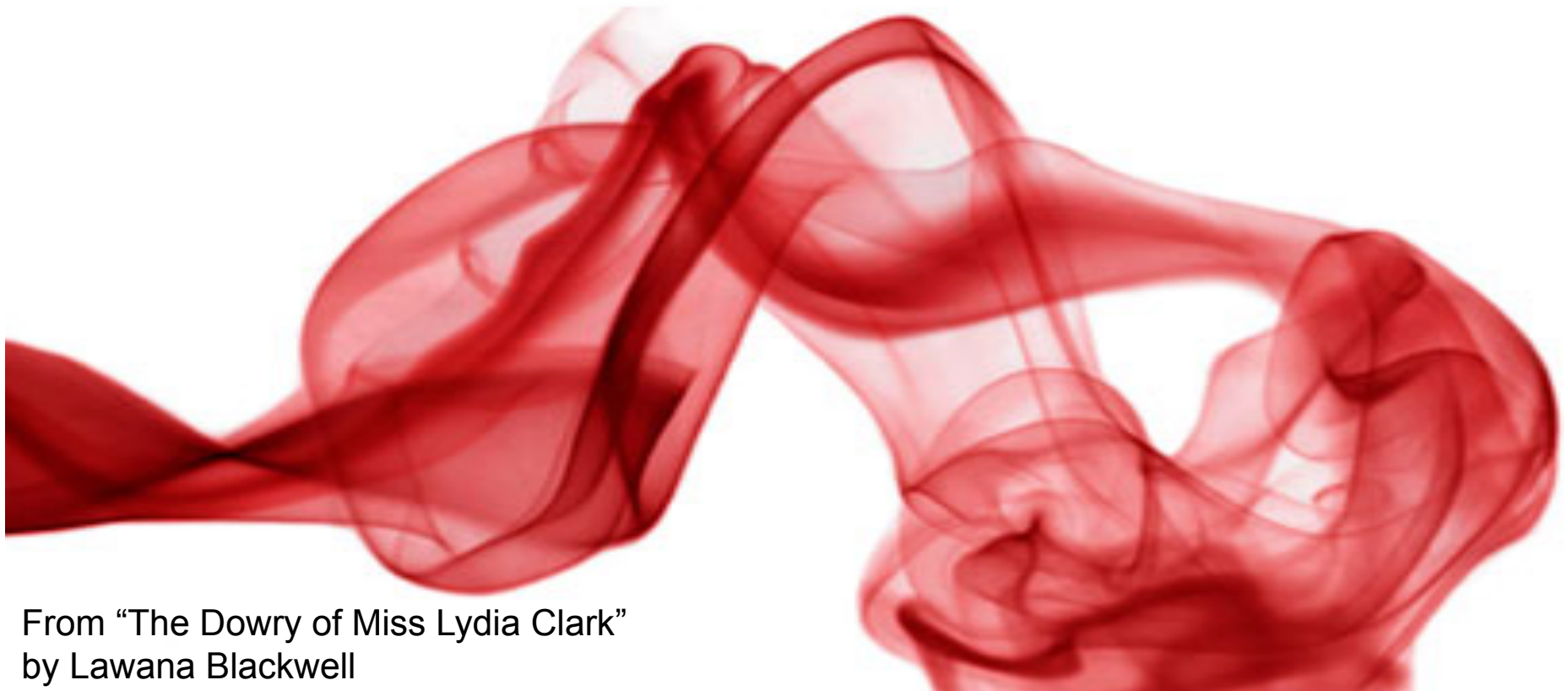


Anger makes you smaller,
while forgiveness forces
you to grow beyond what
you were.



