

ANSELM GRÜN

RELEASING THE BONDS

HOW TO FIND YOUR WAY OUT OF
THE ROLE OF THE VICTIM IN
CHURCH, SOCIETY, AND EVERYDAY
LIFE

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Dealing with physical and psychological violence in private life and in society

Every day, physical and psychological violence happens all around us: in relationships, in families, but also in all areas of society. In this book, Anselm Grün offers a helping hand to those who feel victimized, so that they can perceive the violence they suffer, work through their experiences, and finally heal.

For this, he has developed several fundamental principles, both on a societal and on a personal level, without which we cannot heal and move forward from the cycle of violence. This Anselm Grün shows readers how to do—without ever dictating quick fixes or simply prescribing wholesale forgiveness and thus compounding survivors' pain.

FATHER ANSELM GRÜN, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany's best-known authors on spirituality.