



Overcoming Guilt and Shame

By Daniel Green Ph. D.

WordWay. Paperback. Condition: New. 152 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. DISCOVER HOW YOU CAN FIND FREEDOM FROM GUILT AND SHAME Do any of the following apply to you I need forgiveness from God, but I dont know how to find it. Its only a matter of time before people find out Im not good enough. I am disconnected and lonely. How can I figure out when I am guilty and when I am innocent I dont think Im worth being loved. I dont want to be so angry, jealous, and judgmental. I need to have a stronger connection with God. If these statements sound familiar to you you are not alone. Even the most emotionally healthy people today experience degrees of the anguish brought on by shame and guilt. The heavy burden of shame and guilt can often keep us from connecting with others and enjoying the freedom of living in Christ. In Overcoming Guilt and Shame Dr. Daniel Green and Dr. Mel Lawrenz discuss the many ways in which guilt and shame both subtly and overtly manifest themselves in our lives. Using pastoral counseling and illustrative psychological case studies, they uncover the causes of and healthy responses to shame...

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