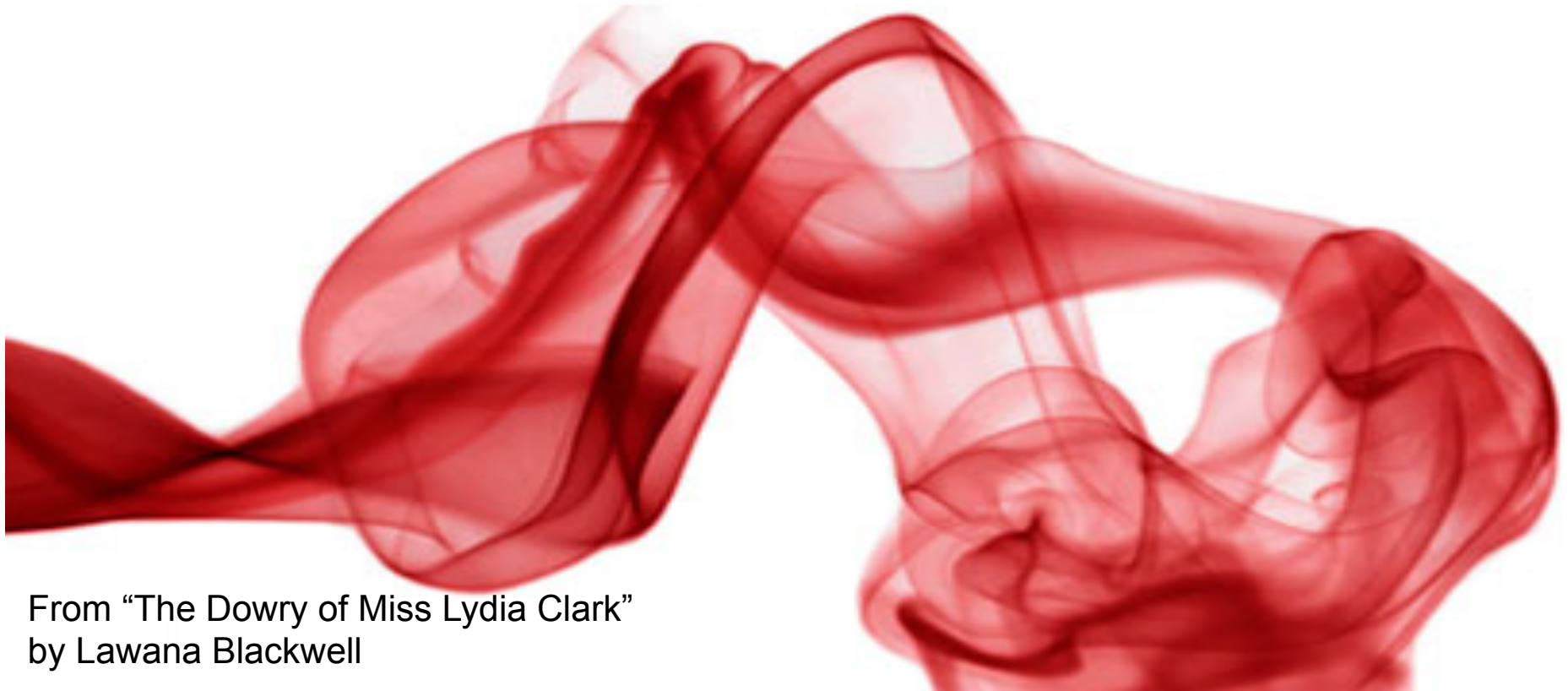
From "If Love Is A Game, These Are The Rules"
by Cherie Carter Scott

Forgiveness is almost a
selfish act because of its
immense benefits to the one
who forgives.



