

The Resentment, Grudge & Guilt-Free Life: Dealing with Stress Effectively



The Lichgate tree
in Tallahassee –
estimated to be
600 years old.

Have you ever been hurt by someone? Or traumatized? Or angry that someone or something was taken from you? These significant losses can affect our mental and physical health. **Refusing to let these upsets go hurts you.** How do you release yourself from such upsets? – through forgiveness and other effective methods that we will study. This class will help by giving **proven** effective techniques, **essentials and secrets** that can heal a lifetime of resentment, grudges, regret, guilt and self-blame. **Learn self-forgiveness.**

Deeply useful for anyone dealing with trauma, tragedy, PTSD and abuse.

Forgiving is not a sign of weakness, submission, or having to be hurt again. It is for healing yourself. Research has shown that forgiveness plays a key role in physical and mental health.

Multimedia, videos and TED talks included.

The workshop is practical, research-oriented and independent of any religion.

The Instructor: Dr. Jim Dincalci, a psychotherapist, workshop presenter and university instructor. He has been teaching and counseling for 45 years. In 1993, Jim's life transformed through forgiving. Since then, he has been teaching and counseling **how to let upsets go** at schools, universities, hospitals, clubs, conferences, businesses and churches around the USA and internationally. That transformation and his forgiveness work with others impassioned him to develop an effective **stress relief and forgiveness** training.

His international best seller, **How to Forgive When You Can't**, is published in 9 languages. He is the director of the Forgiveness Foundation International, a non-profit since 2001.

When: Saturday 9-3 March 18, 2017

Where: Lichgate on High Road. 1401 High Road. Tallahassee, Florida

Cost: \$35 This is a fund-raiser for:

The Forgiveness Foundation International and the Lichgate tree.

To attend, you MUST pre-register, hopefully soon, as space is very limited.

For info & to register call 850-329-5294 or

eileen@forgivenessfoundation.org