



The Forgiveness Project

Marina Cantacuzino , Madeleine Black (Contributor)

[Download now](#)

[Read Online](#) 

The Forgiveness Project

Marina Cantacuzino , Madeleine Black (Contributor)

The Forgiveness Project Marina Cantacuzino , Madeleine Black (Contributor)

Thought-provoking and powerful real life stories from survivors and perpetrators of crime and violence around the world are collected here from a diverse range of situations. They raise the possibility of alternatives to resentment, retaliation and revenge, with each story showing the very real impact of forgiveness within a particular context.

The Forgiveness Project Details

Date : Published March 26th 2015 by Jessica Kingsley Publishers

ISBN : 9781849055666

Author : Marina Cantacuzino , Madeleine Black (Contributor)

Format : Hardcover 240 pages

Genre : Nonfiction, Short Stories, Health, Mental Health

 [Download The Forgiveness Project ...pdf](#)

 [Read Online The Forgiveness Project ...pdf](#)

Download and Read Free Online The Forgiveness Project Marina Cantacuzino , Madeleine Black (Contributor)

From Reader Review The Forgiveness Project for online ebook

Jo says

A fascinating and thought provoking exploration of a very many-faceted topic which affects every single one of us in some way.

In her Introduction, Marina Cantacuzino gives an intelligent, informed and unbiased account of her personal exploration of forgiveness, its manifestations and great changeability. Following this she enables the stories of others who for some reason or another have given or received forgiveness and who give details of the profound effect it has had on their lives.

Marina has selected stories from some very recent and high profile events including the sister of a victim of Fred and Rosemary West, a survivor from the 2005 train bombings in Londown and many more. Their stories are often painful to read; this is after all reality, not fiction, and these events really did happen! This book made me think deeply and consider my own thoughts and attitude towards forgiveness, and indeed to contemplate on whether I could actually give forgiveness on the level that these people have. The book did go on on a little and I found myself becoming a little bored towards the end, and the way in which some of the narratives were written or expressed could be a little difficult to follow at times.

On the whole though, a very worthwhile book which will make you view aspects of your own life and forgiveness in a whole new light.

Dee Montoya says

FIVE STARS*****

(ARC kindly provided by Netgalley)

"When I talk of forgiveness I mean the ability to let go of the right to revenge and to slip the chains of rage that bind you to the person who harmed you. When you forgive you are free of the hatred and anger that locks you in a state of victimhood."

This is probably the most powerful book I'll ever read in my life. Forgiveness may seem like just a word, one with only one meaning if you look it up in the dictionary but is far more complicated and powerful than anyone could ever think.

The Forgiveness Project is a compilation of stories of hope and forgiveness of people who have suffered tremendous pain and gone through life shattering situations. These people, who have been hurt in the worst ways possible and have felt real hate against those who hurt them. After years of being victims of the horrible pain, they found healing and power in forgiving their perpetrators.

How can you truly forgive the man who kills a child, or the men who brutally rape a young woman? I could never even begin to think about something like that, but is real, it happens. There are people in this world who suffered from years and had tried everything in order to help them move on with their lives but the only thing that really set them free was to trade hate for compassion towards those who abuse them.

Forgiveness is different for everybody but this book showcases how powerful it is and how it can turn something truly ugly into magnificent beauty. We all have committed offences against other people at some point in our lives, some definitely worse than others but reading this book made me feel hopeful to raise my children in a world where even though, everyday we see bad stuff happening around us, there is also healing and change for the better through love, because ultimately to forgive is to love, ourselves and others.

This book conveys a beautiful message but not in a religious way, it is very respectful and approachable for all people. Some of the stories made me cringe and some made me cry but in the end they gave me hope and a new perspective about life. To forgive is to live...

The Forgiveness Project is a UK-based charity that creates opportunities for people to consider the limits and possibilities of forgiveness.

You can follow the stories and updates on Facebook at:

<https://www.facebook.com/ForgivenessProj>

<http://theforgivenessproject.com/>

Grab says

This book was a seriously challenging read. The intense emotional aftershock of each story meant that I could only read for about an hour at a time and space weeks between each session.

But wow, was it worth the effort. To experience a book that makes no judgement about what is and how to perform forgiveness - instead, privileging the perspective of each individual for each case situated at a fixed point in time - was hugely powerful and will needle me for quite a while to come. It's the kind of ache that feels good to poke at occasionally to remember our shared humanity.

