

**THE EX-FACTOR: FINDING FREEDOM TO HEAL,
FORGIVE & LOVE AGAIN**

Ewa Hanni

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The 'Ex' Factor: Welcome To The Single Moms Club

I want to use our tragic story to show others that it is possible—very possible, to forgive, heal and love again. JL When Brenda forgave me publicly on Oprah's.

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The Ex-Factor: Finding Free The Ex-Factor: Finding Freedom to Heal, Forgive & Love Again by. J.l. King,. Brenda Stone Browder.,. Shirley Neal (Editor).

In a newly released book entitled, The Ex-Factor: Finding Freedom to Heal, Forgive & Love Again, JL King, and his ex-wife, Brenda Stone.

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On the other hand, people can and routinely do forgive others, even in cases of severe crime. What kind is most hurtful to you? And I would like to know more about it and other people's views on it. He would walk people back to their villages who wanted to return, chanting lovingkindness and forgiveness the whole way. We have a choice. Although forms of accountability vary between therapeutic modalities, they can include challenging feedback, so that the negative effects of problematic behaviour on self, others and relationships is made explicit and must be faced, potentially alongside the imposition of negative consequences usually with advance warning, and patient agreement.

Forgiving restores your power back to you and heals your past hurts. We may need to help current offenders tell a good redemption story in order to become ex-offenders, even though this requires us to forego satisfaction of our desire for full apology, repentance, suffering and atonement. The Accidental Break-Up Expert I became a marriage counselor because I wanted to help people repair their relationships.