

REFERENCES

Note: Numbers represent page numbers in the book

6. Maya Angelou: Angelou, M. (1969). *I Know Why the Caged Bird Sings*. New York: Random House.
9. Frederic Luskin: Luskin, F. (2002). *Forgive for Good: A Proven Prescription for Health and Happiness*. San Francisco: Harper Collins.
10. Robi Damelin: The Forgiveness Project (2010). Available at <http://bit.ly/2keiyjm>, accessed on 20 December 2017.
10. Pardeep Kaleka: The Forgiveness Project (2016). Available at <http://bit.ly/2bJe6nj>, accessed on 20 December 2017.
11. Madeleine Black: The Forgiveness Project (2014). Available at <http://bit.ly/1U87LzI>, accessed on 20 December 2017.
11. Kelly Connor: The Forgiveness Project (2012). Available at <http://bit.ly/2xQaD0a>, accessed on 20 December 2017.
12. Michael Lapsley: The Forgiveness Project (2010). Available at <http://bit.ly/2yBPG6X>, accessed on 20 December 2017.
14. Attributed to Mark Twain: See <https://quoteinvestigator.com/2013/09/30/violet-forgive>, accessed on 20 December 2017.
16. Desmond Tutu: Tutu, D. (2012). *No Future without Forgiveness*. New York: Random House.
19. The tendency to forgive is like a personality trait: Thompson, L.Y., Snyder, C.R., Hoffman, L., Michael, S.T., et al. (2005). "Dispositional forgiveness of self, others, and situations." *Journal of Personality* 73, 313-360.
20. Anne Gallagher: The Forgiveness Project (2010). Available at <http://bit.ly/1lk6WDv>, accessed on 20 December 2017.
20. Forgiveness and time: McCullough, M.E., Fincham, F.D. & Tsang, J.A. (2003). "Forgiveness, forbearance, and time: the temporal unfolding of transgression-related interpersonal motivations." *Journal of Personality and Social Psychology* 84, 540-557; Wohl, M.J. & McGrath, A.L. (2007). "The perception of time heals all wounds: Temporal distance affects willingness to forgive following an interpersonal transgression." *Personality and Social Psychology Bulletin* 33, 1023-1035.
21. Letlapa Mphahlele: The Forgiveness Project (2010). Available at <http://bit.ly/2flbbiR>, accessed on 20 December 2017.
22. Rarely will victim and perpetrators agree on fair punishment: Minow, M. (1998). *Between Vengeance and Forgiveness: Facing History after Genocide and Mass Violence*. Boston, MA: Beacon; Kearns, J.N. & Fincham, F.D. (2005). "Victim and perpetrator accounts of interpersonal transgressions: Self-serving or relationship-serving biases?" *Personality and Social Psychology Bulletin* 31, 321-333.

