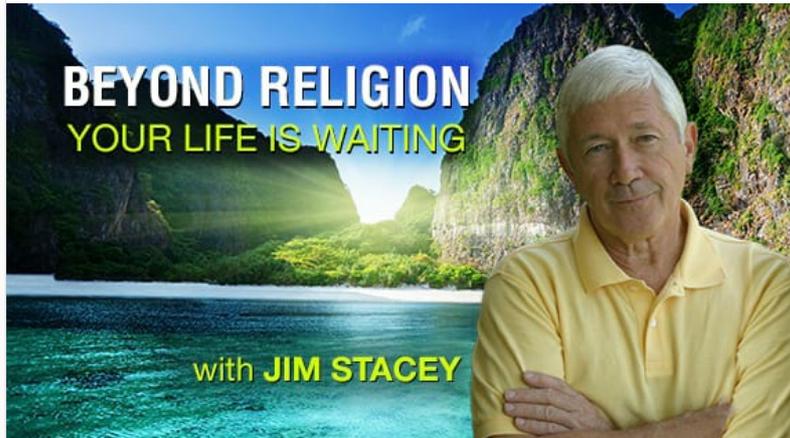


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May 26th 2015: Overcoming Shame and Smallness

What are the sources of shame for humans? What voices in your past spoke words and tones of shame and guilt? Who says you are "bad?" The control freaks of today enjoy shaming and blaming others. That's because they are full of the very shame that they want to put on you. Feeling small and shamed is the prison from which you can set yourself free. The truth is that any voice of "shame" comes out of a person who has also been shamed. They still feel that shame and they need to pass it on. No one can get rid of shame by shaming others--not parents, nor preachers, authors, politicians, bosses or a

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