



Forgiveness and Other Acts of Love

Stephanie Dowrick

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When beset by a series of life-changing personal crises, psychotherapist Stephanie Dowrick remembered what she had learned early in her training: there are qualities - the great ancient virtues - that shape life for the better and that can be called upon in times of need. Dowrick grounds her work in the gritty reality of everyday life, yet she is also capable of supporting the reader to think about the most profound considerations of life's ultimate meaning. She ranges widely in Eastern and Western philosophy and spirituality as well as psychology to explore courage, fidelity, restraint, generosity, tolerance, and forgiveness. Through diverse stories memorably told, she shows that far from being dull or constraining, these virtues have much to teach us about honor, endurance, tolerance, steadfastness, and, above all, compassionate love. As this book demonstrates, we exercise choice constantly. Making those choices with the greatest possible awareness, and with concern for our shared good, undeniably supports a way of living that is energetic, trusting, creative, and abundantly rich in meaning.

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