



Forgive and Forget: Healing the Hurts We Don't Deserve

By Lewis B. Smedes

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For all of us who have been wounded by another and struggled to understand and move beyond our feelings of hurt and anger, Lewis Smedes's classic book on forgiveness shows that it is possible to heal our pain and find room in our hearts to forgive. Breaking down the process of healing into four stages and offering stories of real people's experience throughout, this wise book provides hope and solace for all who long for the peace that comes with forgiveness.

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Editorial Review

Review

"Lewis B. Smedes ... sets us free to understand that forgiveness can be not only a possibility but a reality." -- Dr. Robert H. Schuller

"Will give help as well as comfort to those who read it." -- Madeleine L'Engle, author of *Certain Women*

About the Author

Lewis B. Smedes (1921-2002) was a renowned author, ethicist, and theologian. He was a professor of theology and ethics at Fuller Theological Seminary in Pasadena, California, for twenty-five years. He is the award-winning author of fifteen books, including *Forgive and Forget*.

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