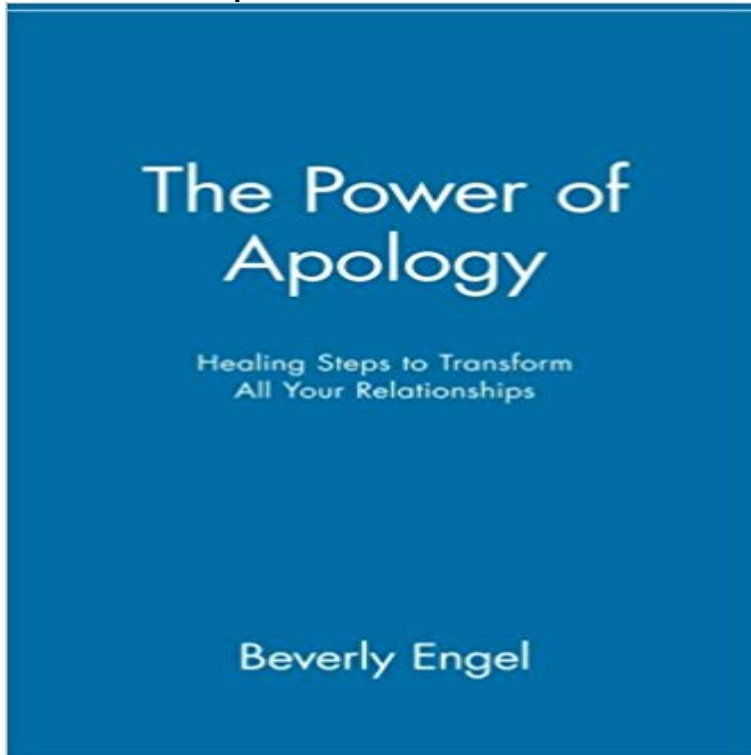


The Power of Apology: Healing Steps to Transform All Your Relationships



Fresh and useful ... excellent practical advice ... thorough and lucid ... will be welcomed by many who have struggled to ask forgiveness and to forgive. -Publishers Weekly A finalist in the Books for a Better Life Awards competition! Discover the healing power of apology and put its magic to work in your life Do you have a difficult time apologizing or are you involved with someone who does? Do you tend to overapologize and appear weak in others eyes? Do you want to reconcile with someone but feel they owe you an apology first? Do you need to apologize or make amends to someone but dont know how to go about it? In this inspiring book from internationally acclaimed therapist and self-improvement author Beverly Engel, you will learn why some people have difficulty apologizing while others tend to overapologize. Youll learn how to give a meaningful apology, how to ask for one, and how to receive one. From making amends with those you have hurt to dealing with someone who refuses to apologize to teaching children responsibility and empathy, this life-changing book shows you how to bring a healing new element of renewal into every relationship in your life.

Beverly Engel has eloquently explained the power of apology in a remarkably insightful and perceptive manner. No one has been better able to explain what an apology means and its role in reconciliation. -Rabbi Charles A. Klein, author of *How to Forgive When You Cant Forget: Healing Our Personal Relationships*

Readers of this wise and lucid guide to the neglected art of authentic apology will acquire a powerful tool to help repair relationships with others and with themselves. -Jeanne Safer, Ph.D., author of *Forgiving and Not Forgiving: A New Approach to Resolving Intimate Betrayal* An engaging and in-depth book on a subject that has rarely been addressed so intelligently and thoroughly. Ms. Engel

offers the reader specific suggestions that can help you improve all your relationships. -Steven Farmer, M.F.T., author of Adult Children of Abusive Parents

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