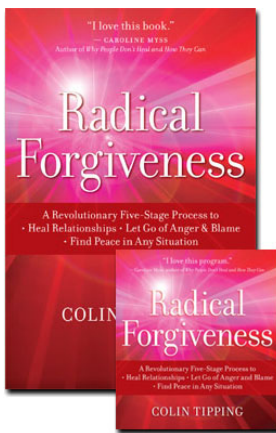


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Do You Have Forgiveness Issues?

Is That A Silly Question? Who doesn't!

Radical Forgiveness Offers A Faster, Easier, and Therapy-Free Way to Improve Health & Well Being through Forgiveness



For years studies have shown the health benefits of forgiveness—from lowering blood pressure and diminishing chronic pain to relieving depression, reducing stress, and raising the overall quality of one's relationships and life.

But for many people forgiveness remains out of reach. Traditional forgiveness—the kind most of us were brought up with—is universally seen as slow and very difficult to achieve. Research suggests that it typically takes 20 years to forgive a serious transgression. In fact, someone who can forgive more readily is often thought to be unusually skilled or perhaps a saint!

Writer's Digest award-winning author, Colin Tipping, says there's a faster, easier, and therapy-free way to forgive that takes hours rather than days or years. Tipping's approach has transformed thousands of people during more than a decade of teaching it with his wife JoAnn, first to cancer patients in the U.S. and later to the rest of the world.

Tipping calls the method Radical Forgiveness, which is also the name of his new book. Highlighting a revolutionary five-stage process for healing relationships and letting go of anger and blame, **Radical Forgiveness** helps readers find peace in any situation—whether dealing with parents, grandparents, siblings, relatives, friends, spouses, partners, ex-lovers, bosses, co-workers, or people they don't even know who have hurt them. Originally self-published, **Radical Forgiveness** has been acquired by publisher Sounds True with a new, second edition being released nationwide on January 1, 2010.

So what makes Radical Forgiveness so radically different?

Radical Forgiveness is an effortless process and has virtually immediate results that come from a simple shift in perception that releases emotional trauma through surrender and by refusing to play the victim role. The traditional forgiveness model traps people in the past, sapping their life force.

“Traditional forgiveness takes it as a given that something wrong happened. It is rooted in victimhood,” Tipping writes. As a result, he says the desire to condemn outweighs the desire to forgive. The tug-of-war between the two is challenging to resolve, often becoming a permanent wedge between people.

Radical Forgiveness draws on an entirely different world view and a willingness to just accept (not necessarily believe) the possibility that there is a divine purpose and reason behind everything that happens *with no exceptions*. And while we might not understand how something so wrong could be right—or even perfect—we accept everything that happens as a needed experience in our soul’s journey and growth.

Through the five stages of Radical Forgiveness—Telling the Story, Feeling the Feelings, Collapsing the Story, Reframing the Story, and Integration—Tipping provides specific tools for readers to achieve the perceptual shift that is the basis of this life-changing practice.

Can the secret to forgiveness be this simple?

“Yes,” says Tipping, who often tells naysayers to just stay with him and try it. “Your intention to do it is what makes it work.”

Tipping eases people into his concept with a simple question, asking them to look back at their lives and contemplate something that didn’t go the way they wanted. He says that many people—operating with 20/20 hindsight—see or at least get a feeling that what took place in the past happened for a reason. Radical Forgiveness takes this reasoning one step further—that not only do some things happens for a reason but everything does, and there is no exception.

“After going through the Radical Forgiveness process, somehow a shift happens with people. What they once perceived as a problem no longer seems like one. The miracle happens with the recognition that the problems we have that seem insoluble can simply dissolve—they aren’t solved; they just dissolve. The miracle part is that nobody can turn around afterwards and say that the solution was because ‘A’ happened, then ‘B’ happened, then ‘C’ happened. Instead, people tell us, ‘You know what? Everything changed.’ And, ‘He’s now speaking to me after 20 years.’ Or, ‘The situation between us has normalized and everything seems wonderful now.’ It’s quite extraordinary that we hear stories like these on a daily basis and receive hundreds of e-mails with similar reports,” Tipping says.

Additionally, what begins as a healing process with Radical Forgiveness, ultimately culminates in an entirely new way of living in the world as difficult emotions—like anger, fear, and shame—turn into unconditional love, gratitude, and peace.

“Radical Forgiveness involves much more than the mere letting go of the past,” writes Tipping. “It’s the key to creating the life that we want and the world that we want.” With his book *Radical Forgiveness*, Tipping puts that key in our hands.

Note: Also available in audio in CD and downloadable formats.



Colin Tipping is the creator of what has come to be recognized as one of the most powerful leading-edge technologies for personal and spiritual growth today – Radical Forgiveness. Born in England, Tipping taught at London University before immigrating to the United States in 1984. With his wife JoAnn, he cofounded the Georgia CancerHelp Program and Together We Heal, Inc., and founded The Institute for Radical Forgiveness Therapy and Coaching, Inc. in the U.S., Australia, Poland, and Germany. In its self-published edition, ***Radical Forgiveness*** sold more than 100,000 copies in the U.S. and became an international bestseller. In addition, Tipping has authored a series of books, audios, online programs and even a board game based on the practice of Radical Forgiveness. He lives in Atlanta, Georgia.

Publisher: Sounds True

Release Date: January, 2010

Radical Forgiveness

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BK01426

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“I love this book!”

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Praise for *Radical Forgiveness*

"I love this book."

-**Caroline Myss**, Author of *Why People Don't Heal and How They Can*

"*Radical Forgiveness* is required reading! This material is so profound and yet utterly accessible that anyone can feel its transformative affect. "

-**James F. Twyman**, Bestselling author and Peace Troubadour

"Every now and then I read a book and, upon finishing, say to myself, 'This is Truth.' *Radical Forgiveness* is one such book. With rare clarity, Tipping shows us that little in our world is as it seems. Bravo!"

-**Robert Schwartz**, author of *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born*

"This is the most exciting book on forgiveness to come out in a very long time. I have never seen anything so well written and so 'right on the money' on this topic. I am recommending *Radical Forgiveness* to everyone."

-**Neale Donald Walsch**, author of *Conversations with God*

"This superb book makes genuine forgiveness possible, enabling us to move beyond pain and heal our lives."

-**John Bradshaw**, author of *Homecoming*