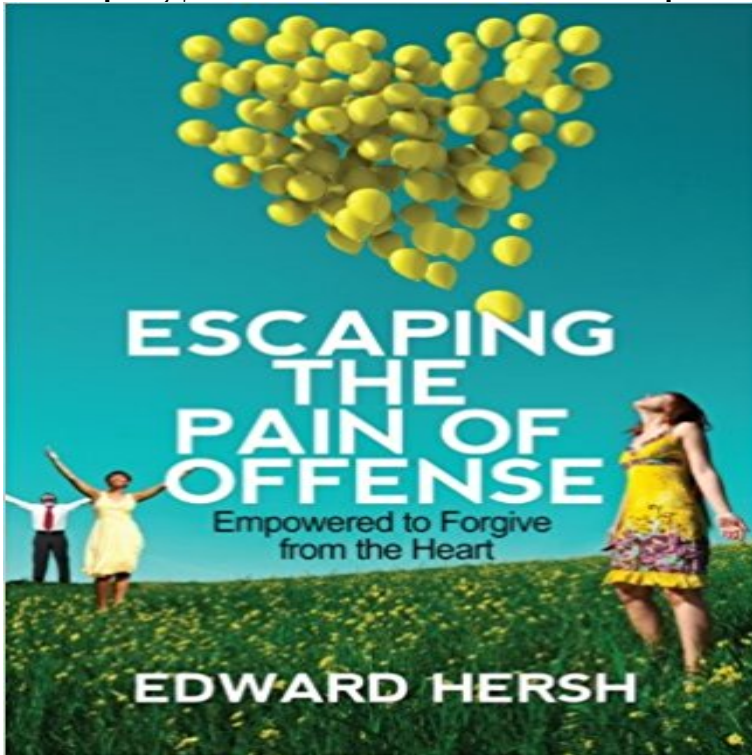


# Escaping the Pain of Offense: Empowered to Forgive from the Heart: Escaping the Pain of Offense: Empowered to Forgive from the Heart



Disappointed? Dissatisfied with life? Conflicts in relationship? Learn how to stay free! Escaping the Pain of Offense reveals how forgiveness and reconciliation are linked to a persons spiritual, physical, mental and emotional health. This insightful book combines Bible knowledge with the findings of experts in the counseling field and provides solutions that can change lives. It leads us through a process of removing blocks and becoming free of entrapment to a cycle of offense. Conflicts are resolved by positively impacting core beliefs about God, self and others. Dr. Hersh shows us how to surrender to a loving, personal God as our ultimate authority and judge. Through Escaping the Pain of Offense, you will be equipped to: - Discern truth from fallacy about forgiveness - Receive Gods love as central to change - Find rest and peace in the inner being - Resolve conflict to enable harmonious relationships - Discover and break active cycles of offense Includes a ten session study guide. This book helps the reader engage the power of Christs death and resurrection to release the provision for healthy and joyful living. John Sandford, Founder, Elijah House Dr. Edward Hersh earned a doctorate degree in Religious Studies an MA in Human Service Counseling. He directs a prayer counseling ministry near Lancaster, PA where he and his wife of 30 years operate Blue Rock Bed and Breakfast. See ministry site: <http://healing.bluerockbnb.com> Book Reviews / Endorsements: The author of Escaping the Pain of Offense is a former student of mine with an insightful and heart-felt approach to this important topic. Seldom does a book on forgiveness weave theology, science, and pastoral aspects of forgiveness into a form that is practically helpful. Dr. Hersh does this beautifully. His emphasis on uncovering core beliefs that hold hearts captive to the pain of

unforgiveness can lead you to deeper levels of intimacy with the Lord. His book is well-worth your time and effort. -- Fernando Garzon, Psy.D., Associate Professor, Liberty University Finding freedom from emotional pain buried by long forgotten hurts sometimes involves examining the source to allow God to show you where the stuck point occurred. Escaping the Pain of Offense provides sharp insight to cut to the heart of the matter. It sensitively leads you to Jesus as the true Healer of all lifes hurts. -- Frank Meadows LCSW, Clinical Director, Christian Psychotherapy Services and Founder of the Meadows Healing Prayer Center in Chesepeake, VA Dr. Hersh captures the essence of forgiveness in a way that takes the reader of Escaping the Pain of Offense to the heart of the matter. His thorough study of the topic gives the reader wise counsel and practical steps to follow towards wholeness. -- E. Daniel Martin, MD, Psychiatrist As a recent student of mine, Ed Hersh demonstrated knowledge and commitment to the topic that makes this book well worth your effort to explore. Escaping the Pain of Offense outlines key aspects of forgiveness with biblical truth and action steps to greatly enhance your walk with God. -- Dr. Howard Dial, Pastor, Berachah Bible Church, Jonesboro, GA There is little doubt that the topic of this excellent resource compiled by Edward Hersh will be relevant and helpful for all who have personally experienced struggles with forgiveness and reconciliation or are aware of others with a need to face those issues. I have known Ed to be passionately and compassionately focused in addressing these topics. He has combined a wealth of life experience with intense research to produce Escaping the Pain of Offense. As both a long-time friend of Eds and one who has worked beside him in a variety of cultures, I know that this book will be a valuable tool and a useful addition to any library. --Dr. Evelyn Biles, President of Global Mosaic Intl

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