

## SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH  
7 - 8:30 p.m. CDT ON ZOOM

### LEARN • GROW • CONNECT

The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

JULY 28

2021

## FORGIVENESS: A LIFE SKILL, A GOOD HEALTH HABIT, AND THE KEY TO INNER FREEDOM

Mary Hayes Grieco

Thousands of studies in psychology and medicine now prove what ancient wisdom has always taught: that holding onto resentments is hurtful to us and that forgiving ourselves and others will bring us peace of mind and better health. For those of us in recovery, forgiveness is an essential action to take, because our resentments toward others and our disappointment in ourselves represent a real threat to our sobriety. But if forgiveness is so good for us, **why** does everyone resist doing it? And **how** do you do it?

It's actually not hard to forgive. You just need to get over a few misconceptions and learn what it really is—a powerful healing for yourself. You need to learn how it is accomplished, step-by-step, just like you learned how to drive. And then... **do it!** The experience of real forgiveness is so freeing and refreshing you'll wonder why you waited so long to feel better.

### Learning objectives:

- Learn a new definition and an 8-STEP model of what forgiveness is and how it is done.
- Understand the connection between 12-Step recovery and healing resentments through forgiveness.
- Connect with the Higher Power and gather the focus and ability to forgive a story that is holding you back.



MARY HAYES GRIECO is the Director and Lead Trainer of The Midwest Institute for Forgiveness Training, and the author of *Unconditional Forgiveness—A Simple and Proven Method to Forgive Everyone and Everything* and *The New Kitchen Mystic—A Companion for Spiritual Explorers*, both published by Simon & Schuster. She has been teaching her potent 8-Step method of forgiveness to the general public as well as to counseling professionals for 30 years, and her work has taken her around the world. Mary worked at Hazelden Betty Ford's Dan Anderson Renewal Center for 16 years, and she has a private practice at The Well Healing Arts Center in Minneapolis.



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