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Healing the Shame That Binds You

By: John Bradshaw

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I used to drink, writes John Bradshaw, to solve the problems caused by drinking. The more I drank to relieve my shame-based loneliness and hurt, the more I felt ashamed. Shame is the motivator behind our toxic behaviors the compulsion, co-dependency, addiction and drive to superachieve that breaks down the family and destroys personal lives. This book has helped millions identify their personal shame, understand the underlying reasons for it, address these root causes and release themselves from the shame that binds them to their past failures. Key Features This is not just a recovery book. Among other things, it is a classic book on identifying and working through unresolved family issues. Includes affirmations, visualizations, inner voice and feeling exercises. Strong supporting studies make this a popular book with counselors and other professionals. Completely updated and revised

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