



# Forgiving Our Parents, Forgiving Ourselves: The Definitive Guide

*Dr. David Stoop*

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**Forgiving Our Parents, Forgiving Ourselves: The Definitive Guide** Dr. David Stoop

In this revised and updated edition of the well-loved classic-which includes new stories, statistics, and more practical help-a new generation can move beyond failure to forgiveness by understanding the roots of their pain.

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