24. Forgiving mind-set (Bassam Aramin): The Forgiveness Project (2010). Available at <http://bit.ly/1locbsb>, accessed on 20 December 2017.
25. Relationship to the wrongdoer is more important than the injury itself: Burnette, J.L., McCullough, M.E., Van Tongeren, D.R. & Davis, D.E. (2012). "Forgiveness results from integrating information about relationship value and exploitation risk." *Personality and Social Psychology Bulletin* 38, 345-356.
26. Link between executive functioning and forgiveness: Pronk, T.M., Karremans, J.C., Overbeek, G., Vermulst, A.A. & Wigboldus, D.H. (2010). "What it takes to forgive: When and why executive functioning facilitates forgiveness." *Journal of Personality and Social Psychology* 98(1), 119-131.
27. Stroop task: MacLeod, C.M. (1991). "Half a century of research on the Stroop effect: an integrative review." *Psychological Bulletin* 109(2), 163-203.
28. Link between apology and forgiveness: Griswold, C. (2007). *Forgiveness: A Philosophical Exploration*. New York: Cambridge University Press.
29. Desmond Tutu: The Forgiveness Project (2010). Available at <http://theforgivenessproject.com/stories/desmond-tutu-south-africa>, accessed on 20 December 2017.
29. Link between forgiveness and health:
- Post-traumatic stress disorder: Orcutt, H.K., Pickett, S.M. & Pope, E.B. (2005). "Experiential avoidance and forgiveness as mediators in the relation between traumatic interpersonal events and posttraumatic stress disorder symptoms." *Journal of Social and Clinical Psychology* 24, 1003-1029.
- Substance dependency: Lin, W.F., Mack, D., Enright, R.D., Krahn, D. & Baskin, T.W. (2004). "Effects of forgiveness therapy on anger, mood, and vulnerability to substance use among inpatient substance-dependent clients." *Journal of Consulting and Clinical Psychology* 72, 1114-1121.
- Depression: Toussaint, L.L., Williams, D.R., Musick, M.A. & Everson-Rose, S.A. (2008). "The association of forgiveness and 12-month prevalence of major depressive episode: Gender differences in a probability sample of US adults." *Mental Health, Religion and Culture* 11, 485-500.
- Blood pressure: Larsen, B.A., Darby, R.S., Harris, C.R., Nelkin, D.K., Milam, P.E. & Christenfeld, N.J. (2012). "The immediate and delayed cardiovascular benefits of forgiving." *Psychosomatic medicine* 74, 745-750.
30. Forgive to live: Toussaint, L.L., Owen, A.D. & Cheadle, A. (2012). "Forgive to live: Forgiveness, health, and longevity." *Journal of Behavioral Medicine* 35, 375-386.
33. Link between forgiveness and remorse: Wallace, H.M., Exline, J.J. & Baumeister, R.F. (2008). "Interpersonal consequences of forgiveness: Does forgiveness deter or encourage repeat offenses?" *Journal of Experimental Social Psychology* 44, 453-460.
33. Arno Michaelis: The Forgiveness Project (2011). Available at <http://bit.ly/2hFt4Q3> accessed on 20 December 2017.
34. Forgiving your harmer can be costly if nothing changes: McNulty, J.K. (2011). "The dark side of forgiveness: The tendency to forgive predicts continued psychological and physical aggression in marriage." *Personality and Social Psychology Bulletin* 37, 770-783.

35. Dark side of forgiveness in large scale, historical grievances: Greenaway, K. H., Quinn, E. A., & Louis, W. R. (2011). "Appealing to common humanity increases forgiveness but reduces collective action among victims of historical atrocities." *European Journal of Social Psychology* 41, 569-573.
36. Desmond Tutu: Available at <http://vimeo.com/94452358> accessed on 20 December 2017.
36. Eva Kor: The Forgiveness Project (2010). Available at <http://bit.ly/1roQp1N>, accessed on 20 December 2017.
37. Boosterism and forgiveness: Lamb, S. & Murphy, J. (2002). *Before Forgiving: Cautionary Views of Forgiveness in Psychotherapy*. Oxford: Oxford University Press.
38. The impact of 'I forgive you': Noor, M. et al. (2017). *When and Why Forgiveness May Backfire: The Role of Moral High Ground*. Unpublished manuscript.
- 42-43. The Forgiveness Toolbox: Available at www.theforgivenesstoolbox.com accessed on 20 December 2017.
45. Rami Elhanan: The Forgiveness Project (2010). Available at <http://bit.ly/2g1wDFJ>, accessed on 20 December 2017.
46. Competitive victimhood: Noor, M., Shnabel, N., Halabi, S. & Nadler, A. (2012). "When suffering begets suffering: The psychology of competitive victimhood between adversarial groups in violent conflicts." *Personality and Social Psychology Review* 16, 351-374; Shnabel, N., Halabi, S. & Noor, M. (2013). "Overcoming competitive victimhood and facilitating forgiveness through re-categorization into a common victim or perpetrator identity." *Journal of Experimental Social Psychology* 49, 867-877.
47. Robi Damelin: The Forgiveness Project (2010). Available at <http://bit.ly/2keiyjm>, accessed on 20 December 2017.
49. Bassam Aramin: The Forgiveness Project (2010). Available at <http://bit.ly/1l0cbsb>, accessed on 20 December 2017.
51. Gill Hicks: The Forgiveness Project (2010). Available at <http://bit.ly/1mCt9yT>, accessed on 20 December 2017.
53. Jo Berry: The Forgiveness Project (2010). Available at <http://bit.ly/2xTHaDt>, accessed on 20 December 2017.
55. Ginn Fourie: The Forgiveness Project (2010). <http://bit.ly/2flbbiR>, accessed on 20 December 2017.
57. Shad Ali: The Forgiveness Project (2012). Available at <http://bit.ly/1zyFsU7>, accessed on 20 December 2017.
59. Michael Lapsley: The Forgiveness Project (2010). <http://bit.ly/2yBPG6X>, accessed on 20 December 2017.