



# Healing the Shame that Binds You

*By John Bradshaw*

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## Healing the Shame that Binds You By John Bradshaw

Healing the Shame that Binds You is the most enduring work of family relationship expert and New York Times bestselling author John Bradshaw. In it, he shows how unhealthy toxic shame, often learned young and maintained into adulthood, is the core component in our compulsions, co-dependencies, addictions and drive to superachieve. While positive shame empowers us and sustains the fabric of our social system, inappropriate or misdirected shame results in the breakdown of our self-esteem, the destruction of the family system, and an inability to move forward with our lives. In an honest and emotionally revealing style based largely on his personal experience with addiction and his decades as a counselor, John Bradshaw moves from the source and manifestation of toxic shame to the practical tools-affirmations, visualizations, inner voice and feeling work, guided meditations, and other healing techniques-that will release the shame that binds us to our past.

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### **Review**

"People who bought this series, HEALING THE SHAME THAT BINDS YOU, with John Bradshaw, also bought CREATING HEALTHY RELATIONSHIPS and THE CORE OF SPIRITUALITY." -- John Bradshaw Media Group "Market Research Department"

### **About the Author**

John Bradshaw has been at the forefront of the self-help and recovery field for more than twenty years and is the New York Times bestselling author of books including Reclaiming Virtue and Bradshaw On: Homecoming.

John Pruden is a professional voice actor who records audiobooks, corporate and online training narrations, animation and video game characters, and radio and TV commercials. An AudioFile Earphones Award winner, John has a solid creative foundation from which to draw for his intelligent audiobook narrations.

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