

HEALING THE SHAME THAT BINDS YOU EPUB%0A

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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), the second part of the book deals with (the solution)

[Healing the Shame that Binds You ... - Indigo Chapters](#)

John Bradshaw is a counselor, speaker and one of the leading voices of the recovery movement, especially inner child and family issues. His classic books include Healing the Shame that Binds You (1.3 million copies sold), Bradshaw on: The Family (1.2 million copies sold) and Homecoming (3 million copies sold).

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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.

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John Bradshaw is a counselor, speaker and one of the leading voices of the recovery movement, especially inner

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Healing the Shame that Binds You Quotes by John Bradshaw

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* [PDF/ePub Download] [healing the shame that binds you eBook](#)

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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.