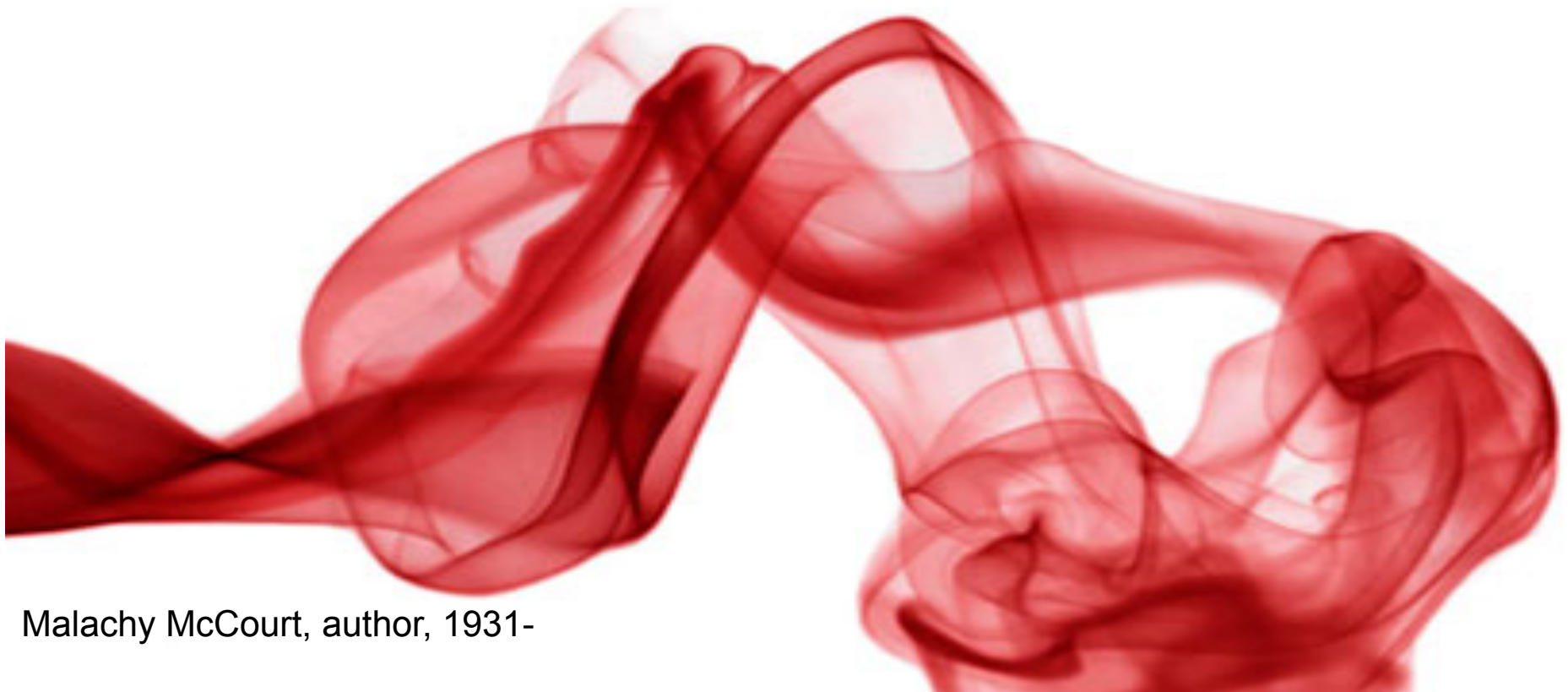
From "The Dowry of Miss Lydia Clark"
by Lawana Blackwell

The hatred you're carrying
is a live coal in your heart
- far more damaging to
yourself than to them.



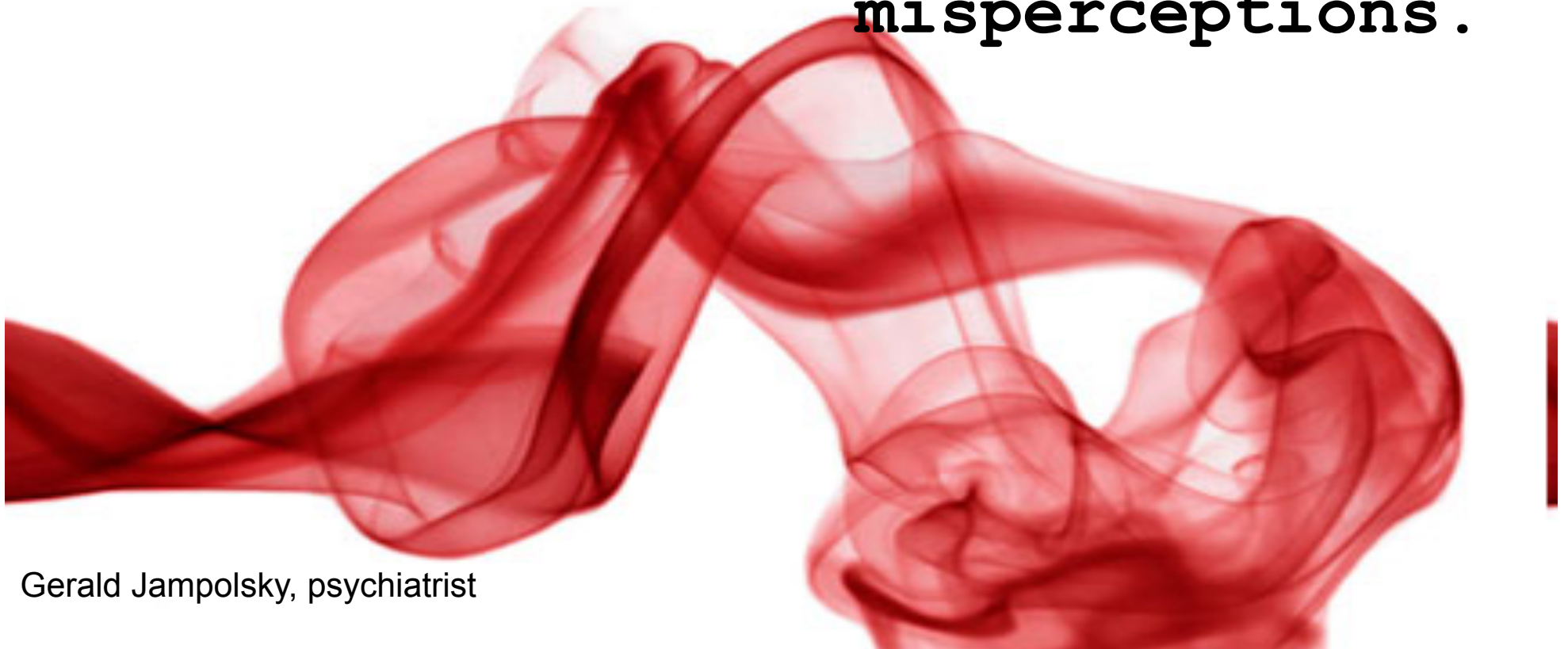
From "The Dowry of Miss Lydia Clark"
by Lawana Blackwell

