



The Little Book of Shame: What shame really means, and how to shift from low self-esteem to empowering self-acceptance

Kristina Cizmar

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Do you ever feel as if something about you prevents you from being your best self? Do you lack confidence to advance in your career, or do you find yourself unable to meet your needs in personal relationships? Shame could be the culprit. In *The Little Book of Shame*, Kristina Cizmar (also known as "The Shame Lady") presents an extensive new definition of shame – one that reveals paths for healing and transformation. Instead of defining shame as "I am bad," she shows that shame is better interpreted as "I'm not good enough to belong." Kristina presents a clear way to "translate" our shame and navigate paths to heal our hurts and transform our beliefs. This shift empowers us to break out of the infamous shame cycle, and even use shame to our advantage. For anyone who struggles with shame, or has issues with self-esteem, self-worth, or self-acceptance, *The Little Book of Shame* transforms how we view the problem, as well as offers a new and easeful solution.

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The ability that you get from The Little Book of Shame: What shame really means, and how to shift from low self-esteem to empowering self-acceptance may be the more deep you searching the information that hide inside the words the more you get thinking about reading it. It doesn't mean that this book is hard to be aware of but The Little Book of Shame: What shame really means, and how to shift from low self-esteem to empowering self-acceptance giving you joy feeling of reading. The writer conveys their point in particular way that can be understood by anyone who read the idea because the author of this reserve is well-known enough. This particular book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having that The Little Book of Shame: What shame really means, and how to shift from low self-esteem to empowering self-acceptance instantly.

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A lot of people always spent their own free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you simply read you can spent 24 hours a day to reading a book. The book The Little Book of Shame: What shame really means, and how to shift from low self-esteem to empowering self-acceptance it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. When you did not have enough space to bring this book you can buy the particular e-book. You can m0ore very easily to read this book from your smart phone. The price is not too costly but this book provides high quality.

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