

FOR IMMEDIATE RELEASE

## Getting Hot with Anger? Chill with Some Forgiveness New Book Puts Readers in Charge of Their Lives, Backed by New Scientific Study

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” - we’ve all been hurt or rejected by someone who mattered to us. Too often, that damage leads to negative emotions - such as anger - that lingers for years. Unfortunately, while most of us have been told to forgive, we’ve never been told *how* or *why* to forgive. *Forgive to Live: How forgiveness can Save Your Life* (Integrity Publishers, 2006), Dr. Dick Tibbits explains that understanding and practicing forgiveness can literally save your life!

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 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.

**It’s scientific.** A grievance story is simply a psychological term that means someone has hurt you in the past and the pain you experienced gets refreshed over and over again in your mind. Continuous rehashing of the grievance story results in many negative health consequences. They include: increased risk of disease, a lack of mental and emotional peace, feelings of loneliness, social isolation, and a shorter lifespan. Based on the groundbreaking research conducted by Dr. Dick Tibbits, with Stanford University, and Florida Hospital, *Forgive to Live* is the first book which clinically shows the proven benefits of forgiveness.

**Anger Kills.** Today, it is a clinically proven fact that anger kills. When you refuse to forgive (or don’t know the proper way to forgive) your grievance story produces a complex range of emotions consisting of resentment, bitterness, hatred, hostility, residual anger, and fear - which are experienced after ruminating about a wrong done to you.

**How widespread is the problem?** 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.

- MORE -

*Forgive to Live* can change your life, as you delve into the book you will:

- Explore the 3 Dimensions of Forgiveness
- Understand the 10 Principles of Forgiveness
- Learn the Medical Benefits of Forgiveness
- Come to a new understanding of what has happened to you
- Discover what forgiveness means
- Take steps to reframe your grievance story
- Stop giving control to the people and pains of the past
- Get your life - and maybe even your health - back
- Find a freedom, peace...and strength you've never had

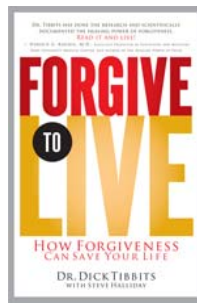
*Forgive to Live: How Forgiveness Can Save Your Life* offers a clear roadmap that spells out how people can find health and wholeness by forgiving the ones who have hurt them. Regardless of race, creed, color, or background everyone has been hurt by someone in the past and needs to learn *how* to forgive (not just be told *to* forgive). *Forgive to Live* isn't just a catchy title or memorable slogan; it describes an effective way to function in an unfair world that can give you peace and joy that so far may have eluded you.

By practicing the three levels of forgiveness, Dr. Tibbits plan in *Forgive to Live* can help repair hearts, restore health and save lives.

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#### Product Details:



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**ALSO AVAILABLE: *Forgive to Live* Workbook**  
ISBN: 1-59145-471-9  
Retail Price: \$13.99

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