



Letting Go of Shame: Understanding How Shame Affects Your Life

By Ronald Potter-Efron, Patricia Potter-Efron

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As we identify shame and use recovery skills to work through it, Letting Go of Shame: Understanding How Shame Affects Your Like helps to explain the emotion of shame and its impact on our self-image and relationships. The authors offer us a way that we can personalize a plan of action to help build our self-esteem, and they suggest exercises to help us identify our feelings of shame.

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Editorial Review

About the Author

Dr. Ronald T. Potter-Efron is a clinical psychotherapist. He has a M.S.W from the University of Michigan and a Ph.D. in sociology from Purdue University. A former university professor, he specializes in the treatment of addictive disorders and anger and resentment counseling. He also is active in training professional counselors. He taught at an experimental college for eight years, and has trained in gestalt therapy techniques. Ronald is the author of Shame, Guilt and Alcoholism: Treatment Issues in Clinical Practice.

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