Jess says

This book not only introduced me to an initiative for healing, but also demonstrated the strength and courage required to forgive, how fluid and ever-evolving the concept of forgiveness truly is and the empowerment, peace and emotional freedom that can occur when an individual decides to not be held hostage by their anger or hatred. I couldn't recommend this book highly enough!

Bruce Gargoyle says

An excellent read. Review to follow shortly!

Connie says

The very first time I heard a story about forgiveness for a brutal crime was when a man killed several young Amish girls at Nickel Mines school. After it happened, members of the Amish community immediately forgave the killer and showed concern for his family members. The possibility of forgiveness was not one that most of us could comprehend. And yet, as startled as we were, I think most people, including me, were deeply impressed by such a selfless action.

The author of this book has put together many stories of forgiveness. Some of these stories are from the viewpoint of the perpetrator and others are from the victim or the families of the victim. The motivations are varied. Some felt justified in killing or hurting someone else. Others were abused as children and became abusers as adults. In the end, victims and abusers alike have come together to overcome their angry feelings and forgive those who caused them pain. Many of these people have dedicated their lives to helping others.

In the end, what I came to see was that forgiveness wasn't always easy and there could be times when the person would waiver in their feelings. The author also makes it clear that Forgiveness doesn't have to mean that a perpetrator gets off with a slap on their hand and then they are free to go.

This book is well worth your time to read.

Liz says

The book opens with an introduction from the author Mariana Cantacuzino. In 2003, she collected stories in words and pictures from people who sought forgiveness and reconciliation instead of revenge. In 2004, she created 'The F Word' exhibition. In her introduction she talks about how no one should be forced to forgive or feel like they must; the point of the project is not to persuade people to forgive. Restorative justice focuses on the needs of the victims and offenders, as well as the involved community. This goes along with the idea behind sharing stories and talking to consider and reflect and decide whether you are ready to forgive. The introduction sets the tone for the rest of the book, the exploration of forgiveness and how different individuals interpret it and have dealt with it in their own lives.

This powerful collection of stories is from survivors and perpetrators from all over the world on how they have considered the concept of forgiveness. I appreciated the unique perspectives and how different people engage the concept of forgiveness. These individuals are coming from different backgrounds and different beliefs. Some decided to forgive right away, others took many years, and some are still working on becoming ready to forgive. Some are forgiving others and some are working on forgiving themselves. I thought the diverseness of opinions and ideas made this collection stronger.

There were a couple ideas that really stuck with me and helped me realize some new thoughts about forgiveness. Magdeline Makola said, "You don't have to trust someone just because they are forgiven." Anne Marie Hagan said, "Forgiveness is not permission. It doesn't mean that you agree with what the offender has done." I think it is often assumed that once someone is forgiven we have to forget what they did and act like it didn't happen. It's reassuring to think that just because you forgive someone doesn't mean you are saying what they did was okay and you don't automatically trust them again.

I would most definitely recommend this book to anyone who has an interest in restorative justice, a peaceful

response to violence, or anyone who wants to read inspirational stories and learn more about forgiveness. A collection of stories about violence and crime could have been horrific to read, however reading about the healing and forgiveness made it an uplifting read; the stories didn't focus on the tragic events. This is a book that educated me, made me cry, and touched me deeply.

I received a copy of this book from the publisher through NetGalley in exchange for an honest review.

HFK says

For the past ten years I have been confronted by many assumptions: the assumption that The Forgiveness Project exists to persuade people to forgive; the assumption that it must be a Christian initiative; the assumption that authentic forgiveness is about personal healing and doesn't require anything from the harmer; or conversely the assumption that offering forgiveness without receiving an apology is partial or incomplete forgiveness; and, last but not least, the assumption that anyone working in the field of forgiveness must take a position.

I have always found The Forgiveness Project being an interesting look at and a study ground for humanity, but as many before me, have had certain assumptions and prejudices towards it. I have often thought if this project furthermore victimize people in a sense of perhaps promoting forgiveness as an only way for a better future, which then rates the "betterhood" of victims depending on their ability to forgive or not.

Now, after reading these collected stories, I do realize that I have an quite narrow view of forgiveness itself, which is always an personal view and an experience for each individual, and there is a lot of things that one could wonder in a deeper, philosophical levels.

