



Help! I Feel Ashamed (LifeLine Mini-books)

Sue Nicewander

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Help! I Feel Ashamed (LifeLine Mini-books)

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Help! I Feel Ashamed (LifeLine Mini-books) Sue Nicewander

A mini-book helping people who are experiencing guilt and shame. Do feelings of shame baffle you or hold you hostage? Shame can overwhelm us, leading to confusion, fear, and desperate behavior. This booklet uses case studies and practical examples to examine the true causes of shame and present hope through Jesus Christ, the Savior who loves you and can restore you, regardless of your past. Learn to answer shame his way and find victory.



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