“It is not easy to want to forgive, rather than avenge, a wrong. In this fascinating book, Mike McCullough has delved into the evolution of the mind and discovered the means by which we can do it.” —Matt Ridley, author, Nature via Nurture

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Why is revenge such a pervasive and destructive problem? Why is the desire for revenge so tempting? Why is forgiveness so difficult? These perennial questions have never been more relevant than they are today. Psychologist Michael McCullough tackles them by challenging centuries-old misconceptions about revenge and forgiveness. He shows that the key to a more forgiving, less vengeful world is to understand the evolutionary forces that gave rise to these intimately human traits, the social forces that activate them in human minds today, and the changes that are necessary to make our relationships and social institutions better at activating the forgiveness instinct. Drawing on exciting breakthroughs from the social and biological sciences, McCullough dispenses surprising and practical advice for making the world a more forgiving place.

To learn more about the book, visit www.beyondrevengebook.com.

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