

EAP WEBINAR

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Understanding Forgiveness

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Most of us know that internalizing anger, resentment and grudges creates a negative impact on wellbeing. While many of us want to release negative feelings towards others, we struggle with how to do it. Forgiveness doesn't mean giving someone a pass. Forgiveness means releasing yourself. In this webinar, we'll discuss how holding onto anger hurts us, how anger and resentment manifest in our minds and bodies, and how to take concrete steps towards lasting forgiveness. We'll offer skills and tools for a more peaceful mindset.

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