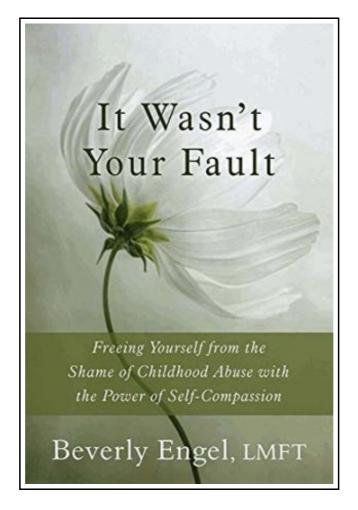
It Wasnt Your Fault Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion



Filesize: 4.53 MB

Reviews

This sort of book is everything and taught me to seeking forward and more. This really is for those who statte there had not been a well worth reading. I found out this pdf from my i and dad advised this book to discover.

(Prof. Griffin Murphy)

IT WASNT YOUR FAULT FREEING YOURSELF FROM THE SHAME OF CHILDHOOD ABUSE WITH THE POWER OF SELF-COMPASSION



New Harbinger Publications. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 6.0in. x 0.0in. x 9.0in.Shame is one of the most destructive of human emotions. If you suffered childhood physical or sexual abuse, you may experience such intense feelings of shame that it almost seems to define you as a person. In order to begin healing, its important for you to know that it wasnt your fault. In this gentle guide, therapist and childhood abuse expert Beverly Engel presents a mindfulness and compassion-based therapeutic approach to help you overcome the debilitating shame that keeps you tied to the past. By following the step-by-step exercises in this book, youll gain a greater understanding of the root cause of your shame. And by cultivating compassion toward yourself, you will begin to heal and move past your painful experiences. Recent studies show that trauma survivors, particularly those with post-traumatic stress disorder (PTSD) resulting from abuse, can greatly benefit from incorporating elements of self-compassion into their treatment. Furthermore, the practice of self-compassion has been shown to decrease PTSD symptoms, including, self-criticism, thought suppression, and rumination. This book is based on the authors powerful and effective Compassion Cure program. With this book, you will develop the skills needed to finally put a stop the crippling self-blame that keeps you from moving on and being happy. Youll learn to focus on your strengths, your courage, and your extraordinary ability to survive. Most of all, youll learn to replace shame with its counter emotionpride. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

- Read It Wasnt Your Fault Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion Online
- Download PDF It Wasnt Your Fault Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion

Other eBooks



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Download ePub »



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

Download ePub »



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

Download ePub »



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

Download ePub »



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

Download ePub »