



Healing the Hurts of Your Past: A Guide to Overcoming the Pain of Shame

F. Remy Diederich

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Do you find that you are your own worst enemy? Are you your biggest critic? Do others believe in you, but you find yourself filled with doubt? Why is that? You are not alone in this. Many of us do the same thing. Why do we so often sabotage the success we long for? The answer, in a word, is shame. Shame plays a vital role in our lives and is often overlooked. Shame can come from many things such as addiction and the hurts of our past. How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the same old rut. What do you want to do? Are you reading to start dealing with the pain and find real healing? This book is not a "feel-good" story but a "roll-up your sleeves" down and dirty look at the pain of shame. F. Remy Diederich helps you connect the dots to your self-defeating behavior and then gives you practical how-to advice about how a true understanding of God's love can free you to live the life you've always wanted. If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past, Healing the Hurts of Your Past is a powerful first step to freedom.

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Hilda Dumas:

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Eleanor Walker:

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