

Forgiveness: Healing Relationships



As years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate over a lifetime, our commitments in life become conditional--we block the flow of love.

How can you learn to forgive and let go of old thoughts and judgments about others, thereby freeing yourself to love fully?

This workshop gives you a powerful approach to forgiveness developed by Dr. Maria Nemeth that will heal virtually every relationship, past or present.

Develop a sense of freedom and renewed energy, allowing more joy and promise into your partnerships with others.

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Julie Bowden is an internationally recognized authority in the area of childhood trauma and codependency. A founding board member and treasurer of the National Association for Children of Alcoholics, Bowden co-authored the classic, *Recovery: A Guide for Adult Children of Alcoholics* and *Genesis: Spirituality in Recovery from Childhood Traumas*.

For more information, call 683-8236.

Free!

