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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
ashamed. ”

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explains in poetic
detail the not so easy
to see dynamics that
create shame and
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systems. When my
life was falling apart,
and my famil When
you are stuck inside a
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to be human. Shame
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Shame keeps us in

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our human
boundaries, letting us
know we can and will
make mistakes, and
that we need help.” .
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John Bradshaw is a
counselor, speaker
and one of the
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recovery movement,
especially inner child
and family issues. His
classic books include
Healing the Shame
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Family (1.2 million
copies sold) and
Homecoming (3
million copies sold).

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THAT BINDS YOU ix

become less than
human. This results in
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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happiness and the
love of others.
Without total self-
love and acceptance,
we are doomed to

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can be the first step
on the road to
recovery from toxic
shame and other
psychological
problems brought on
by dysfunctional
family situations.

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as a counselor,
Bradshaw offers us
the techniques to
heal this shame.

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techniques, he
releases the shame
that binds us to the
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involves sadness,
fear, and thoughts.
But it is those deep
emotions, below our
thoughts, that holds
shame in place. And
we hold our
emotions in our
bodies.

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Bradshaw. In it, he shows how unhealthy toxic shame, often learned young and maintained into adulthood, is the core component in our compulsions, co-dependencies, addictions and drive to superachieve.

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