



# Forgiveness: How To Let Go When It Still Hurt

*Di Riseborough*

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## **Forgiveness: How To Let Go When It Still Hurt** Di Riseborough

Di Riseborough is a transformational speaker, author and Intuitive life Strategist, featured on the Oprah Winfrey Network. Through her work, she has helped thousands of people use the "F-word" more effectively in their lives, learn to face unresolved fears and discover how to forgive themselves and others. Through her own powerful story of forgiving the man who brutally murdered her grandmother, she teaches that through forgiveness there is peace after pain. She has been featured in numerous media platforms such Women's Movement Radio Show and upcoming spiritual webseries 21 Answers To Emotional Freedom on Women's Movement Television Network. The essence of her business is transformational, intuitive, spiritual, inspirational, energy-boosting and action-oriented. Her services include private & group coaching, inspirational speaking, workshops and a number of programs that incorporate her Seven Keys of C.O.U.R.A.G.E., a 7-key acronym she uses to teach people how to live their best life.

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