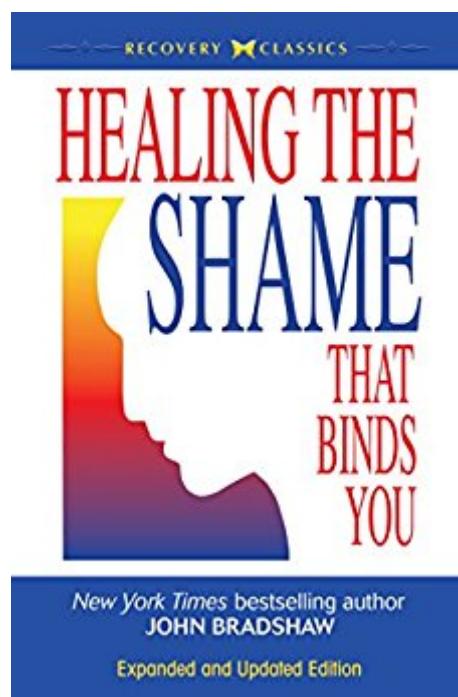


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# Healing The Shame That Binds You



## **Synopsis**

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 releases the shame that binds us to the past.

## **Book Information**

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## **Customer Reviews**

Ah. So it has a name. That feeling that follows us through years and years, that keeps eating at us and deteriorating our life. At first you double the efforts to keep on functioning and achieving ("put your back into it!"). Some achievements come with that. But you feel increasingly drained, fearful of disasters and failure (which can lead you smack into some of them btw), and just so gd tired. And weirdly empty, disconnected and phony even to yourself. Soooo.... bit by bit you keep on trying to

quench that nagging dissatisfied thirst with... well, just plain more. More work. More "fun" (a world of problems here, none of them fun at all). More money. More shoes. And always thinking "when I get that new (i) car (ii) job (iii) promotion (iv) title (v) ring etc etc etc, I'll feel better. More serene and real. I'll find "my" place, where I "belong"". One therapist once told me that this sounded like "when I grow up...". I never forgot that. This book is important. To me, it was an absolute revelation. If you identify with anything I wrote above, check this book out. It brings an almost immediate feeling of relief. What happens after the first eureka moment is up to each one of us and our individual stories. But, as a group, it's like realizing your symptoms are documented and part of a disease that afflicts a lot of people and not just you - and which CAN be treated; which has nothing to do with your real identity. And that place? Where we belong? It's right there inside each of us, patiently waiting for us to come back. I'm trying to find my own way back, and this book was the most precise and clearest "guide" I found so far. For the first time in my life, I feel like I'm on my way. Using the right road and all. At the right pace. I do wish I had come across this before. But then again, time and place for everything, right?

John Bradshaw's original lecture about this topic was what inspired me to buy this book. I personally feel that lecture was better, but the book does contain more info and insights about the nature of shame and all the different ways it manifests in our behavior. Highly recommend it to psychology/self-help students or anyone wanting to heal, all the best!

The book needs a revision. It is repetitive, tedious, uses too many novel terms and has a lot of unnecessary fill that cloud the presentation. Also the healing part, 12 step program, NLP, meditations and the rest, really have the feel that in lieu of something more definitive the kitchen sink was thrown at it to see if something would stick. That said as a treatise on the subject of toxic shame, if you can dissect it out, it's really outstanding. So much so that despite the shortcomings I'd have to highly recommend it. There were so many shaming scripts uncovered with such clarity, so many WOW moments, that while it's a torturous read at times, I think it's worth it.

17 years ago I've read this book and it became the core backbone of my research in Identity. So I created a blog [...] and a facebook page [...] In my pages I consider helping people and sharing to people that emotional pain can be healed. What inspires me was the idea that when we begin to open to the world about our hurt and pain, there are unexplainable moments that you start to heal. In my experiences Healing the Shame that Binds you is a book that somehow unravels the truth about

the hidden lost child in every person.

If you are looking how to change those aspects of yourself that hinder, hurt, shame, and ultimately keep you from fully accepting yourself then this is the book. I've read many self-help books but this goes right to the nature of what happened that blocked your fully coming into yourself. Where the anger, malaise, lack of esteem, tightness in the gut, blame, and angst/fight in you came from (whether overt or ever kept secret and hidden) and how to find resolve. I think this book is brilliant and is transforming in its ability to hone out what is usually just out of one's grasp. It isn't about colorful positive acclamations/proclamations but rather step by step going to how and where the pain, disconnect from our whole selves began and then step by step, in equal measure, healing those disconnects. Again, brilliant and can change your life.

I like almost anything Bradshaw. This was another self-help book that hit home. He has a great way of talking to you, not down to you as many do. We all have problems in our lives Bradshaw is one author that has help me through many. Great teacher of life.great

He described and understood what has happened to me. I couldn't cure myself by this book. It did help for me to better understand the things that did happen to me. It is heart breaking and comforting knowing I'm not the only one. This book and many other things convinced me to see a therapist.

First half of the book is depressing, but it's worth reading through to the end. Recommended to me by my counselor. Helped me better understand the 'beast' without multiple - expensive - visits.

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