to identify next steps to keep you on track.



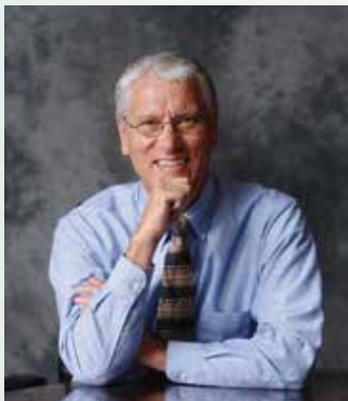
Unresolved anger can lead directly to heart disease and other serious illnesses, but by practicing forgiveness you can reverse its harmful effects.

This Book Will Help Readers

- **Take** steps to reframe their grievance story.
- **Benefit** from forgiveness no matter how the other person responds.
- **Learn** the 7 strategies for dealing with anger that DON'T work.
- **Understand** the physiological mechanisms which can cause high blood pressure and other stress related diseases.
- **Stop** giving control of their life to people from their past.
- **Find** freedom, peace, and strength.
- **Discover** what forgiveness does and doesn't mean.
- **Understand** the difference between guilt and shame.
- **Learn** to overcome the 4 barriers to forgiveness.



About the Author



Dr. Dick Tibbits has worked in the field of behavioral and spiritual health for over forty years. He is a licensed professional mental health counselor, an ordained minister, a certified clinical pastoral educator, as well as an author and sought after speaker. Currently he is an executive coach for hospital leaders and a performance coach to some of the world's premier motorsports racers. He holds a doctorate in psychotherapy from Andover-Newton Theological School as well as an M.Div. degree from Andrews University.

Dr. Tibbits is a pioneer in using a specific spiritual intervention to target a very specific disease and has presented his research at The National Institutes of Health, Harvard University, The Mayo Clinic, Duke University, Loma Linda University, and Stanford University. He has also conducted research on stress management using principles from his work with those who must perform in extreme stress situations.

Over the course of his career he has served as a pastor, pastoral educator and clinical counselor at Kettering Medical Center, Chief People Officer at Florida Hospital Orlando, COO of Loma Linda University Medical Center, and COO/CEO of Florida Hospital Tampa. He lives in Florida with his wife, Arta.

About the Research

In a groundbreaking clinical study, Dr. Tibbits demonstrated there is a link between practicing forgiveness and better health—specifically hypertension reduction. The results of his clinical study were published in *The Journal of Pastoral Care & Counseling* (Spring-Summer 2006, Vol. 60, Nos. 1-2).

For his pioneering research, Dr. Tibbits collaborated with Florida Hospital and Stanford University in conducting the study to determine if there was a link between a spiritual intervention (forgiveness) and better health (lowering blood pressure). The specific objective of the study was to determine if patients with diagnosed stage-1 hypertension could benefit from a forgiveness training program to achieve measurable reductions in anger expression and blood pressure. The results of the study indicated that patients who had experienced high anger had significant drops in their blood pressure.

Dr. Tibbits was invited to present the results of his original research on forgiveness and heart disease at the National Institute of Health (NIH) conference on *Spirituality and Healing*. His findings have been cited by numerous subsequent studies on the topic.

Questions for the Author

- Forgiveness can seem like such a weak term. When someone hurts you, weak is not something you want to be perceived as. How does it benefit us not to seek revenge?
- When a person hasn't forgiven, how does a person's body react?
- What if you have forgiven but you still don't feel better? Why does it still hurt and what can you do about it?
- Can you explain the research that you conducted with Florida Hospital and Stanford University that clinically proves forgiveness has a direct impact on your health?
- What are a few strategies people use to deal with anger that don't work?
- According to the book, grudges consume our lives, deplete our energy, and cause us to relive our pain. Yet, we hold on to them as if there must be some sort of benefit. Why are they so hard to let go?



The Buzz

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

— Harold Koenig, MD, author of *The Healing Power of Faith*; Director of the Center for Spirituality, Theology and Health, Duke University Medical Center

“Dick Tibbits ... 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, author of *Forgive For Good*; Director and Cofounder of the Stanford Forgiveness Project.

“Literally, the ideas and practices in *Forgive to Live* may save your life.”

— Dr. Kenneth R. Pelletier, PhD, MD, author of *Sound Mind, Sound Body*; Clinical Professor of Medicine, University of Arizona School of Medicine

“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.”

— Larry Dossey, MD, author of *The Extraordinary Healing Power of Ordinary Things*

Book Information

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