



Triumph of the Heart: Forgiveness in an Unforgiving World

Megan Feldman Bettencourt

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2016 Books For A Better Life Award winner

Drawing on the latest research and remarkable tales of forgiveness from around the world, journalist Megan Feldman explores how forgiveness, when practiced in the right ways, can save lives, make us happier and healthier, and lead to a better world.

Veteran journalist Megan Feldman was still smarting over a bitter breakup when she began working on a feature article about a father named Azim who had truly forgiven the man who killed his son. She had found herself totally and completely unable to forgive her ex-boyfriend, and yet Azim had managed to forgive his own son's murderer. Forgiveness has long been touted by religious leaders as a moral imperative. But Megan wanted to know exactly what it means from a scientific perspective, and why forgiving those who have wronged you is one of the best things you can do for yourself. In *Triumph of the Heart*, Feldman embarks on a quest to understand this complex idea, drawing on the latest research showing that forgiveness can provide a range of health benefits, from relieving depression to decreasing high blood pressure.

The journey takes her from New Zealand and the Maori who practice their own form of restorative justice, to a principal in Baltimore who uses forgiveness techniques to eradicate violence in her school, and to recovered addicts who restarted their lives by seeking and receiving forgiveness. She travels to Rwanda to learn about forgiveness in the face of unthinkable atrocities. This book is a guide for how the practice of forgiveness can help us all in our search for a satisfying, fulfilling, good life.

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