



### **PART III                    ASSUMPTIONS EXPANDED**

15:	Articles of Faith	187
-----	-------------------	-----

### **PART IV                    TOOLS FOR RADICAL FORGIVENESS**

16:	A Spiritual Technology	213
17:	The Five Stages of RF	223
18:	Fake It 'til You Make It	229
19:	Feeling the Pain	235
20:	Collapsing the Story	239
21:	The Radical Forgiveness Worksheet	257
22:	Four Steps to Forgiveness	303
23:	Seeing The Christ in Another	309
24:	Forgiveness Is a 3-Letter Word	313
25:	Forgiveness Rituals	317
26:	Artful Forgiveness	321
27:	“Satori” Breathwork	327
28:	The Radical Release Letter	331
29:	The Forgiveness Rose	335
30:	A Wake for the Inner Child	339
	Afterword	345
	Notes	353
	Further Resources	355
	About the Author	357

Price: \$16.95

## **The Author**

Born in England in 1941, Colin Tipping was raised during the war and in early post-war Britain by working-class parents. He has an elder brother and a younger sister, both of whom you will meet in Chapter One, “Jill’s Story.” By his own account his parents were good people, loving and hard-working, and he considers himself blessed by having had a stable and enjoyable childhood in spite of the social hardships of the time.

Even as a boy, he seemed to inspire the trust of people who needed to talk about their feelings, they finding in him a person who would listen to them and not judge. After a four year stint in the Royal Air Force, he became a high school teacher and a college professor, but even then often found himself being sought after to provide counseling for people. He has three children from his first marriage and ten grandchildren.

He emigrated in 1984 to America and shortly thereafter became certified as a clinical hypnotherapist. He liked hypnotherapy because, he concluded after some years of experience, it speeded up the therapy at least by a factor of three.

He was not religious then and still feels “free” of any organized religious dogma. His spirituality is essentially practical and down-to-earth, simple, free and open-ended.

In 1992, he and his wife JoAnn, whom he met in Atlanta and married in 1990, created a series of healing retreats in the North Georgia mountains for people challenged by cancer. In recognizing that lack of forgiveness was a big part of the causation, they set about refining a new form of forgiveness which later was to become what is now recognized as Radical Forgiveness.

In 1997, he wrote the first edition of this book and began doing workshops in January of 1998. He now has an Institute for Radical Forgiveness in the U.S.A., Australia, Poland and Germany. He has no plans to retire.

## **Praise for Radical Forgiveness**

"I love this book."

—**Caroline Myss**, author of *Why People Don't Heal and How They Can*.

"This is the most exciting book on forgiveness to come out in a very long time. I have never seen anything so well written, so clearly articulated, so remarkably cohesive and so right on the money on this topic. I am recommending Radical Forgiveness to everyone."

—**Neale Donald Walsch** author of the *Conversations With God* series.

"Radical Forgiveness is required reading. This material is so profound and yet utterly accessible that anyone can feel its transformative affect."

—**James F. Twyman**, Peace Troubadour and author of *Emissary of Light*

"Anger work that does not take us toward forgiveness becomes just another addiction. This superb book gives us the tools that make genuine forgiveness possible, enabling us to really move beyond our pain and heal our lives."

—**John Bradshaw**, author of *Healing the Shame That Binds You*.

"Every now and then I read a book and then say to myself, 'this is truth.' Radical Forgiveness is one such book. With rare clarity, Tipping shows us that little in our world is as it seems. Bravo!"

—**Robert Schwartz**, author of *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born*.