Act of forgiving is fluid and active and can change from day to day, hour to hour, depending on how you feel when you wake in the morning or what triggers you encounter during the day. Forgiveness may unfold like a mysterious discovery, or it may be a totally conscious decision, something you line yourself up for having exhausted all other options. It may have a strong degree of pardoning attached to it, or it may just be a sense that you have released something poisonous or let go of something heavy that no longer weighs you down. In this sense, forgiveness means not allowing the pain of the past to dictate the path of the future. It requires a broad perspective, namely understanding that life is morally complicated, that people behave in despicable ways and that some things can never be explained.

Before giving space to the authentic and differing voices of individuals stories, the author writes about the forgiveness through quotes and philosophy, often giving an undertone that invalidates her previous words, which again is an example of how interesting and complex the whole route of forgiveness is. The consensus seems to be of that however hard, or even impossible, forgiveness could be, it would most definitely have an powerful impact to world's problems, and would be something to thrive on. This even when The Forgiveness

Project was not initially designed to promote or force forgiveness.

It is also extremely interesting to get a look at the side where forgiveness causes rejection, and anger, when seeing it as a free-pass, enabling act, and even as acceptance or permission of some actions done through the "harms hands".

Each of the stories, ranging from holocaust survivors to perpetrators of terror, ring in a very individualistic tones, giving room for different paths and opinions, describing the wide meaning that a word forgiveness has. I would have enjoyed reading more stories from people who haven't written books about their lives, people who are not active inside organizations that promote things that often walk hand in hand with forgiveness.

The Forgiveness Project: Stories for a Vengeful Age is eye-opening experience, but still leaves me a little cold when I focus on the side of forgiveness in scientific, social and historical context. That context would be something I would be thriving from, and something I would be interested on exploring more.

You can read about The Forgiveness Project, and read more stories of forgiveness, at the project's homepage: <http://theforgivenessproject.com/> .

Lyndsey says

Thanks to Netgalley and publisher for this read!

What a tremendous collection of stories! What I love about this collection is that each person's story is unique and thus his or her definition of forgiveness varies. This book provided me with an education into many different tales of suffering from around the world, then it added balm to the pain of their suffering by sharing their stories of the peace they found by finding their own forms of forgiveness. Many of these real-life stories touched me deeply and I feel blessed to be exposed to this Forgiveness Project. The ideas and ideals I have learned will impact me in my life and I look forward to sharing that with my family, friends and students.

A powerful collection!

Robert Saul says

For the last 15 years, I have been writing about community improvement, citizenship and forgiveness. After reading this book, I realize that I still have a lot to learn about the latter. The introductory essay by the author and the vignettes by people that have suffered or perpetrated immeasurable harm have taught me that I still have a lot learn. Two quick things--forgiveness is gray (not black or white) and forgiveness is a direction (not a destination). A MUST READ!

Michelle Pittman says

What a thought provoking book! Great job on the author's part of obtaining all the various personal stories

from around the globe. Each personal story provided details that allowed you to relate to that individual and gain an understanding to the the tribulations that they faced, not only from the tragedy that occurred, but also through the forgiveness process. Not one of the individual's excused the crime and no one forgave the crime itself; instead they found it within themselves to truly forgive the perpetrator on some level so they may let go of the anger that was holding them back. Many people could learn from these stories; especially when we sit back and consider the trivial life occurrences that we choose to be angry about and refuse to forgive.

