

## BOOKS ON APOLOGY and FORGIVING

---

### [The Power of Apology: Healing Steps to Transform All Your Relationships](#)

(2002) by Beverly Engel.

Not overtly Christian, but many Christian principles on the roadblocks, necessity, and skills for giving a meaningful and healing apology. Outstanding resource for those who want to truly reconcile with those they've offended.

### [Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts](#) (2017)

by Harriet Lerner, Ph.D.

An excellent resource to help folks go beyond a simple "I'm Sorry." Helpful for both the offender and the offended. Practical examples included. Useful to professionals and the general public. I purchased several copies to share.

### [The Five Apology Languages: The Secret to Healthy Relationships](#) (2006, 2022)

by Gary Chapman & Jennifer Thomas

A terrific tool for discovering the most effective, meaningful apologies for you and your spouse. Based on your primary "love language."

### [The Art of Forgiving: When You Need to Forgive and Don't Know How](#) (1997)

by Lewis Smedes.

A practical follow-up to his classic book, [Forgive and Forget](#), by a seminary professor detailing the steps to forgiving seemingly unforgivable hurts. Loved this!

### [Lessons from the Furnace: God's Keys for Making Overcomers](#) (1995)

by Bob Heil.

The first book I read on the need for and practical steps to forgiving. He takes you through the stages the Lord led him through to forgive parishioners who brutally betrayed him. Easy to read, very freeing.

### [Caring Enough to Forgive – Caring Enough NOT to Forgive](#) (1981, used)

by David W. Augsburger.

An older book about the importance of forgiving and yet the importance of not forgiving when it means ignoring the truth and shoving conflicts under the rug.

[\*Forgiving the Unforgivable: Overcoming the Bitter Legacy of Intimate Wounds\*](#) (1994) by Beverly Flanigan.

Although Beverly does not claim to be a Christian, she is an expert on the subject of forgiveness. I liked this book because it honors the pain of the wounded in a way that I seldom see in the “forgiveness” literature. My copy is highlighted on nearly every page. Highly recommended for those left by a non-repentant spouse and/or who still feel stuck in the mire of pain. No clichés or trite solutions offered.

[\*Forgiving and Reconciling: Bridges to Wholeness and Hope\*](#) (2003) by Everett L. Worthington Jr.

He has really been through some tragedies that have forced him to apply all he has learned and taught on the topic of forgiveness. Comes from a Christian perspective. Contains some great exercises.

[\*Forgiving What You'll Never Forget\*](#) (2017) by David Stoop.

Fabulous book. I highly recommend it. Comes from a Christian perspective, but no trite solutions. Well done.

[\*How Can I Forgive You? The Courage To Forgive, The Freedom Not To\*](#) (2005) by Janis Abrahms Spring, Ph.D.

Jewish author and therapist explores the difficult issue of how to resolve the pain of intimate wounds when the offender refuses to repent or take appropriate responsibility. She presents new terminology to help people let go of their anger and bitterness without feeling like they must condone and absolve others for their wrongs. While I think she confuses forgiveness with reconciling and trust (I see these as not always linked), it is still a good read.

[\*Bold Love\*](#) by Dan Allender and Dan Longman

The first half of the book is a bit wordy and not that great. However, the last half of the book is worth its weight in gold. He discusses how to “love” an evil person, how to love a fool, and how to love an ordinary sinner. Dispels some of the preconceived notions about what it means to be a loving person that is so popular in Christian lore, but nevertheless dysfunctional and contrary to the heart of God.