

## HEALING THE SHAME THAT BINDS YOU EPUB%0A

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This lecture is based on John Bradshaw's book with the same title..but in this lecture he only covers the first part of the book (the problem)..the second part of the book deals with (the solution

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We are bound by our shame. Drawing from his 22 years of experience as a counselor, Bradshaw offers us the techniques to heal this shame. Using affirmations, visualizations, "inner voice" and "feeling" work plus guided meditations and other useful healing techniques, he releases the shame that binds us to the past. This important book breaks new ground in the core issues of societal and personal breakdown, offering techniques of recovery vital to all of us.

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Healing the Shame that Binds You Quotes Showing 1-30 of 221 To truly be committed to a life of honesty, love and discipline, we must be willing to commit ourselves to reality. John Bradshaw, Healing the Shame that Binds You

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