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~~Lessons Learned~~

~~from Healing The~~

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~~You John~~

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~~Story~~ †

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~~† OWN Healing~~

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~~Your Inner Child~~

~~— Free Hypnosis~~

~~Session~~

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FOR YOUR

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(1933-2016) has

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Shame expert."

The author of
five New York
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bestsellers,

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hosted four
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television

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his best-selling
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You is the most
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relationship

expert and New

York Times

bestselling

author John

Bradshaw. In it,

he shows how

unhealthy toxic

shame, often

learned young

and maintained

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into adulthood,
is the core
component in our
compulsions, co-
dependencies,
addictions and
drive to
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year, has been

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updated and

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expanded by the
author John

Bradshaw. "I

used to drink,"

writes John

Bradshaw, "to

solve the

problems caused

by drinking. The

more I drank to

relieve my shame-

based loneliness

and hurt, the

more I felt

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You – John

Bradshaw

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You explains in

poetic detail

the not so easy

to see dynamics

that create

shame and guilt

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in closed
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family systems.

When my life was
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and my famil

When you are
stuck inside a
closed family
system, you do
not know you are
not normal.

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The author of

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be committed to

a life of

honesty, love

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and discipline,
we must be

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willing to

commit ourselves

to reality." . ?

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emotion which
gives us
permission to be
human. Shame
tells us of our
limits. Shame
keeps us in our
human
boundaries,

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Knows We Can and Will

Make Mistakes,

and That We Need

Help.”. author.

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You Quotes

John Bradshaw is

a counselor,

speaker and one

of the leading

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voices of the
recovery

movement,

especially inner

child and family

issues. His

classic books

include Healing

the Shame that

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on: The Family

(1.2 million

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YOU ix become
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This results in

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a lifetime of
cover-up and
secrecy. This

secrecy and
hiding is the
basic cause of
suffering for
all of us. Total
self-love and
acceptance is
the only
foundation for
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and acceptance,
we are doomed to

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line to victims,
and can be the
first step on
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dysfunctional

family

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You book by John

Bradshaw

Drawing from his

22 years of

experience as a

counselor,

Bradshaw offers

us the

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techniques to
heal this shame.

Using

affirmations,

visualizations,

"inner voice"

and "feeling"

work plus guided

meditations and

other useful

healing

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Bradshaw] --

Argues that
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Recognizing and

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shame,

overcoming shame

in relationship

to self our most

significant

relationship.

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But it is those
binds you
deep emotions,
below our
thoughts, that
holds shame in
place. And we
hold our
emotions in our
bodies.

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Toxic Shame -
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"Healing the Shame that Binds You" is the most enduring work of family relationship expert John Bradshaw--an examination of the sources of toxic shame and a practical guide for overcoming it.

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In it, he shows
how unhealthy

toxic shame,
often learned

young and

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maintained into
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component in our
compulsions, co-
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addictions and
drive to
superachieve.

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