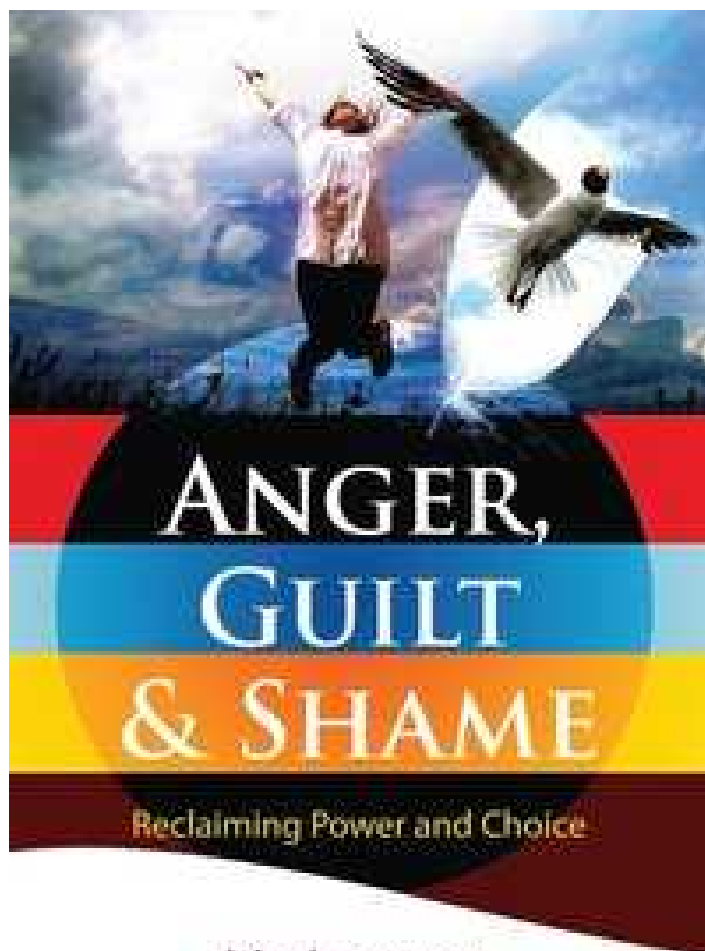


Anger Shame and Guilt PDF E-BOK

Larsson Liv



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BESKRIVNING

This book can help you to make shame, guilt and anger your allies instead of your enemies. They can become keys to your inner life and to your dreams. Getting to know these feelings will help you better meet your needs for respect, acceptance, belonging and freedom. What would be possible if you no longer needed to shrink yourself to avoid shame or guilt? The author Liv Larsson's main inspiration is Nonviolent Communication (NVC). She wants to show how anger, shame and guilt go hand in hand with a way of thinking that has developed over the last eight thousand years. At the same time she gives the reader concrete tools that can be used to create more freedom and choice in all life situations. In the afterword of the book Liv writes: What initially was meant as a small booklet on anger grew and grew and grew. Anger, shame and guilt were originally only three expressions of emotions mixed with thoughts that I found interesting. I had no idea what I would find beneath the surface when I really took the time to take a closer look at guilt, shame and anger. But now I look forward to the next time I feel shame, guilt or anger, and hope that you feel this way too!

VAD SÄGER GOOGLE OM DEN HÄR BOKEN?

Shame, Anger, and Guilt: The Hierarchy of Emotions ... - Inquiries Journal

Many of us struggle to feel good enough or worthy. This is the struggle with shame. Does shame have you in it's grip? We can help you build self compassion.

Overcoming Anger, Fear, Guilt, & Shame - YouTube

What are Guilt and Shame? ... With feelings like happiness and anger, they evolved to help us with physical or reproductive survival (e.g., ...

Shame, Guilt and Anger | SpringerLink

Guilt, Shame and Self-Blame in Addiction Recovery. ... During this time, a person may feel the highs and lows of many emotions, including guilt, shame, anger, ...

Anger Shame and Guilt

LÄS MER