Henk-Jan van der Klis says

The Forgiveness Project is a UK-based charity that creates opportunities for people to consider the limits and possibilities of for\forgiveness. It works with individual personal narratives to examine how forgiveness, reconciliation and conflict resolution can be used positively to break the cycle of harm and violence. The Forgiveness Project is a secular organization working with people of all faiths and none. Its founder, journalist Marina Cantacuzino collected a variety of these narratives from all over the world to be included in the book *The Forgiveness Project*. While Desmond Tutu provided a foreword, don't expect a focus on South Africa, apartheid or politics. In this book you'll find survivors of Anders Behring Breivik's attack on the Norwegian island of Utoya alongside victims of the atrocities in Northern Ireland in the 70's, and doctor Joseph Mengele in World War II concentration camps. Rape victims, women who lost their husbands in accidents or murders, war victims that chose forgiveness over hatred. Everyone has a personal definition of forgiveness and a background story on the process to conclude that forgiveness is the better option. Forgiveness is no excuse or free pass to repeat the offence. Forgiveness is a word no one can agree on. The act of forgiving is fluid and active and can change from day to day. Strongly motivated, convinced of a godly command, or simply aware that the attacker, killer or rapist is as human as the victim's. Nowhere does the author preach or force her readers to always forgive. She feels uncomfortable with the great deal of conviction and certainty when it comes to forgiveness. Certainty and black-and-white thinking is often just a step away from intolerance, absolute faith, fundamentalism and even radical extremism. One should leave room for personal differences, nuances and the acknowledgement that the process of forgiving is more important than the result, forgiveness or being forgiven. To forgive also invites judgement and righteousness, spiritual and emotional healing and a second chance.

Anne says

Awe Inspiring and Moving book

Marina Cantacuzino has produced a difficult book to review. It would be easy to make trite statements about the many stories captured here and that would not honour the contents of this remarkable book. "The Forgiveness Project" is a collection of short pieces written about forgiveness by scores of people. People of every age and creed, from every continent; perpetrators, "victims" and families of "victims" of atrocious violence and acts of war. And yet somehow Cantacuzino has produced the most uplifting book. Part of it's success, I think, is because it is not "preaching" or "advising", it merely lays out the stories and allows the reader to consider them. What would you do, how would you feel and would you be able to do what these people have done and "forgive"? Forgive the man who raped you, forgive the young man who murdered your husband, forgive the perpetrators of hideous acts of "war"... Another successful path is not attempting to "define" forgiveness but acknowledge that it is different for each individual and indeed possibly for each individual in different circumstances.

In the foreword by Archbishop Desmond Tutu, he says: -

“The process of forgiving does not exclude hatred and anger. These emotions are all part of being human. When I talk of forgiveness I mean the ability to let go of the right to revenge and to slip the chains of rage that bind you to the person who harmed you.”

Cantacuzino says in her introduction that forgiveness: -

“...may have a strong degree of pardoning attached to it, or it may just be a sense that you have released something poisonous or let go of something heavy that no longer weighs you down. In this sense, forgiveness means not allowing the pain of the past to dictate the path of the future.”

It is difficult to say anything about this book beyond a couple of quotes from the stories within it: -

“I also realised that they wouldn't know if I felt hate towards them and the only person it was hurting was me. I can honestly say that I have no hate, fear or revenge in my heart towards them anymore. I know that whatever they did to me, they can never touch the real essence of me and who I am.”

“...honouring Life is to live without hatred, to not seek revenge or want violent retribution; to ensure that the cycle of conflict ends with me.”

I am not sure who will read this book and how people will choose to pick it up but it deserves to be widely read and should be in every school library and the library of every place of incarceration. The remarkable people telling their stories (including Cantacuzino herself) could change lives.

I was given a free copy of this book via netgalley in return for an honest review.

Meghan says

A very moving, thought provoking and difficult read. Difficult in that the stories were very open and showed the pain that many must have felt on their road of dealing with/potentially recovering from some event. Thought provoking in it really delved into the word "forgiveness" and what it means today. It really left me thinking about the strength of words, the power of people's heart, mind and emotions and the difference that each of us feel in a variety of situations. This book does not show everyone responding with forgiveness and in some stories it seemed like the person wanted to forgive but just was not there. What I enjoyed about the introduction was that MC really discussed how the stories are to be shared, not used to make people feel they must forgive or not must not forgive.

The introduction provides background of the author and how MC came to delve into this project. Frankly that was one of the more fascinating parts of the book for me because it shows the depth and breadth of her interest in the subject and respect for the feelings and people. The idea of this charity and the work behind it is fascinating and could create an interesting dialogue for many different communities and potential outreach training.

Brandi says

Marina Cantacuzino's "The Forgiveness Project: Stories for a Vengeful Age" is actually a lot better than I was expecting it to be. It's well organized and layed-out. The included stories provide good examples of the concept of forgiveness. I would definitely recommend this book to anyone.

I also like how royalties from the sale of this book go to The Forgiveness Project charity. My copy of this book was won from the Goodreads.com website and I appreciate the opportunity to read and review it.
