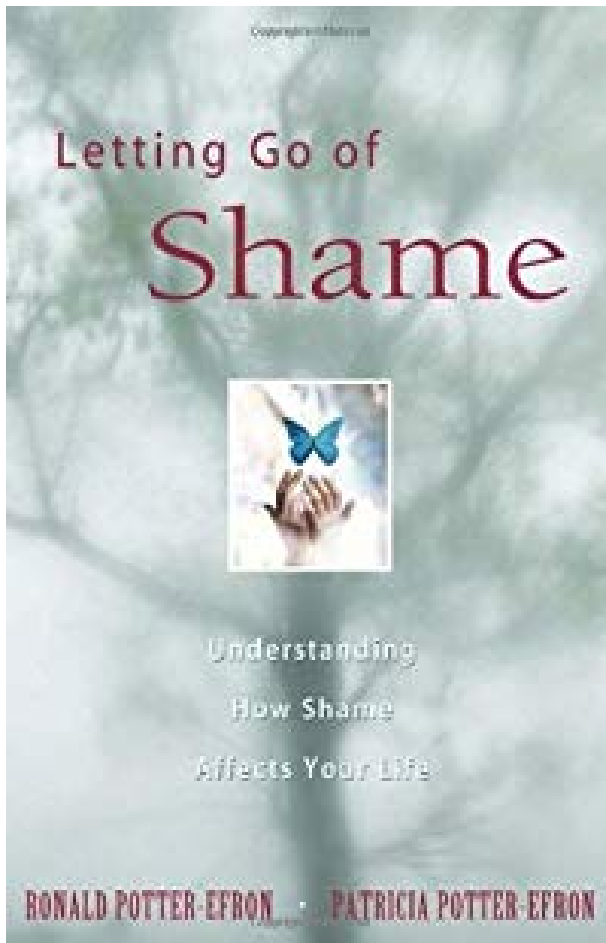


Letting Go of Shame: Understanding How Shame Affects Your Life



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Letting Go of Shame: Understanding How Shame Affects Your Life helps to explain the emotion of shame and its impact on our self-image and relationships. As we identify shame and use recovery skills to work through it, Letting Go of Shame: Understanding How Shame Affects Your Like helps to explain the emotion of shame and its impact on our self-image and relationships.

The authors offer us a way that we can personalize a plan of action to help build our self-esteem, and they suggest exercises to help us identify our feelings of shame.