



# MEDIA HOOKS

- From the legacy of 9/11, to the man or woman that broke your heart, to divorce, to random violence, to the boss that holds you back, to reparations for slavery and the Holocaust. In a world riveted by conflict, everyone has a “grievance story” – we’ve all been hurt or rejected by someone who mattered to us. Dr. Dick Tibbits explains that understanding and practicing forgiveness can literally save your life!
- Prolonged anger has a devastating effect on your physical health. By practicing forgiveness in the correct way, Dr. Tibbits plan in *Forgive to Live* can help repair hearts, restore health and save lives.
- As a result of the first clinical study conducted to link forgiveness and health, Dr. Tibbits learned that the greater the reduction in anger expression, the greater the reduction in blood pressure.
- Forgive does not equal forget. Dr. Tibbits can help the friends and families of over 3,000 fallen soldiers honor their loved ones through forgiveness.
- Are you a “blame addict”? Dr. Tibbits explains why you’ll never find justice this way.
- With so many people on the borderline of an emotional breakdown, Dr. Tibbits explains how forgiveness can help people regain control of their lives.
- Dr. Tibbits can help victims of sexual abuse understand why it helps to forgive, even though abuse of any kind is never acceptable.
- How letting go, will let you live. Dr. Tibbits can explain how to turn your life around from your own traumatic experiences.
- 3 things people do that can lead to an early grave, Dr Tibbits can explain how to prevent them.
- 4 myths about forgiveness that are keeping you from moving on. Dr. Tibbits will reveal them.
- Are you using one of the 7 strategies for dealing with anger that DON'T work? Find out methods that do in *Forgive to Live*.