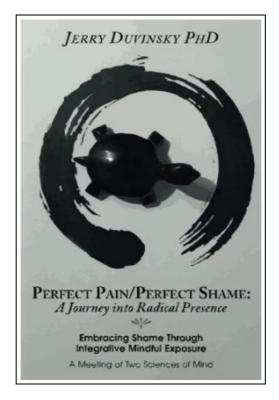
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PERFECT PAIN/PERFECT SHAME: A JOURNEY INTO RADICAL PRESENCE: EMBRACING SHAME THROUGH INTEGRATIVE MINDFUL EXPOSURE: A MEETING OF TWO SCIENCES OF MIND (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Jerry Duvinsky, PhD, is back and ready to help you navigate the journey through the heart of darkness toward ultimate freedom from the prison of reactive emotions. In this follow-up to the first book in his series, How to Lose Control-an introductory guide that taught readers how to embrace dark emotions through integrative mindful exposure-Duvinsky gets to the core of human suffering and disease: toxic shame, or the core shame identity. Duvinsky postulates that the answer to dealing with toxic shame isn t control or mastery of negative emotions. Instead, the first section of his book covers the generational pandemic of shame-both its impact and its genesis. The second section exposes readers to the concept of radical presence -or mindful exposure to perfect pain rather than seeking to master shame. The third section then dives into perfect shame and advocates cultivating mindfulness, finding inner compassion, and practicing vulnerability. Utilizing a unique combination of behavioral exposure and Eastern mindfulness practices, Duvinsky gives you the key to unlocking the shackles of shame. Full of case studies, self-assessments, exercises, and meditations, this guide will help you navigate the rocky terrain that is your personal journey of healing.

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