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ber den Autor und weitere Mitwirkende. John Bradshaw (1933-2016) has been called "America's leading personal growth expert." The author of five New York Times bestsellers, Bradshaw On: The Family, Healing the Shame That Binds You, Homecoming, Creating Love, and Family Secrets.

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We are bound by our shame. Drawing from his 22 years of experience as a counselor, Bradshaw offers us the techniques to heal this shame. Using affirmations, visualizations, "inner voice" and "feeling" work plus guided meditations and other useful healing techniques, he releases the shame that binds us to thepast.

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