



VeteranCaregiver.com Video Resources

Recommended Resources: Forgiveness

Overview	Forgiveness is a concept most are familiar with, but many have difficulty achieving the peace that forgiveness provides. Forgiving ourselves may be the most difficult task of all.
Resources	<p>https://www.psychologytoday.com/blog/fulfillment-any-age/201301/live-longer-practicing-forgiveness</p> <p>https://www.psychologytoday.com/blog/the-compassion-chronicles/200803/forgive-or-not-forgive-is-the-question</p> <p>http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692</p> <p>http://www.theatlantic.com/health/archive/2015/01/the-forgiveness-boost/384796/</p> <p>http://www.mindbodygreen.com/0-11454/10-ways-to-forgive-yourself-let-go-of-the-past.html</p> <p>http://tinybuddha.com/blog/learn-to-forgive-yourself-even-when-youve-hurt-someone-else/</p> <p>https://www.psychologytoday.com/blog/focus-forgiveness/201410/how-forgive-yourself-and-move-the-past</p>
Videos	<p>https://www.youtube.com/watch?v=0t8ksKyLv30</p> <p>https://www.youtube.com/watch?v=1cRL9kpERkU</p> <p>https://www.youtube.com/watch?v=d5VO2Xq7G0Q</p>

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