Resentment is like taking
poison and hoping that the
other person dies.



Malachy McCourt, author, 1931-

Inner peace can be reached only
when we practice forgiveness.
Forgiveness is letting go of the
past, and is therefore the means
for correcting our
misperceptions.



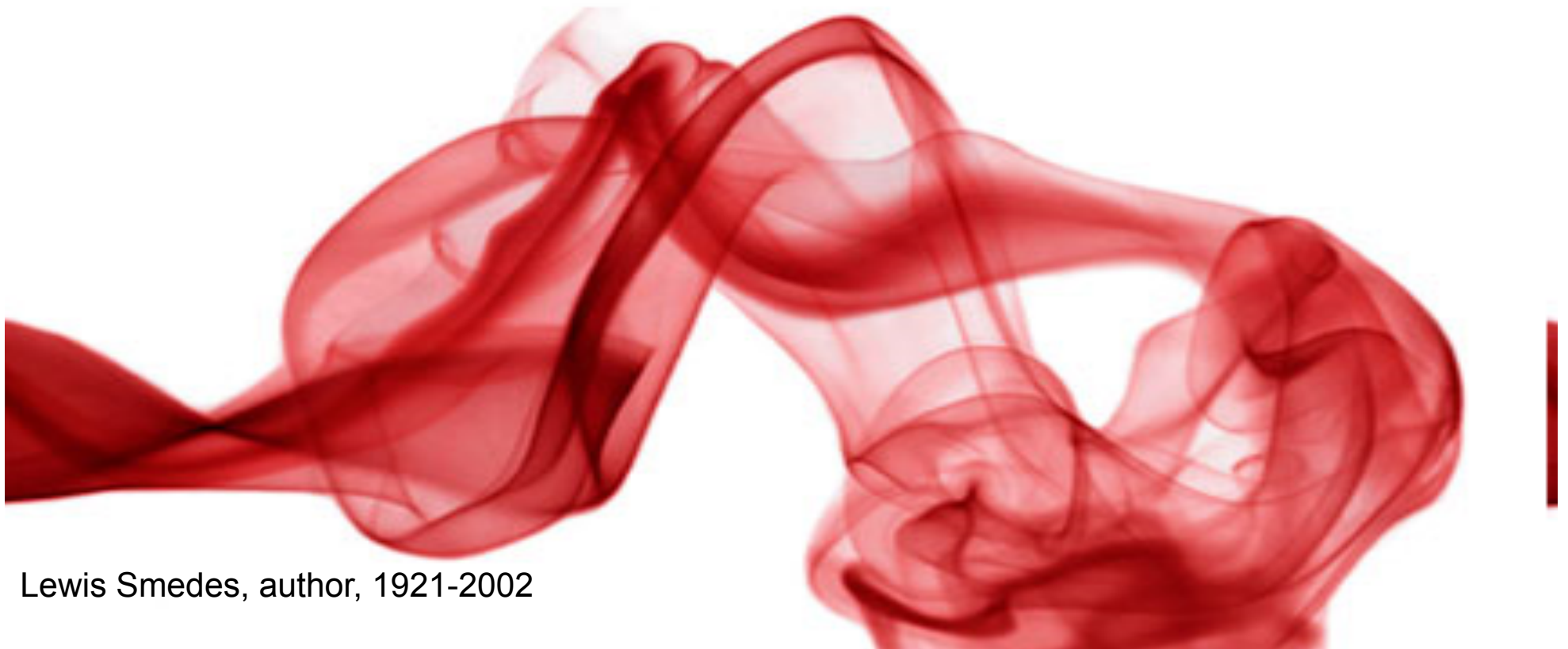
Gerald Jampolsky, psychiatrist

**Forgiveness is not about
forgetting, Mack. It is
