

INDUSTRIAL-STRENGTH
TRANSFORMATIONAL
WORKSHOPS WITH
NOTED AUTHOR
D. PATRICK MILLER

dynamic forgiveness

A CONTINUOUS PROCESS OF POSITIVE CHANGE
POWERED BY RELEASING THE PAST

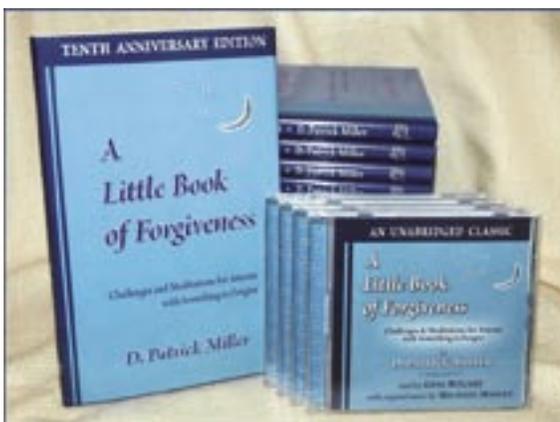
In our personal and professional lives, the biggest blocks to happiness and productivity are resentment, anxiety, and hidden grief: all the unfinished business of the past. As taught by author D. Patrick Miller, **Dynamic Forgiveness** follows seven simple but challenging steps that will enable participants to:

- ✧ **turn resentment into useful energy** ✧ **shift anxiety into creativity**
- ✧ **cultivate wisdom from sorrow** ✧ **live every day with a brighter point of view.**



After healing himself of a serious illness through his own forgiveness discipline, Miller went on to author over 100 magazine articles and six books on contemporary spirituality, becoming one of the most reliable commentators in the field. Join him for a rare experience of industrial-strength transformation as he leads you through the “Seven Steps of Forgiveness” to a healthier, happier, and more productive life powered by the dynamic release of the past.

date, place, and time



“When first published in 1994, this was a book whose ideas and message were ahead of its time . . . Since 1996 I have directed the Stanford Forgiveness Projects, a series of research endeavors that helped substantiate the power of forgiveness to reduce hurt, depression, anger and stress in people who hold grudges. . . What I find fascinating is that the things I taught, researched, and proved to be true, D. Patrick Miller already knew. . .” — Fred Luskin, Ph.D., Director of the Stanford Forgiveness Projects

A LITTLE BOOK OF FORGIVENESS:

Challenges and Meditations for Anyone With Something to Forgive

by D. Patrick Miller. Fearless Books, 2004 • ISBN 0965680975 • \$15

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