

RESOURCES

BOOKS

- Cohen, I. S. (2021). *The forgiveness workbook: Cultivate compassion, release resentment, and find peace*. Rockridge Press.
- Schwarzenegger Pratt, K. (2020). *The gift of forgiveness: Inspiring stories from those who have overcome the unforgivable*. Penguin Life.
- Van Tongeren, D. (2022). *Humble: Free yourself from the traps of a narcissistic world*. The Experiment.
- Worthington, E. L. (2007). *Humility: The quiet virtue*. Temptation Press.
- Worthington, E. L. (2018). *Practicing forgiveness: How to forgive, reconcile, and restore relationships* [Audiobook]. Learn25.

PODCASTS

- Gallardo, M. E. (Host). (2018–2022). *Cultural humility* [Audio podcast]. <https://drgallardo.com/ch-podcast>
- Mayhew, J. R. (Host). (2023–present). *Confidence covered by humility* [Audio podcast]. <https://www.confidencecoveredbyhumility.com/episodes>

VIDEOS

- Greater Good Science Center [@greatergoodscience]. (2011, August 23). *Jack Kornfield: Forgiveness meditation* [Video]. YouTube. <https://www.youtube.com/watch?v=PbHKCy4f6Dk>
- Peer, M. [@MarisaPeer]. (2020, July 27). *20 Minute guided forgiveness meditation* [Video]. YouTube. <https://www.youtube.com/watch?v=MPKzgdO-Vfy>

WEBSITE

- The Forgiveness Project: <https://www.theforgivenessproject.com>

GUIDED MEDITATION

- Neff, K. (2015, December 13). *General self-compassion break* [Audio clip]. Self-Compassion. https://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break_.mp3

APPS

Forgive Yourself

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Forgivity

[iOS only](#) (sign-up required)



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