about letting go of another
person's throat.**



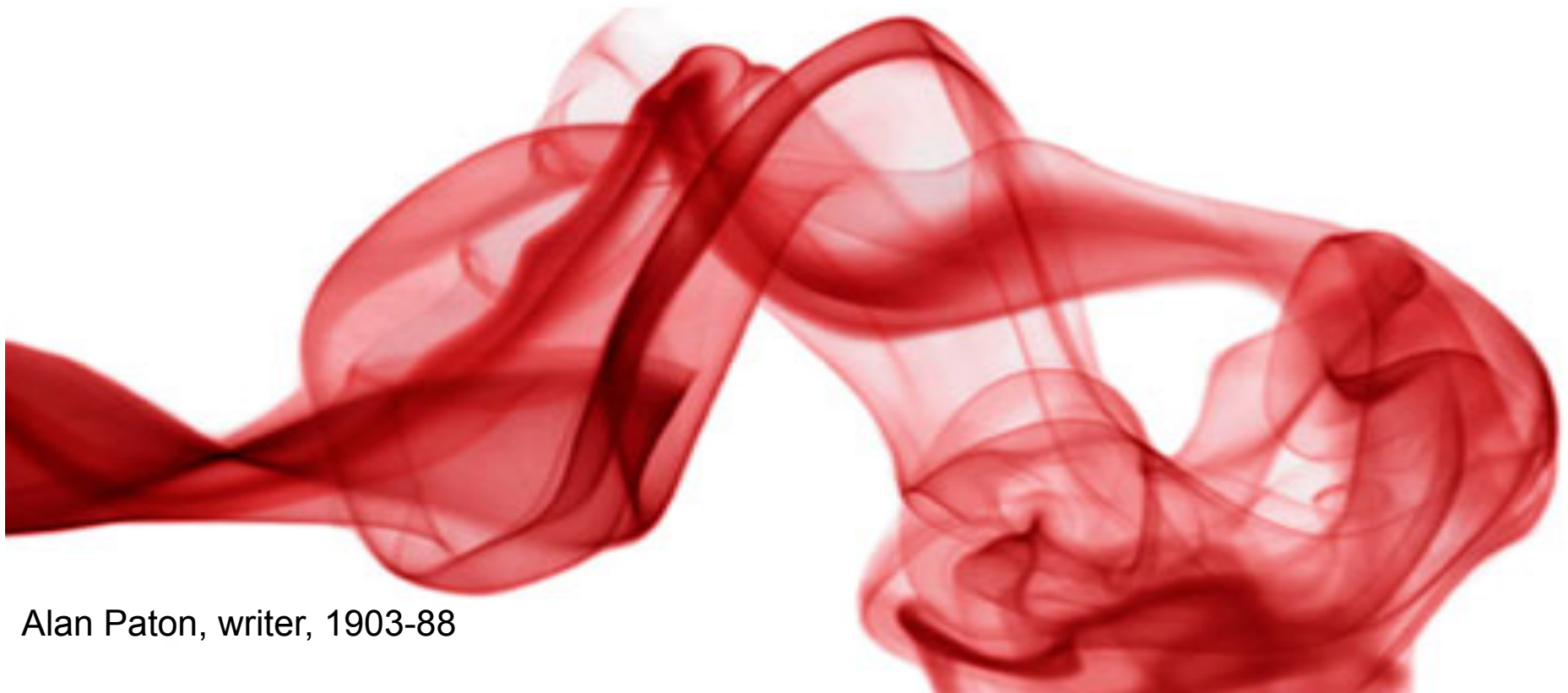
From "The Shack" by William Paul Young

To forgive is to set a
prisoner free and discover
that the prisoner was you



Lewis Smedes, author, 1921-2002

**When a deep injury is done
us, we can never recover
until we forgive.**



Alan Paton, writer, 1903-88