

# *San Francisco Free Lecture Series*

## **Forgive for Good**

**Presenter: Frederic Luskin, Ph.D.**

**Tuesday, July 10, 2012 | 7:00 - 8:30 p.m.**

**Forgive for Good** is an introduction to the research based forgiveness methodology used in the Stanford University Forgiveness Project. The lecture will include guided practice in forgiveness methods and an overview of the 9 steps to Forgiveness. Dr Luskin directs the Stanford University Forgiveness Project and is the author of the best selling book *Forgive for Good*.

### **LEARNING OBJECTIVES**

1. Understand the mind body link in forgiveness
2. Develop a practical definition of forgiveness
3. Learn the use of change in narrative in creating forgiveness

### **LOCATION**

Fort Mason Center  
Landmark Building C, Room C205 | San Francisco, CA 94123

### **SAVE THESE DATES FOR UPCOMING LECTURES**

Tuesday, September 4, 2012 | Tuesday, November 6, 2012

### **RSVP TO:**

**Kirk Watson**, *The Meadows, Business Development Liaison*  
Direct: 800-510-5572 | Cell: 415-515-9026 | [kwatson@themeadows.com](mailto:kwatson@themeadows.com)

### **◆ Earn 1.5 Continuing Education Credits ◆**

*No registration required.*

*The Meadows sponsors free lectures in various cities throughout the country. Speakers include local therapists familiar with The Meadows' model. Lectures are free and open to the public.*

