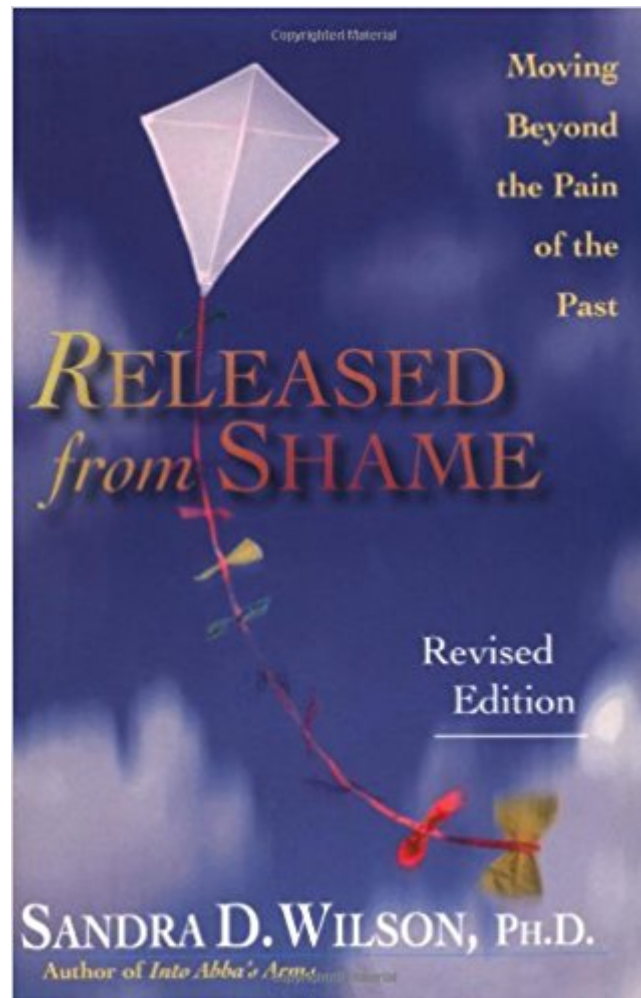




**Ebook Directory**  
the best source of ebook

The book was found

# Released From Shame: Moving Beyond The Pain Of The Past



## Synopsis

Do you feel that your problem is not what you do but who you are? caught in patterns of destructive relationships? that you never get enough affirmation? afraid you'll pass bad patterns along to your children? that God probably loves you less than others? If these questions fit you, you may be experiencing shame. Often shame comes from being raised in a family that has an impaired ability to provide its members with healthy nurturing. As a result, you carry emotional scars into adult life, longing for happiness but feeling unworthy of it. Sandra Wilson knows much about "shame-based" families--both from personal experience and from her years as a family therapist. Drawing from this background, she teaches you biblical principles that have helped her and many others work through painful issues and learn new, healthier ways to live. In this revised edition, Wilson also includes help for parents who want to break the intergenerational cycle of shame and give their children a "grace-based" foundation for life.

## Book Information

Paperback: 200 pages

Publisher: IVP Books; Revised ed. edition (February 22, 2002)

Language: English

ISBN-10: 0830823344

ISBN-13: 978-0830823345

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 35 customer reviews

Best Sellers Rank: #254,440 in Books (See Top 100 in Books) #126 in [Books > Christian Books & Bibles > Christian Living > Counseling](#) #193 in [Books > Religion & Spirituality > Religious Studies > Counseling](#) #454 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#)

## Customer Reviews

"God's perfect love certainly can cast out fear, but I never truly understood how God does that until learning more about being a shame-based person. Sandra Wilson has written an incredibly needed resource--especially for those of us from shame-based cultures--on how finally to experience exquisite freedom in Christ." (Rev. Ken Fong, senior pastor, Evergreen Baptist Church, Los Angeles)"In the midst of a veritable flood of books on the subject, this one stands out. It is a balanced blend of keen therapeutic insights, effective illustrations from counselees and a warm

sharing of the author's own personal story. I recommend it highly and intend to use it extensively." (Dr. David A. Seamands, author of Healing for Damaged Emotions)

Sandra D. Wilson is a seminary professor, certified spiritual director and retired family therapist. She is an international speaker and the author of six books: Released from Shame, Into Abba's Arms, Hurt People Hurt People, The World According to Me, Shame-Free Parenting and Counseling Adult Children of Alcoholics.

this was one of the hardest books to read if you have been abused in any way in your years. I am quite certain you will find yourself in this book and it was helpful to me as I am in professional christian counseling and this showed me areas that I really needed to "look" at some areas that have been buried and God is now healing me in his gentle way and in his timing. May another be blessed by the categories in this book. I was able to set another boundary in my life due to the holy spirit showing me that I can only change myself and there may be those around you who will not understand but I am believing that as I learn healthier habits and life changes that I will be empowered to be what I was meant to be...despite the past horrors.

Excellent book. My therapist recommended I read this book, so I ordered it immediately. I read it in one day and am now going back through it to highlight the parts I will discuss with my therapist. It was very eye opening and gives a lot of understanding to shame and moving past it. It's like this book was written just for me! Wish I could give this more than 5 stars!

Dr. Wilson,I have personally given this book to at least 4 other people. It helped someone very close to me tremendously. I greatly appreciate your valuable insights and knowledge of scripture mixed with psychology. I currently keep 2 copies of this book on hand to give out to friends as needed, so far nothing but success stories and praise. Thats so much for your efforts.

We have been going through this book with a group of 40-50 yr.old folks from our church small group. We all feel that this book has been a worthwhile read no matter what kind of background you have had. Some were resistant when book title and review was proposed for a group vote on what to read several months ago. However, both men and women have gained personal wisdom and insight reading and discussing each chapter. Recommended reading for every adult.

Really appreciated the truths shared! A definite recommended read! Having a work book and doing it with a mentor would be powerful!

This is an excellent book. Even though it is not a novel or thriller, I couldn't put it down. It WAS a thrill for me to discover so many truths in this book. Almost the whole book is highlighted because she said so many enlightening things! I received the book on time and in great condition.

Great book to help you heal from binding inter generational shame. I recommend this to anyone serious about being released from the shame they feel about themselves within. Digs deep into every category of family shame

Great book

[Download to continue reading...](#)

Released from Shame: Moving Beyond the Pain of the Past Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) My Grand Adventure I'm Moving! Adventure Storybook, Children's Packing Guide: & Activity Book (Large 8.5 x 11) Moving Book for Kids in all Departments ... Guides Relocation Books Do it Yourself Moving Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Beyond Shame (Beyond, Book 1) Shame: How America's Past Sins Have Polarized Our Country Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection Mail Order Bride: 24 Book Jumbo Mail Order Bride Box Set (Includes A Never Before Released Book) Mail Order Bride: 16 Book Mega Mail Order Bride Box Set (Clean and Wholesome Western Historical Romance): Also Included:A Never Before Released Book The My Little Pony G1 Collector's Inventory: an unofficial full color illustrated collector's price guide to the first generation of MLP including all ... playsets and accessories released before 1997 The My Little Pony G3 Collector's Inventory: an unofficial illustrated guide to the third generation of MLP including all ponies, playsets and accessories released from 2003 through 2007 Baby Bargains (Version 12.0, released 2017): Secrets to Saving 20% to 50% on baby cribs, car seats, strollers, high chairs, monitors and much, much more! Mercy Bound Released: A Dark Erotica MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You:

Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)