



## Letting Go of Shame: Understanding How Shame Affects Your Life

By Ronald T. Potter-Efron, Patricia S. Potter-Efron

Hazelden Information & Educational Services. Paperback.  
Book Condition: new. BRAND NEW, Letting Go of Shame: Understanding How Shame Affects Your Life, Ronald T. Potter-Efron, Patricia S. Potter-Efron, As we identify shame and use recovery skills to work through it, "Letting Go of Shame: Understanding How Shame Affects Your Life" helps to explain the emotion of shame and its impact on our self-image and relationships. The authors offer us a way that we can personalize a plan of action to help build our self-esteem, and they suggest exercises to help us identify our feelings of shame.

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