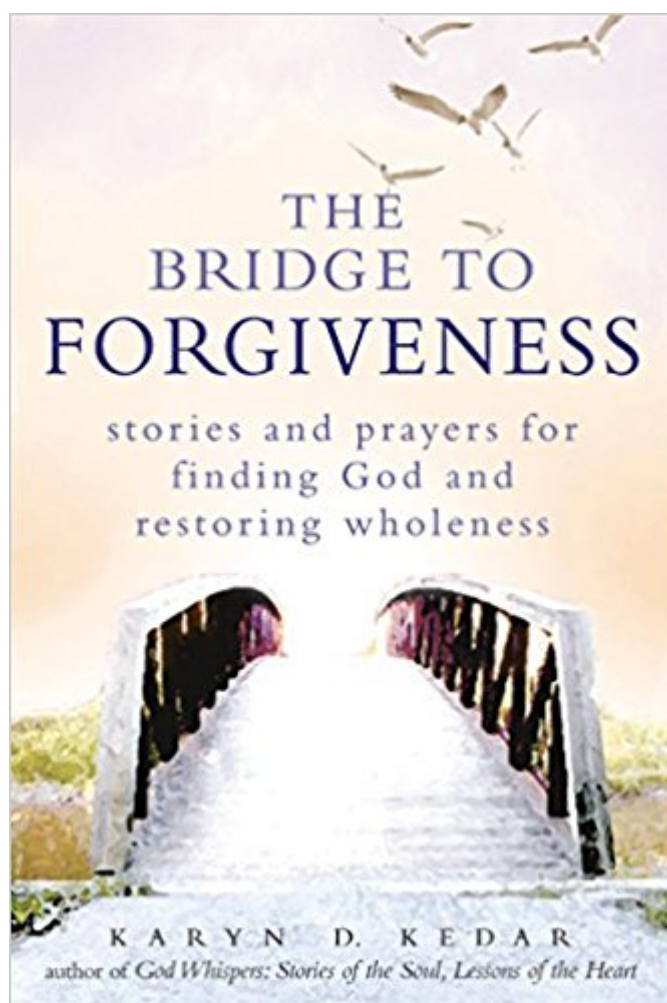


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# The Bridge To Forgiveness: Stories And Prayers For Finding God And Restoring Wholeness



## Synopsis

Embrace forgiveness as a spiritual principle and discover a new closeness with the Divine. Forgiveness is a spiritual path that you embark on with intention and vision, purposefully seeking to bridge the gap between your hurt and suffering and your sense of wholeness and resilient inner light—the light of God. This inspiring guide for healing and wholeness supplies you with a map to help you along your forgiveness journey. Deeply personal stories, comforting prayers and intimate meditations gently lead you through the steps that allow for the evolution of forgiving—loss, anger, acceptance, learning, forgiveness and restoration. Tapping both ancient and contemporary sources for the nourishment and strength needed as you seek to rekindle inner peace, this book tenderly whispers encouragement as you are brought to—and realize you are able to cross your own bridge to forgiveness.

## Book Information

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## Customer Reviews

"Lovely ... a perfect companion on the path to forgiveness, from those very difficult first steps to the ever-lighter steps that ultimately lead to peace, joy and wholeness."—Marcia Ford, author, *The Sacred Art of Forgiveness: Forgiving Ourselves and Others through God's Grace* "Heartfelt, soulful ... her insights are gentle and piercing. [This] is not simply a book to read, it is a journey to take."—Rabbi Rami Shapiro, author, *The Sacred Art of Lovingkindness: Preparing to Practice* "Insightful, honest, frank ... will comfort anyone, from any spiritual background, who is struggling with the issue of forgiveness and will guide them toward healing. This is a beautiful book!"—Marci Shimoff, #1 New York Times coauthor, *Chicken Soup for the*

Woman's Soul – "A beautiful book that will make a lasting impression on your life. Highly recommended. – Robert L. Veninga, author, A Gift of Hope: How We Survive Our Tragedies – "Rabbi Kedar is that longed-for neighbor or girlfriend or aunt who through gentle poetry and the honesty of stories tells us what we need to hear in a way we are able to truly listen. – Rabbi Nina Beth Cardin, author, Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss – "A profound understanding of the practice of forgiveness as a healing discipline. If you carry anger in your heart, you must read this book. Whether you seek forgiveness, preach it, teach it or are gathering the courage to offer it, you cannot afford to be without it. – David Gottlieb, coauthor, Letters to a Buddhist Jew

Answering the call for new examples of how to discover forgiveness, the beautiful and soulful prose found in this book offers ways to embrace forgiveness that do not involve shame or blame but, rather, emphasize the search for peace and resolution. With beautiful, simple language--and a keen eye for discovering divinity in something as simple as a spider's web--Karyn D. Kedar offers unique and poignant approaches to thinking about forgiveness and, in so doing, invites you to explore uncharted aspects of your heart's terrain. --This text refers to an out of print or unavailable edition of this title.

If you can get past some of the airy-fairness of this one, there is some really powerful insight here. I'm sure I will be re-reading portions of this text for years to come.

Nice, not totally what I expected.

This is definitely one book that makes you think , makes you cry and makes you realize it's better to let go of all the negativity we hold onto in our lives. It makes one reevaluate ones life and to let god into our souls

I loved this book. It is a spiritual journey regarding forginess. This is such an important paet of our lives and the author gently explains how freedom and serenity can be achieved so easily.

I just love this book....so profound, honest, spiritual and a joy to read. I truly feel the book is "life changing" and anyone from any religious background trying to overcome hardship, hurt, loss will

benefit from Karen Kedar's brilliant yet down to earth book. I have left an abusive relationship and struggled with forgiving "him" but from this book I learned that forgiveness is for me. I have also read Kedar's book "God Whispers" and love that book too....when I'm down and lost these are my "go to" books.

I found this title in the Judaica section of my local bookstore and was immediately enthralled... and no, I am not Jewish. I am, however, a writer - and Karyn Kedar shares her call to write this book when she says, "Write. About forgiveness. Write. A subtle echo of new life. Write." and I think every writer who has experienced a spiritual call will know, will understand, will nod alongside these words. YES! Write, we say, enthusiastically. This impressive book is about forgiveness without forgetting. It is about healing and wholeness. It shares its message through a combination of instructive prose, poetry (almost like songs or psalms) and a memoir style of writing. I couldn't help but write quotes as I read along - for example.... "Acceptance is the compassionate embrace of yourself and your place in the world: without judgment, without fear, without regret. You are who you are. You are not who you are not." Simple, yes. Strong? Indeed! This universal message will (I hope and pray) find its way into the hands and hearts of readers of all faiths. Read it, embrace it, live it.

Forgiveness is a concept that, until now, I never really thought too much about. Sometimes I forgive, sometimes I don't, but I never really thought about the implications of that choice. This book was therefore a real treat that took me on a tour through the steps of forgiveness. With anecdotes, prayer, and her personal thoughts on the subject, Karyn Kedar has helped me understand that forgiving does not equate to weakness. In fact, forgiving demonstrates an inner strength that would otherwise go unnoticed. Thanks for a great, thought provoking book on this topic!

"Forgiveness is an intricate dance through pain and anger and loss. Let hope be your partner. Let joy take the lead." Karyn Kedar's Bridge to Forgiveness contains so many gems like this that you will never see forgiveness in the same way. Her bridge is a guide to finding peace after pain, and, like her previous two books, is very inspirational. I highly recommend the book.

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