

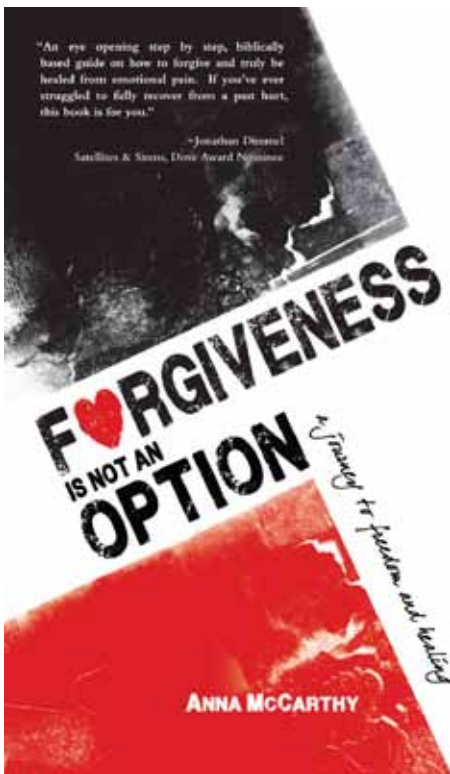


# news release

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## FORGIVENESS IS NOT AN OPTION, IT'S A NECESSITY, ACCORDING TO NEW BOOK *Author Guides Readers to Forgive Even the Unforgivable*



RELEASE DATE: Now  
TRADE Paperback  
PAGES: 192  
PRICE: \$11.99  
ISBN: 978-1-62020-015-5

FOR IMMEDIATE RELEASE: Abused, betrayed, scammed, disappointed—most of us have experienced hurt in some areas of our lives. If not dealt with, these wounds begin to impact our everyday life at a crippling rate. ***Forgiveness is Not an Option: A Journey to Freedom and Healing*** (Ambassador International; June 2012; \$11.99, paperback) provides practical tools for healing and living a life of freedom from past and present hurts.

As a victim of sexual abuse as a child and domestic abuse as an adult, author Anna McCarthy struggled with forgiving many people in her life. “I was left as a very, very hurt 20-something single mom. I was really angry,” admits McCarthy. “This book offers powerful tools to let go of those past hurts just like I had to do.” Anna launched Voice of One ministries with the mission of reaching the hurting and wounded. “The Lord will turn your grief into joy,” says McCarthy. “But you must relinquish control, allowing him to be God and yourself to be human.”

Churches are invited to lead their congregations through The Forgiveness Project, an 11-week study of *Forgiveness is Not an Option*. A free Leader Study Guide is available at [VoiceofOne.net](http://VoiceofOne.net). “We really hope churches will make forgiveness a priority,” says author Anna McCarthy. “Congregations are full of hurting people who need healing.”

McCarthy counsels and disciples others through prayer and one-on-one communication at Life Church in Olathe, Kansas. To learn more about the author, her book ***Forgiveness is Not an Option***, and The Forgiveness Project visit [www.voiceofone.net](http://www.voiceofone.net). For interview requests please contact publicist Alison Storm at [media@emeraldhouse.com](mailto:media@emeraldhouse.com).

### CONTINUED ON BACK

**ABOUT THE PUBLISHER:** Ambassador International was founded in 1980 in Belfast, Northern Ireland and expanded to Greenville, South Carolina in 1995. Ambassador International’s books and materials have been distributed in dozens of countries and are sold worldwide. For more information visit [www.ambassador-international.com](http://www.ambassador-international.com). You can also follow @AmbassadorIntl on Twitter or check out [Facebook.com/AmbassadorIntl](https://www.facebook.com/AmbassadorIntl).

## Suggested Interview Questions

1. What led you to write *Forgiveness is Not an Option*?
2. As someone who helps counsel members of your congregation, what are some of the most common reasons people give for not forgiving others?
3. Is it possible to love those who have hurt you?
4. Is it ever too late to choose to forgive someone?
5. Is there always a purpose behind our pain?
6. Why is it important for us to reach out to others who experienced similar pain?

## Endorsements

“Clearly articulates the Biblical process of bridging the gap between our head knowledge of forgiveness and redemption and our heart response of actually living it out in our relationships with freedom and love. This book is an excellent tool for individuals and close knit groups who are hungry for real and lasting change.”

**Michelle Thomas, M.S.**

Masters in Marriage and Family Therapy, Biblical Counselor at Millcreek Community, Shawnee, KS

“An eye opening step by step, biblically based guide on how to forgive and truly be healed from emotional pain. If you’ve ever struggled to fully recover from a past hurt, this book is for you.”

**Jonathan Dimmel**

Satellites & Sirens, Dove Award Nominee



# author bio

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## ANNA McCARTHY

*Author of "Forgiveness is Not an Option"*




Raised in a home where biblical foundations were laid as the framework of daily life, Anna McCarthy also found a passion for the word of God as a young child. Following in the footsteps of her parents, she grew to dance and perform worldwide, sharing the love of Jesus wherever she traveled.

In 2012 she founded Voice of One Ministries after seeing a great need for someone in her generation to rise up and be a 'voice' calling out to this world, preparing the hearts of God's people to return to Him. Anna is passionate about bringing the message of hope, healing and restoration through the glorious work of Jesus to the hurting souls of this generation.


Anna currently resides in Kansas with her husband Zac and three daughters. She appreciates spending time at home with her family or having coffee with friends. She delights in serving at her home church, praying with and mentoring others.

### Connect with Anna McCarthy

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 [www.voiceofone.net](http://www.voiceofone.net)

 [www.facebook.com/voiceofoneministry](http://www.facebook.com/voiceofoneministry)

 [@Vof1Ministry](https://twitter.com/Vof1Ministry)

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