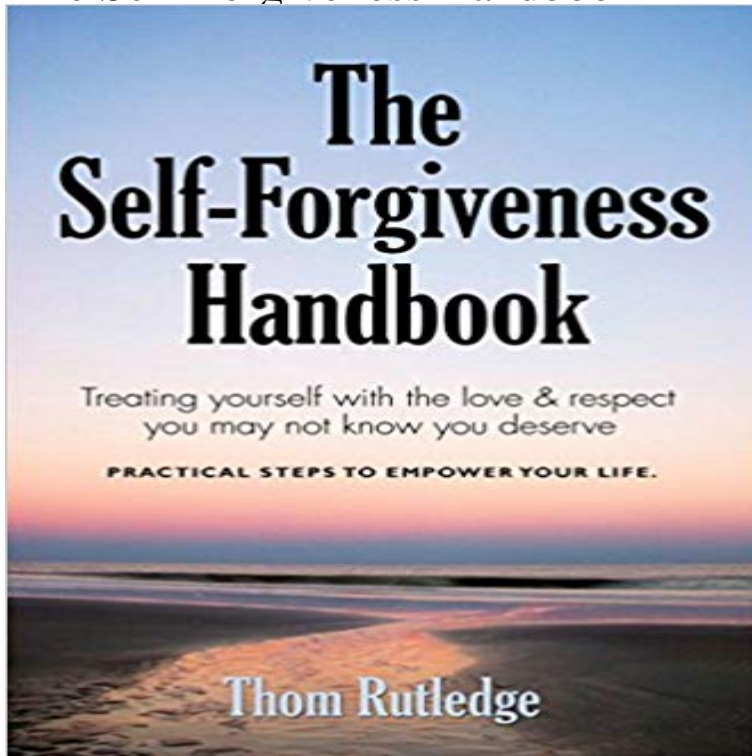


The Self-Forgiveness Handbook



Even though a sense of self-worth is generally considered essential for psychological survival, too few are ever taught the importance of maintaining a positive, loving and respectful relationship with ourselves. In fact, we are often actually discouraged from learning how to feel self-compassionate. Instead we are told that to care for ourselves is selfish, even sinful. For Therapist Thom Rutledge, the key to long-lasting change in our lives isn't the resolution of any one particular problem or circumstance. The key is in developing the ability to forgive ourselves. The Self-Forgiveness Handbook provides a powerful step-by-step program for doing just that. Guided exercises, refined over the years in Thom's therapy practice and motivational workshops, take you on a journey from self-criticism to self-compassion and inner strength. Along the way you will learn how to deal with your own critical inner voices, discover tools for overcoming obstacles and empowering yourself, and explore the challenge of giving forgiveness a central role in your life. WHAT PEOPLE SAY ABOUT Thom Rutledge's books & workshops: A gentle book written with compassion, clarity and humor. Melody Beattie, author of *Codependent No More* Thom does not pretend to have all the answers, nor does he tell us that he is leading a perfect, fear-free, self-compassionate life. That makes him one of us: a fellow human being, looking to live life fully awake. That is the kind of teacher we need. Oriah Mountain Dreamer, author of *The Invitation* An insightful, moving and gracious book! Thom understands that fear and shame, like self-consciousness, is part of what it means to be human, so he engages it creatively as a force in life. Reading Thom's book was a deeply enriching experience. John Shelby Spong, author of *Eternal Life: A New Vision* As Bill Wilson, cofounder of

Alcoholics Anonymous, said: The secrets of the universe are shrouded in simplicity. Thom taps into those wonderful secrets. Dan Mason, author of Parenting Our Kids While Re-parenting Ourselves I discover something new about myself every time I reread one of Thom's books. He has a gift for saying in a sentence or two what some writers say in ten! Thom's words are straight to the point --- and go straight to my heart, where they can do the most good. Thanks, Thom. Janet LaLande, Maudlin, SC Thom is a magician. He transforms confusion into clarity. He is also pretty slick with a deck of cards. -Robert Stepbach, PhD, Nashville, TN

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