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**February 8th 2013: Let Go, Forgive, and Let God: Your Life Depends on It! Part 2**

Dr. Lisa Stewart and Christine Kadin, LMHC, CAP, LPC, Licensed Psychotherapist, and Spiritual Healer, discuss the extraordinary benefits of forgiveness. While most of us believe that forgiving others is a sign of weakness, the presenter affirms that forgiveness is, in fact, a gift to the self, and to the world. The first part of the interview helps us understand what forgiveness is, what it is not, and what obstacles we must overcome in order to forgive. We also learned about the wonderful benefits of forgiving. The second interview deals with advanced forgiveness, and how to not only h

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