

Free Yourself to Love

 By Jackie Kendall, *FaithWords*, softcover, 256 pages, \$.

It's not a matter of *if* you're going to be greatly wronged; it's a matter of *when*. And when it happens forgiveness can be one our greatest challenges. Jackie Kendall, president of Power to Grow Ministries, tackles the nitty-gritty of handling damage done to us and exposes the subtle but common ways people exercise pseudo-forgiveness. Some minimize the offense, others rush to forgive without feeling the pain and trauma, and the seemingly big-hearted explain away the behavior, while others cover up or keep emotions in check by being highly driven. It may all be "natural" behavior, but Kendall points out that no matter how you dress it up, you'll still be enlisted in the Victim Entitlement Society. The person most affected is you. Kendall says, "Unforgiveness is a form of self-abuse." In fact, for a Christian, she says, "it's an oxymoron." "Love is one of the key characteristics a follower of Jesus should display, and forgiveness is a synonym for love." Kendall's dramatic personal history and the many other stories she shares underline "forgiveness tools" and biblical principles that will help you to be a person who authentically forgives. [Click here to purchase this book.](#)