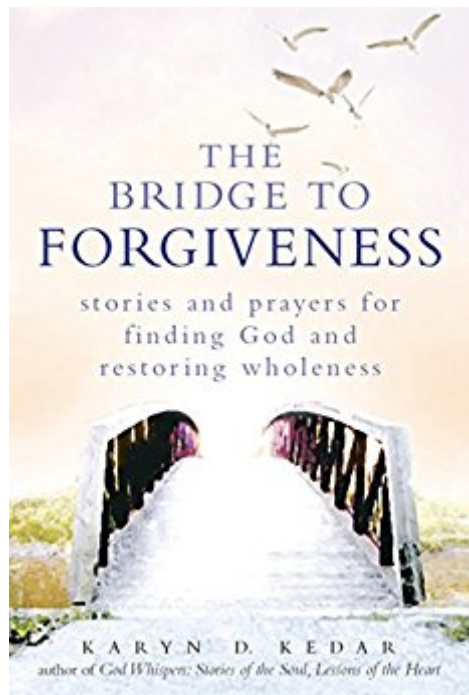


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# The Bridge To Forgiveness: Stories And Prayers For Finding God And Restoring Wholeness



## Synopsis

Embrace forgiveness as a spiritual principle and discover a new closeness with the Divine. Forgiveness is a spiritual path that you embark on with intention and vision, purposefully seeking to bridge the gap between your hurt and suffering and your sense of wholeness and resilient inner light—the light of God. This inspiring guide for healing and wholeness supplies you with a map to help you along your forgiveness journey. Deeply personal stories, comforting prayers and intimate meditations gently lead you through the steps that allow for the evolution of forgiving—loss, anger, acceptance, learning, forgiveness and restoration. Tapping both ancient and contemporary sources for the nourishment and strength needed as you seek to rekindle inner peace, this book tenderly whispers encouragement as you are brought to—and realize you are able to cross—your own bridge to forgiveness.

## Book Information

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## Customer Reviews

"Forgiveness is an intricate dance through pain and anger and loss. Let hope be your partner. Let joy take the lead." Karyn Kedar's Bridge to Forgiveness contains so many gems like this that you will never see forgiveness in the same way. Her bridge is a guide to finding peace after pain, and,

like her previous two books, is very inspirational. I highly recommend the book.

This perceptive book is about more than forgiveness, it shares life affirming lessons, insights and inspirations. As you journey across the bridge to forgiveness, its thought provoking teachings will motivate the reader to feel, to assess and to act. The poetic and succinct writing makes this challenging subject both approachable and an enjoyable reading experience.

I found this title in the Judaica section of my local bookstore and was immediately enthralled... and no, I am not Jewish. I am, however, a writer - and Karyn Kedar shares her call to write this book when she says, "Write. About forgiveness. Write. A subtle echo of new life. Write." and I think every writer who has experienced a spiritual call will know, will understand, will nod alongside these words. YES! Write, we say, enthusiastically. This impressive book is about forgiveness without forgetting. It is about healing and wholeness. It shares its message through a combination of instructive prose, poetry (almost like songs or psalms) and a memoir style of writing. I couldn't help but write quotes as I read along - for example.... "Acceptance is the compassionate embrace of yourself and your place in the world: without judgment, without fear, without regret. You are who you are. You are not who you are not." Simple, yes. Strong? Indeed! This universal message will (I hope and pray) find its way into the hands and hearts of readers of all faiths. Read it, embrace it, live it.

Forgiveness is a concept that, until now, I never really thought too much about. Sometimes I forgive, sometimes I don't, but I never really thought about the implications of that choice. This book was therefore a real treat that took me on a tour through the steps of forgiveness. With anecdotes, prayer, and her personal thoughts on the subject, Karyn Kedar has helped me understand that forgiving does not equate to weakness. In fact, forgiving demonstrates an inner strength that would otherwise go unnoticed. Thanks for a great, thought provoking book on this topic!

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