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Psych Up Live
Thursday at 11 AM Pacific
**January 7th 2021: Encore Shame: Free Yourself,
Find Joy and Build True Self-Esteem**

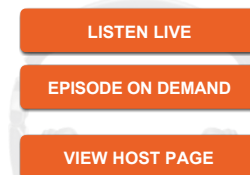
When we consider the definition of shame we often compare it to Guilt. Commonly, it is thought that we feel guilt for something we have done that is unacceptable; but with shame, we feel that we are unacceptable. In this episode Dr. Joe Burgo expands the formal definition of Toxic Shame discussed by John Bradshaw as the result of unspeakable child abuse or the oppressive force of social shame addressed by Brene' Brown. Drawing upon his new book, Shame: Free Yourself, Find Joy and Build True Self-Esteem, Dr. Burgo invites us to consider shame as an entire family of emotions like the pain of unr

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Featured Guest



Dr. Joseph Burgo

Joseph Burgo Ph.D. is a clinical psychologist in private practice and the author of both self-help books and novels.

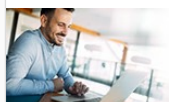
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