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LETTING GO OF SHAME: UNDERSTANDING HOW SHAME AFFECTS YOUR LIFE



Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, Letting Go of Shame: Understanding How Shame Affects Your Life, Ronald T. Potter-Efron, Patricia S. Potter-Efron, 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...

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- Authored by Ronald T. Potter-Efron, Patricia S. Potter-Efron
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