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Healing the Shame that Binds You eBook John Bradshaw

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.

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It is not safe to complain. You are expected to be compliant, and worse--to be grateful. Healing The Shame That Binds You explains in poetic detail the not so easy to see dynamics that create shame and guilt in closed dysfunctional family systems.

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John Bradshaw Healing The Shame That Binds You Part 1

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

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