

Shame

1. *Letting Go of Shame: Understanding How Shame Affects Your Life*
Patricia Potter-Efron and Ronald Potter-Efron; 1989
2. *Healing the Shame that Binds You: Recovery Classics Edition*
John Bradshaw; 2005
3. *Homecoming: Reclaiming and Healing Your Inner Child*
John Bradshaw; 1992
4. *Family Secrets: The Path from Shame to Healing*
John Bradshaw; 1996
5. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*
Brené Brown; 2010
6. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*
Brené Brown; 2015
7. *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*
Brené Brown; 2019
8. *The Many Faces of Shame*
Jo Naughton; 2019
9. *Shame and Pride – Affect, Sex, and the Birth of the Self*
Donald L. Nathanson; 1994
10. *Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame*
Beverly Engel; 2007
11. *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition)*
Charles Whitfield; 2010
11. *Soul Without Shame: A Guide to Liberating Yourself from the Judge Within*
Byron Brown; 1998

12. *The Dance of Fear: Rising Above the Anxiety, Fear, and Shame to Be Your Best and Bravest Self*
Harriet Lerner; 2005
13. *Shame and Guilt: Masters of Disguise*
Jane Middelton-Moz; 1990
14. *Shame Unmasked: Disarming the Hidden Driver Behind Our Destructive Decisions*
Rick Patterson; 2017
15. *It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion*
Beverly Engel; 2015
16. *Conquering Shame and Codependency: 8 Steps to Freeing the True You*
Darlene Lancer; 2014
17. *Understanding and Treating Chronic Shame: A Relational/Neurobiological Approach*
Patricia A. DeYoung; 2015
18. *The Highly Sensitive: How to Stop Emotional Overload, Relieve Anxiety, and Eliminate Negative Energy*
Judy Dyer; 2018
19. *The Soul of Shame: Retelling the Stories We Believe About Ourselves*
Curt Thompson MD; 2015

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