



Forgiveness and Other Acts of Love

Stephanie Dowrick

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“A book for these times: a bridge between the rational and the intuitive, the psychoanalytical and the spiritual, the personal and the social.” —*The Australian*

A brilliantly clear, optimistic book which shows how the great humane virtues can help in times of hardship and lead to a joyful, trusting, enriched life. When beset by a series of life-changing personal crises, psychotherapist Stephanie Dowrick remembered what she had learned early in her training: there are qualities—the great ancient virtues—that shape life for the better and can be called upon in times of need. Dowrick grounds her work in real lives and incidents, drawing on those times when people needed the strength provided by one of the virtues to move on with their lives. She ranges widely in Eastern and Western philosophy and spirituality as well as psychology to explore courage, fidelity, restraint, generosity, tolerance, and forgiveness. Is it possible to be generous and successful? Should we forgive someone who has hurt us deeply? Through stories memorably told, she shows that far from being dull or constraining, these virtues have much to teach us about honor, endurance, tolerance, steadfastness, and, above all, love.

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