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 Contact: Jana Muntsinger, MMPPR,
jana@mmpublicrelations.com, 832-247-9308



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 tel 615.889.9000 or 800.251.4000
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**#1 NEW YORK TIMES BESTSELLING AUTHOR
 LYSA TERKEURST SHARES HER STORY OF
 HEALING FROM INFIDELITY—THE SURPRISING STEP
 THAT HELPED THE MOST...
 THE STORY THAT HASN'T BEEN SHARED**



Nashville, TN — Do you ever find yourself replaying and reliving the details of the deepest hurt in your life? #1 New York Times bestselling author Lysa TerKeurst has endured devastating, public heartbreak – and she has wrestled with the lingering, unresolved pain which followed.

Drawing from her own journey of learning to forgive her husband's betrayal, TerKeurst now creates a safe place for readers to explore areas of their own lives where forgiveness is needed. Lysa's new book, ***Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again*** (Thomas Nelson) releases November 17, 2020.

With more than two million social media followers, Lysa TerKeurst is one of the most prominent female Christian voices today. Over the past two years, as she chose to reconcile with her husband, Lysa invested more than 1,000 hours in a biblical study of forgiveness. "I knew as a Christian, I was supposed to forgive. But truly understanding how to forgive? I wasn't sure," admits Lysa. "And isn't it odd that, though forgiveness is a major part of the Christian faith, most of us have never been taught much about it?"

Forgiving What You Can't Forget is a follow-up to Lysa's hugely-successful 2018 title, *It's Not Supposed To Be This Way*, which has spent 18 weeks on national bestseller lists and has sold more than 1,000,000 copies. Filled with deep empathy, therapeutic insight, and rich Bible teaching, ***Forgiving What You Can't Forget*** is for anyone who feels stuck in a cycle of unresolved pain, unsure if there's a way through.

Readers are invited to:

- Learn how to move on when the other person refuses to change and never says they're sorry;
- Walk through a step-by-step process to free yourself from the hurt of your past and feel less offended today;
- Discover what the Bible really says about forgiveness and the peace that comes from living it out right now;
- Identify what's stealing trust and vulnerability from your relationships so you can believe there is still good ahead; and
- Disempower the triggers hijacking your emotions by embracing the two necessary parts of forgiveness.

TerKeurst shares her own struggles with deep resistance to the whole concept of forgiveness. She says, "I knew I was supposed to forgive. But how? When? Are there exceptions? And what do I do with all these feelings of how unfair it all seems. When other people make choices that forever change one thing in my life I didn't want changed or ruined or taken from me, why do I have to be the one to do the hard work of forgiveness? And when those people aren't even sorry for what they did, how can I possibly ever heal and move on?"

The honesty she brings to this message helps her readers feel deeply understood and safe enough to bring questions about relationships and God that they may have never dared to ask before. There is no shaming or blaming found in this page-turner message. Instead, what readers encounter is a refreshing, eye-opening book on the shocking positive effects of forgiveness and how one woman wrestled with Biblical truth and came out on the other side more healed than she ever thought possible.

Adds Lysa: "I finally decided I was tired of suffering because of what other people had done to me. Forgiveness was the best gift I could give to myself that was completely my choice to make. And it was the only choice that freed me from those who hurt me the most."

Lysa TerKeurst is president of Proverbs 31 Ministries and author of three *New York Times* bestselling titles: *It's Not Supposed to Be This Way*, *Uninvited*, and *The Best Yes*. Lysa has written 21 books and sold a total of more than six million copies. Between her personal social media accounts and those of Proverbs 31 Ministries, Lysa reaches more than 7.5 million followers. Lysa and the Proverbs 31 Ministries team have led thousands to make their walk with God an invigorating journey through daily online devotionals, radio programs, online Bible studies, speaker/writing training, and more. Lysa was recently awarded the Champions of Faith Author Award and has been featured in media outlets such as Focus on the Family, *Just Between Us*, Fox News and CNN online. She has appeared on the Today Show as one of the leading voices in the Christian community. Lysa writes from her gray farm table and lives with her family in North Carolina. Connect with her at www.LysaTerKeurst.com.

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***Forgiving What You Can't Forget:
Discover How to Move On, Make Peace with Painful Memories,
and Create a Life That's Beautiful Again***

By Lysa TerKeurst

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Contact Jana Muntsinger, McClure Muntsinger Public Relations,
832-247-9308 or jana@mmpublicrelations.com