

## CONTENTS

A Personal Word from Jim.....	5
Introduction.....	7

### ***Part I***

#### *Starting on the Right Foot*

1. Forgiveness: Preparing for the Journey.....	11
2. Identify the Injury.....	17
3. Calculate the Losses.....	23
4. Own Your Burden.....	29

### ***Part II***

#### *Three Emotional Quagmires*

5. The Valley of Depression.....	37
6. The Bitterness Tree.....	43
7. The Dungeon of Despair.....	49

### ***Part III***

#### *Moving from the Past to the Future*

8. Mourn the Loss.....	57
9. Decide Your Identity.....	65
10. The Profile of True Forgiveness.....	71

### ***Part IV***

#### *Choice Ahead*

11. How to Ask for Forgiveness.....	79
12. Releasing the Injustice Alone.....	85
13. The Road Less Traveled.....	91
14. Moving Forward.....	99

The Road to Forgiveness Map.....	Inside Back Cover
----------------------------------	-------------------