



# Free Yourself to Love: The Liberating Power of Forgiveness

Jackie Kendall

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Jackie Kendall's childhood was a horror story of abuse. A counselor deemed her family "one of the top-ten most dysfunctional in America." Family members have dealt with this trauma in different ways: Two siblings committed suicide. Some siblings ran wild. When Jackie decided that she wanted to break the mold and be a healthy, loving woman, to forgive or not to forgive was not a question. Simply put: one can't love freely without the developed skill of forgiving freely. In FREE YOURSELF TO LOVE, Jackie shares her own story and struggle to learn this vital life skill. She also reveals the reasons for--and results of --refusing to forgive. In passionate, empathetic prose, Jackie urges her readers to exchange free-floating bitterness for the freedom to love and be loved.



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