



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

*Ronald Potter-Efron, Patricia Potter-Efron*

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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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