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bestselling author John  
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.

**Healing the Shame  
that Binds You:  
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Pruden ...**

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“A toxically shamed person has an adversarial relationship with himself. Toxic shame — the shame that binds us — is the basis for both neurotic and character disordered syndromes of behavior.”

**The 20 Best Healing  
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YOU is John Bradshaw's most enduring work. In it, he shows how unhealthy toxic shame is the core component of our compulsions including, codependency, lying, addiction, and the drive to super-achieve or underachieve.

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Bradshaw**

We are bound by our shame. 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 techniques, he releases the shame that binds us to the past.

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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

happiness and the love

of others. Without total

self-love and

acceptance, we are

doomed to

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## **CONTENTS**

The author of five New York Times bestsellers, Bradshaw On: The Family, Healing the Shame That Binds You, Homecoming, Creating Love, and Family Secrets. He created and hosted four nationally broadcast PBS television series based on his best-selling books.

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**You by  
John Bradshaw...**

We are bound by our shame. Drawing from his 22 years of experience as a counselor, Bradshaw offers us the techniques to heal this shame. Using affirmations, visualizations, "inner voice" and "feeling" work plus guided meditations and other useful healing techniques, he

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releases the shame  
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sed-  
Expanded&Updated**

...

In an emotionally  
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core problem in our  
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drive to super-achieve.

The result is a  
breakdown in the  
family system and our  
inability to go forward  
with our lives. We are  
bound by our shame.  
Drawing from his 22  
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techniques to heal this  
shame.

**Healing the Shame  
that Binds You book  
by John Bradshaw**

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Healing the Shame that Binds You is the most enduring work of family relationship expert and New York Times bestselling author John 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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HEALING THE SHAME  
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Bradshaw 's most  
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addictions, and the drive to superachieve, resulting in the breakdown in the family system and our.

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## **Healing the Shame That Binds You**



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This video shares my personal experience with John Bradshaw's healing the shame that binds you. This part focuses primarily on what I think can help to Heal ...

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