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Healing the Shame That Binds You

John Bradshaw

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Healing the Shame That Binds You

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Healing the Shame That Binds You John Bradshaw
In an emotionally revealing way John Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions and the drive to super-achieve. The result is a breakdown in the family system and our inability to go forward with our lives. 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 realeases 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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