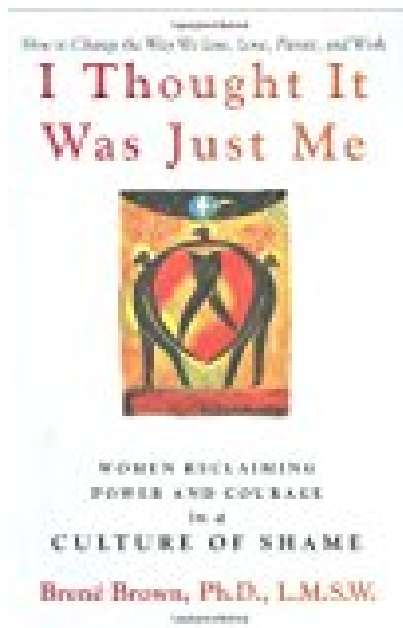


I Thought It Was Just Me Women Reclaiming Power and Courage in a Culture of Shame



BOOK DETAILS

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BOOK SYNOPSIS

Draws on research with hundreds of interviewees to identify the pervasive influence of cultural shame, discussing how women can recognize the ways in which shame influences their health and relationships and can be transformed into courage and connectivit

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