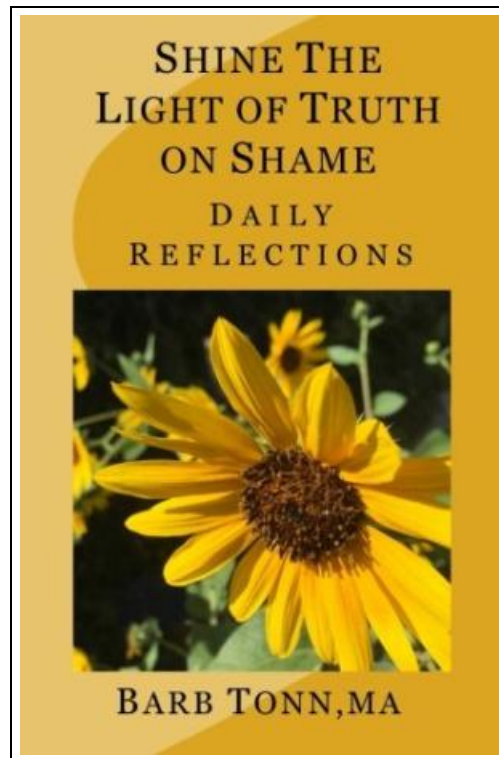


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SHINE THE LIGHT OF TRUTH ON SHAME: DAILY REFLECTIONS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Shine the Light of Truth on Shame is a refreshingly unique book that provides an honest, thorough, easily understood, and insightful program to release us from the pain of shame. Author Barb Tonn shares from a deep well of tools she developed working as a psychotherapist, who for over thirty years specialized in healing shame. The book will appeal to a variety of people: those who have heard of shame and are interested in learning more about it; those who are already working to heal their shame, anxiety, depression, bipolar disorder, PTSD, abuse, and adult children issues while in therapy or utilizing self-help and personal growth tools; counselors; people in recovery from addictions; and those who are mindfully and spiritually changing the direction of their lives from one of war to one of peace. The book takes a deep dive into where shame is anchored in our lives and world and then presents solutions for creating a new paradigm for living that is held in love instead of shame. It provides powerful techniques for healing shame, personal stories to demonstrate the shame/rage loop and how to release from it, and 365 days of reflections and meditations to help release us from the grip of shame. The daily format provides interventions that can easily be integrated into one's daily life, a step at a time. As readers move through the year of daily interventions, they are brought more deeply into the healing of shame. By day 365 readers have a working program for intervening on shame that can be easily utilized for the rest of their lives. Author Barb Tonn has been in recovery from shame and addictions for close to...



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