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Forgiveness in the Face of Abuse

Book: *Heal and Forgive*

Nancy Richards is very passionate about the subject of forgiveness with respect to abuse. She is also saddened by the large number of survivors she encounters who are deeply troubled by their inability to forgive.

Heal and Forgive chronicles her own story of abuse, her struggle to heal and forgive, and ultimately guides the reader through the necessary steps to achieve forgiveness in the face of abuse.

During her own twenty-year quest to forgive, she became a student of forgiveness and the unique obstacles abuse survivors must deal with in order to forgive. These obstacles include:

- Believing you must forgive immediately. Premature forgiveness actually prolongs the healing process.
- The lack of acknowledgment victims receive for their abuse. It is extremely difficult to forgive something that in the eyes of families and communities never happened.
- Trying to forgive from a position of weakness; survivors need to forgive from an equal position.
- Trying to forgive before you are safe. Survivors need to forgive from a place where they can't be hurt anymore.

Survivors who overcome these unique obstacles are able to begin the healing journey that eventually sets them free to forgive.

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About the Author

Nancy Richards is an adult survivor of childhood abuse. She is the single parent of two thriving, adult daughters. Richards is a successful business woman, as vice president and general manager of a large wholesale food processing company in Seattle. She is a member of The International Women's Writing Guild. She makes her home in one of the city's suburbs.



Heal and Forgive — Book Statistics

Title: Heal and Forgive
Subtitle: Forgiveness in the Face of Abuse
Author: Nancy Richards
Author home: Seattle, WA

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ENDORSEMENTS

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This grab-you-in-the-gut first-hand account of growing up in an abusive household should be read by anyone who has ever wondered: Is what I experienced abusive? Is what I experienced as a child abusive? Is what I am permitting abusive? Or, Is what I am doing abusive?

Written with refreshing clarity, objectivity and frank matter-of factness, many readers will recognize themselves and be touched by Nancy's straightforward voice of validation. This author leads the reader deftly into the still largely uncharted controversial and confusing arena of forgiveness: What is it? When is it appropriate? How does it or doesn't it link with my healing? She offers wonderful signposts and resources along the way for the person wending their way through the wilderness of recovery from the silent inner pain abusive families inflict.

This is a powerful contribution to the field of recovery from abuse. I will recommend it to many of my clients.

Chris Richards, M.S.W.

Heal and Forgive is an eloquent examination of survival and ultimately, spiritual prosperity that holds promise for abuse survivors seeking the next level in healing and for anyone who wishes to further understand the tragedy of abuse.

Mark Hardy, Attorney

Heal and Forgive is a sensitive and perceptive book that would be very helpful for anyone who has been abused. This is a very personal odyssey of self-discovery, pain, revelations, discouragement, hope, healing and forgiving. The author offers perceptive and knowledgeable insights and reveals much about the difficult and often baffling process of healing that can occur as a result of facing abuse. This helpful and compassionate book is a blueprint for surviving the pain of abuse and reconstructing a healthy life.

Judy M. Harris, M.A.,

Licensed Marriage and Family Therapist

Heal and Forgive is compelling, essential reading for the adult survivor of childhood abuse. Like the author, I also found forgiveness to be fleeting, difficult and unfulfilling. Ms. Richards, through her life experiences has been able to lay out a concise blueprint that will promote personal healing. I now have renewed faith that forgiveness, inner-peace and happiness are truly possible.

Daryl Frank, Adult Survivor

Powerful ... compelling ... *Heal and Forgive* clearly outlines the steps necessary to forgive an abuser. This is an excellent read for anyone looking for direction with his or her own recovery from abuse or with the struggle to forgive.

Janice Selander

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SUGGESTED INTERVIEW QUESTIONS

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1. What's the book, *Heal and Forgive*, about?
2. Why did you write this book?
3. Why did you have to forgive your mother?
4. What are some of the unique obstacles abuse survivors encounter while attempting to forgive?
5. Why are common approaches to forgiveness not always appropriate for situations involving abuse?
6. What are some of the most important aspects of healing from abuse?
7. What are some other important steps people should consider before they forgive?
8. Do victims excuse an abuser's behavior when they forgive?
9. What is the best thing we can do to help a survivor?
10. What happens when you forgive?

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