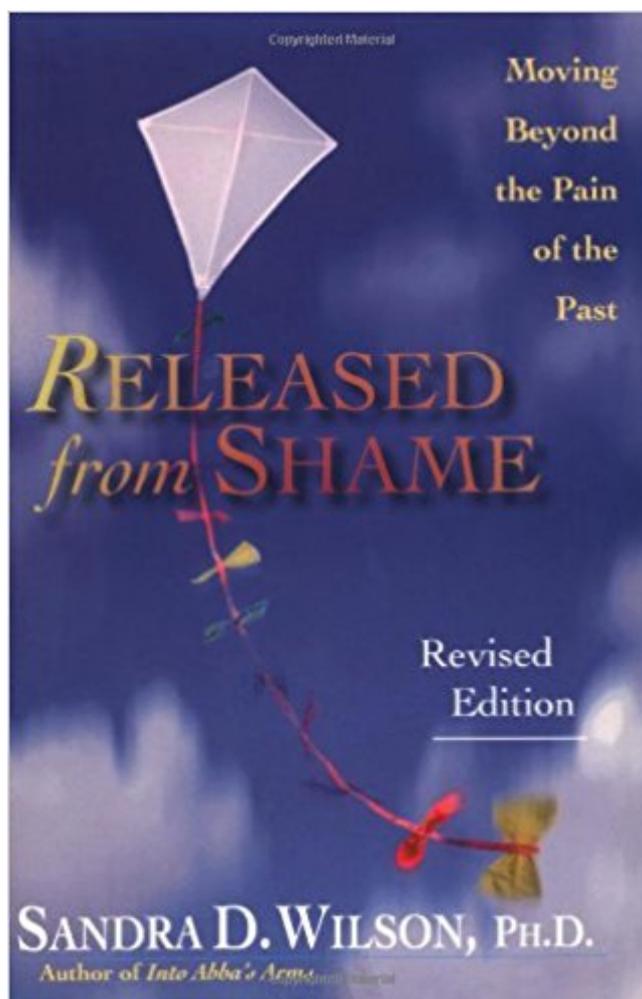


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# Released From Shame: Moving Beyond The Pain Of The Past



## Synopsis

Do you feel that your problem is not what you do but who you are? Caught in patterns of destructive relationships? That you never get enough affirmation? Afraid you'll pass bad patterns along to your children? That God probably loves you less than others? If these questions fit you, you may be experiencing shame. Often shame comes from being raised in a family that has an impaired ability to provide its members with healthy nurturing. As a result, you carry emotional scars into adult life, longing for happiness but feeling unworthy of it. Sandra Wilson knows much about "shame-based" families--both from personal experience and from her years as a family therapist. Drawing from this background, she teaches you biblical principles that have helped her and many others work through painful issues and learn new, healthier ways to live. In this revised edition, Wilson also includes help for parents who want to break the intergenerational cycle of shame and give their children a "grace-based" foundation for life.

## Book Information

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## Customer Reviews

"God's perfect love certainly can cast out fear, but I never truly understood how God does that until learning more about being a shame-based person. Sandra Wilson has written an incredibly needed resource--especially for those of us from shame-based cultures--on how finally to experience exquisite freedom in Christ." (Rev. Ken Fong, senior pastor, Evergreen Baptist Church, Los Angeles)"In the midst of a veritable flood of books on the subject, this one stands out. It is a balanced blend of keen therapeutic insights, effective illustrations from counselees and a warm

sharing of the author's own personal story. I recommend it highly and intend to use it extensively." (Dr. David A. Seamands, author of Healing for Damaged Emotions)

Sandra D. Wilson is a seminary professor, certified spiritual director and retired family therapist. She is an international speaker and the author of six books: Released from Shame, Into Abba's Arms, Hurt People Hurt People, The World According to Me, Shame-Free Parenting and Counseling Adult Children of Alcoholics.

this was one of the hardest books to read if you have been abused in any way in your years. I am quite certain you will find yourself in this book and it was helpful to me as I am in professional christian counseling and this showed me areas that I really needed to "look" at some areas that have been buried and God is now healing me in his gentle way and in his timing. May another be blessed by the categories in this book. I was able to set another boundary in my life due to the holy spirit showing me that I can only change myself and there may be those around you who will not understand but I am believing that as I learn healthier habits and life changes that I will be empowered to be what I was meant to be...despite the past horrors.

Excellent book. My therapist recommended I read this book, so I ordered it immediately. I read it in one day and am now going back through it to highlight the parts I will discuss with my therapist. It was very eye opening and gives a lot of understanding to shame and moving past it. It's like this book was written just for me! Wish I could give this more than 5 stars!

Dr. Wilson,I have personally given this book to at least 4 other people. It helped someone very close to me tremendously. I greatly appreciate your valuable insights and knowledge of scripture mixed with psychology. I currently keep 2 copies of this book on hand to give out to friends as needed, so far nothing but success stories and praise. Thats so much for your efforts.

We have been going through this book with a group of 40-50 yr.old folks from our church small group. We all feel that this book has been a worthwhile read no matter what kind of background you have had. Some were resistant when book title and review was proposed for a group vote on what to read several months ago. However, both men and women have gained personal wisdom and insight reading and discussing each chapter. Recommended reading for every adult.

Really appreciated the truths shared! A definite recommended read! Having a work book and doing it with a mentor would be powerful!

This is an excellent book. Even though it is not a novel or thriller, I couldn't put it down. It WAS a thrill for me to discover so many truths in this book. Almost the whole book is highlighted because she said so many enlightening things! I received the book on time and in great condition.

Great book to help you heal from binding inter generational shame. I recommend this to anyone serious about being released from the shame they feel about themselves within. Digs deep into every category of family shame

Great book

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Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)

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