

TERESE LUIKENS

AUTHOR * SPEAKER * FACILITATOR * BLOGGER



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Terese's Blog, *Why Bother* can be found at: <https://tereseluikens.com/blog/>

Emotional Healing Through Forgiveness ©

Offering
Customized Workshops

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*"I realized that forgiving
someone else is a gift I can
give myself."*

2024 Workshop Attendee



A HEART'S
Journey
to
FORGIVENESS
A MEMOIR
Terese Luikens

Terese Luikens is an engaging speaker and workshop facilitator known for her ability to empower, educate, and encourage her audience while exploring the topic of forgiveness.

Drawing on her own inspiring journey of emotional healing from her father's suicide, Terese published her memoir *A Heart's Journey to Forgiveness* in 2022.

Today, she helps others speak out, and speak about recovery from emotional woundedness, misnomers surrounding forgiveness, and the benefits of forgiving ourselves or others.

Through her **Emotional Healing Through Forgiveness**© workshops, Terese creates a unique and safe environment to talk about unforgiveness, anger, resentment, blame, and bitterness.

- Who we are angry at and why
- Who we blame and why
- Who we resent and why

Has a misunderstanding, unmet expectation, or a distressing experience caused you to blame someone else? Is there someone you want or need to forgive?

"Healing is possible, and A Heart's Journey to Forgiveness is my life story of finding a way out of the shame." Terese Luikens