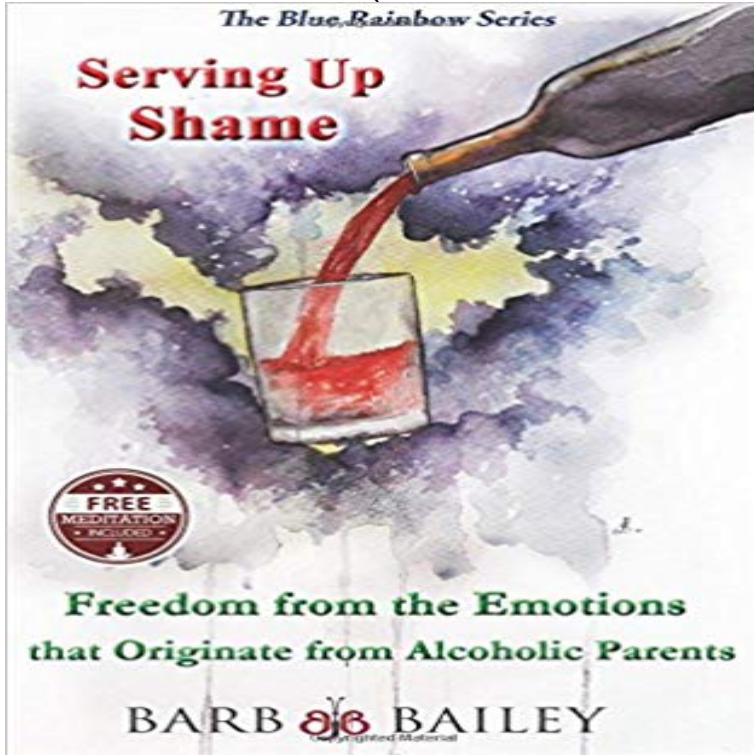


Serving Up Shame: Freedom from the Emotions that Originate from Alcoholic Parents (The Blue Rainbow Series)



Have you grown up in a home where at least one of your parents were addicted to alcohol or some other substance? Have you noticed that many of the emotions that impacted you as a child are still effecting you today? Shame is one of the leading emotions that stem from growing up in a dysfunctional house hold. Feelings of shame is usually experienced in the form of self-hatred. One who feels shame can see the world as a place of suffering and loneliness. You have the ability to set these hurtful feelings free! Contained in the book is a proven method that guides you on how to let go of these painful emotions. The Blue Rainbow series is a collection of purposely short teachings and complimentary corresponding meditations. They have been created to convey single-focused topics. These topics teach and guide you on how you can let go of negative painful emotions. Included in this paperback is your own personal journaling pages. They are located directly after the book so you can start your journey of recovery immediately! Contained in this book is a link that allows you to download the FREE gently guided Letting Go of Shame meditation. Find out how you will benefit by joining me on my website <http://barbbailey.com> Available to you is the Letting go Gift package that includes the FREE: Rainbow Balancing Meditation, How to Overcome Past Negative Emotions Video and access to inspirational Newsletters and Facebook page.

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