



# Hurt by the One You Love: The Power of Forgiveness in Intimate Relationships

*Rich Nicastro*

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If you're married or in a committed relationship, you're no stranger to forgiveness.

But have you ever thought about why forgiveness is so vital to a healthy relationship?

Or why forgiving feels excruciatingly difficult at times, or even flat-out impossible?

And do you know that ultimately, no matter how much your partner might be seeking your forgiveness, your decision to forgive benefits you most of all?

Hurt by the One You Love is much more than a book that you'll read and put aside. It's a hands-on guide that presents important research about forgiveness as it relates to individuals and couples, as well as case examples of couples grappling with forgiving. Further, it engages you by asking for your reflections and experiences so that you can discover what might be preventing you from letting go of hurt and anger. In this way, the book becomes uniquely yours.

Whether you're dealing with the cumulative impact of minor woundings or the devastating fallout of a major betrayal, Hurt by the One You Love is your guide to releasing anger and pain so that the power of forgiveness can help elevate your relationship to the best it can be.

Many couples are reeling from the fallout of infidelity, and many of them want to learn how to put the pieces of their relationship back together and move past the pain of the affair. This is not possible without forgiveness, and more specifically, true forgiveness...not lip-service or an inauthentic, superficial forgiveness-lookalike that one partner has been pressured into by the other.

Let Hurt by the One You Love make the power of forgiveness accessible to you and an ongoing presence in your marriage or relationship.

Written by a psychologist and couples counselor with over twenty years' experience, Hurt by the One You Love includes insights and exercises used in Dr. Nicastro's therapy practice. You'll hear from couples facing real-life struggles and challenges; you'll find out what worked for them and what kept them stuck. You'll learn about the ways in which a forgiveness mindset can deepen intimacy between you and your partner.

Here are just a few highlights of topics covered in Dr. Nicastro's book on love and forgiveness:


- \* Relevant research on the psychology of forgiveness and how the researchers' findings can help you implement forgiveness in your own life;

- \* Discover how to forgive yourself and learn why self-forgiveness is the most important of the steps to forgiveness;

- \* Explore the power of empathy as it relates to your emotional connection with your partner;

\* Practical tips and exercises for making forgiveness a consistent part of your life, even if you've thought of yourself as an unforgiving person before now;

\* How to start picking up the pieces and rebuilding trust when your trust has been violated.

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