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Understanding Shame

Carl Goldberg

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Understanding Shame Carl Goldberg
The syndrome of shame refers to the inner doubts and self-incriminations that prevent some individuals from living harmoniously and confidently. The fear of shame can lead to a lifetime of secrecy and cover-up of one's true feelings. In this book, Carl Goldberg provides a guide for dealing with the conditions that cause shame. He indicates the necessary steps for identifying and constructively using the sensitive feelings of shame to enable patients to foster a more satisfying and meaningful existence.

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