



# Can You Let Go of a Grudge? Learn to Forgive and Get on with Your Life

*CSP Frank Desiderio*

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## **Can You Let Go of a Grudge? Learn to Forgive and Get on with Your Life** CSP Frank Desiderio

In this guide through the issues that prevent us from forgiving, Frank Desiderio presents a five-step process that will help the reader to let go of a grudge and, if it's the right thing to do, be reconciled.

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