



A Hygiene of Self-Forgiveness, Revised: A Bold Proposal

William P McDougal

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/// An unproven approach to health - and just maybe - a bold departure from disease ///

This essay of creative thinking is about forgiving and trust. The personal practice of forgiving and trusting yourself may clean and heal the body from the inside out.

William McDougal presents this work as a "self-taught" having done most of this work outside of an academic setting. Comparative religions, ancient cultures, and mathematics all In combination with his own drive towards wellness result in this essay by Will McDougal. A Hygiene of Self-Forgiveness: A Bold Proposal, Revised is presented to try and help men and women in resuming personal, individual balance and harmony -- with the hope being that once grounded and balanced, healthy men and women work together for the benefit of their communities.

an excerpt from A Hygiene of Self-Forgiveness, P. 43

..".There is so much great potential for so much real excellence, creativity, innovation, harmony and balance expressed by people. When a person can restore balance in his body, "Get his feet on the ground" so to speak, it seems that then he is able to begin to demonstrate excellence. The individual becomes capable and interested in adding value to his community and enriching the relationships of those in his Life. How to restore the focus on the excellence of the individual, and replace the current focus on mediocrity? Forgiving one's self may be the crucial cornerstone to such building."

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