



## Unashamed (Pack of 25) (Paperback)

By Heather Davis Nelson

CROSSWAY BOOKS, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. ANNA WEEPS over the phone with her best friend as she describes a marriage that feels hopeless and lifeless. No matter what she tries, her husband cannot seem to see her, care about her, or change the behavior that is destroying their marriage and their family. Jake is alone. He assumed that by age thirty he would be well on his way to his dream of a successful career, marriage, and starting a family. Instead, Jake works an unmotivating job and can't seem to gain the courage to talk to the woman he admires from afar. Even after losing significant weight, Lily still views herself as several sizes larger than she is and doesn't connect someone discussing "a thin woman" as describing her. Can you relate to these scenarios and forms of shame? Perhaps your experiences have been different, but despite its manifestation, shame is something we all endure. WHAT IS SHAME? Shame is the feeling of "not good enough," according to our own standard or our perception of someone else's standard for us. It's what keeps us from being honest about our struggles, sins, and less-than-perfect moments....



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