

It Wasnt Your Fault Freeing Yourself From The Shame Of Childhood Abuse With The Power Of Self Compassion

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January 1st, 2015 - For me It Wasn t Your Fault is somewhere between 3 and 4 stars and likely closer to a 3 but I have rounded up for the above reasons The book is a solid resource about abuse and the impacts that various types of abuse have on an individual

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- If you suffered childhood physical or sexual abuse you It Wasn t Your Fault Freeing Yourself From the your shame And by cultivating compassion

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