

Book Reviews: The Forgiving Life

Robert D. Enright has been a pioneer in the field of forgiveness for a generation. Now he leads us into new territory, offering forgiveness not just as a response to a single act but a whole new way of living. Through stories, conversations, theories, and exercises, he boldly charts a new path that dares to offer nothing less than a new way of life. Daring, courageous, and insightful, this book is for all of us who have been hurt at some time and realize we need to move beyond it. Enright sets the challenge before us and the reward is nothing less than life renewed.

[Martin Doblmeier](#), Ph.D., Filmmaker, *The Power of Forgiveness*

This book has helped me to grow as a person. We tend to carry around our excess baggage of resentments when people are unjust to us. Why burden ourselves in this way? This book gives you a systematic way of forgiving all people who have hurt you, from your childhood to now.

[William Byrd](#) – Amazon.com Review

The Forgiving Life is a detailed and practical "how-to" guide for developing a forgiveness muscle that does require attention in order to function. As Dr. Enright suggests "Think of this book as your fitness guide and I as one of your gym instructors. To which chapter would you like to turn as a way of increasing your strength, endurance, and happiness? If your will is strong enough to continue, I will help you develop your legacy."

This work is a must read for family law attorneys, family court judges, mediators, mental health professionals, and most important the parties who find themselves in the center of divorce and family strife!

[Thurman W. Arnold, III](#), CFLS – Amazon.com Review

There are few books that can actually change your life for the better. This is one of them.

As you read this book, you will be gently encouraged to forgive all people throughout your life who have been unjust to you, who have disrupted your peace, who might have even played a part in who you currently are as a person. The point of the book is to do the hard but important work of forgiveness: to practice agape love toward those who have hurt you. As the author so powerfully states in the book, you begin to realize that your love is stronger than any injustices against you. When you realize this, you realize how strong you actually are. You realize how important forgiveness is in your life. As you then incorporate forgiveness into your everyday life, you truly are living The Forgiving Life. Very highly recommended.

[M. Feebee](#) – Amazon.com Review

I just finished reading *The Forgiving Life* and I am very impressed. The author's writing the book as a dialogue is definitely a stroke of genius. Difficult concepts are rendered very clear and accessible for the average reader. The book is easy to read, the forgiveness exercises easy to follow, and the outcome is as promised---growth as a forgiving person. This book will touch the hearts of many people with many different kinds of hurts from people in need of being forgiven. This might be both the deepest treatment of forgiveness in print and, at the same time, the most accessible and easily understood treatment of this vital topic.

By [如意](#) - Amazon.com Review

I have been following Professor Enright's writing and research on forgiveness for years and this is clearly his best work to date. The "Father of Forgiveness Research," as the Philadelphia Inquirer has called him, is in top form because he goes well beyond helping us to forgive one person for one offense as he had emphasized in previous books. Here he challenges us not only to forgive but also to develop in love through the virtue of forgiveness so that we mature as persons who can then be of help to other persons. This way of stretching ourselves in our humanity is a life well-lived.

The professor helps us in the book: 1) to deeply understand and appreciate what forgiveness is; 2) to practice forgiveness toward every person who has ever harmed us, from childhood to adolescence to adulthood; 3) to develop a love of this virtue so that we can pass it on to our own children and to others' children; and 4) finally to create in ourselves a legacy of love instead of a legacy of woundedness passed to the next generation.

The book is made all the more palatable by the engaging dialogue throughout between the seasoned Sophia and the eager-to-learn and quite skeptical Inez. If you admire Inez as much as I do (she has a fighting spirit and a kind heart), then you will love this book.

D. Wayne – Amazon.com Review