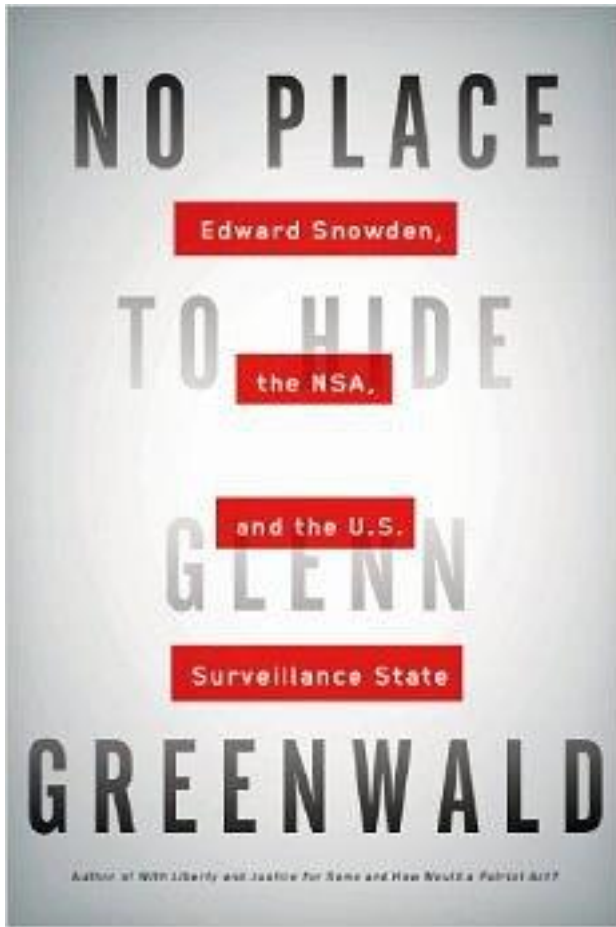


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著者:Nichols, Michael P.

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Each of us is controlled in some way by shame, one of the ugliest emotions in human experience. It saps our self-respect, builds walls between people, and forces us to create elaborate defences to protect ourselves. This informative and practical analysis

of the role of shame in our lives helps us to understand the root of our insecurity. Only by facing and coming to terms with our shame can we begin to resolve insecurities and become free to participate fully in life. Nichols discusses love and worth, the social sources of humiliation, the frustration of adolescence, and positive parenting, among other important topics, in this wonderful combination of clinical sophistication, common sense, and humanity!

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