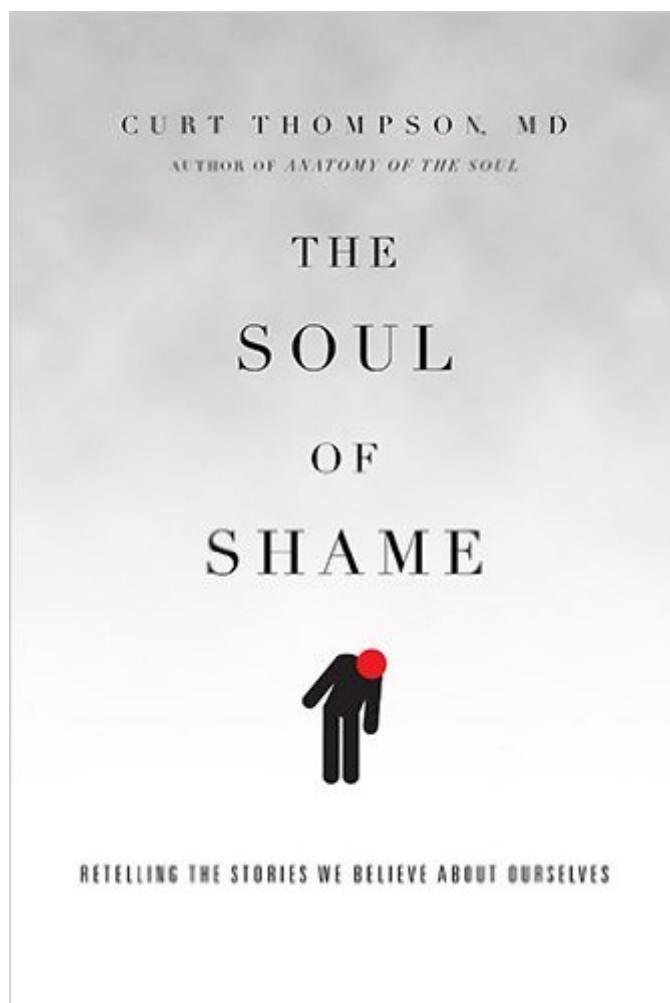


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# The Soul Of Shame: Retelling The Stories We Believe About Ourselves



## Synopsis

The Gospel Coalition Top Books of 2015 in Faith and Work Hearts & Minds Bookstore's Best Books of 2015, Applied Theology, Basic Christian Living, Whole Life Discipleship We're all infected with a spiritual disease. Its name is shame. Whether we realize it or not, shame affects every aspect of our personal lives and vocational endeavors. It seeks to destroy our identity in Christ, replacing it with a damaged version of ourselves that results in unhealed pain and brokenness. But God is telling a different story for your life. Psychiatrist Curt Thompson unpacks the soul of shame, revealing its ubiquitous nature and neurobiological roots. He also provides the theological and practical tools necessary to dismantle shame, based on years of researching its damaging effects and counseling people to overcome those wounds. Thompson's expertise and compassion will help you identify your own pains and struggles and find freedom from the lifelong negative messages that bind you. Rewrite the story of your life and embrace healing and wholeness as you discover and defeat shame's insidious agenda.

## Book Information

Hardcover: 256 pages

Publisher: IVP Books; 1 edition (September 26, 2015)

Language: English

ISBN-10: 0830844333

ISBN-13: 978-0830844333

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

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## Customer Reviews

We recognize shame in the form of someone else's finger wagging in our faces, telling us we messed up when we should have done better. Those "You should be ashamed of yourself" moments are the tip of the iceberg, according to author Curt Thompson. In his book *The Soul Of Shame*, Thompson explores the internal mechanisms of shame that warp our understanding of ourselves, of the world around us, and of God. When we're able to use words to describe our

feelings of shame, we tend to use phrases like "I'm not good enough/smart enough/pretty enough", "I stink", or "It doesn't matter". We would be mistaken if we thought that the story of shame begins with those words or that they tell it in its entirety," he writes. "For although we come to understand much of who we are through the medium of language as a way to make sense of reality, our lives emerge most primally in the forms of bodily sensations and movement, perceptions, and emotions—many of the emotions that represent distress within us are an extended development of this particular state." Thompson, a psychiatrist, offers a valuable exploration of the way in which shame rewires our bodies and minds. "Shame as a neurobiological phenomenon is not bad in and of itself. It is, rather, our system's way of warning of possible impending abandonment, although we do not think of it in those terms, and certainly not at very early ages. However, our problem with it is generally that we tend to respond to it by relationally moving away from others rather than toward them, while experiencing within our own minds a similar phenomenon of internal disintegration." Our experience of shame both forms and flows from this internal disintegration.

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