



# Overcoming Guilt: A Practical Guide (10-Step Empowerment)

*Lynda Bevan*

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# Overcoming Guilt: A Practical Guide (10-Step Empowerment)

*Lynda Bevan*

Do you opt-out of responsibility when possible?

If you answered YES to more than one of these questions, then this book is for you.

This is the book to help you overcome your unwanted emotional burden. Be ready to embark on a journey of discovery of the many different types of guilt and shame. You can use this little book as a manual to overcome emotional insecurity issues and to give you a clearer perspective on your own emotions of guilt and shame.

The exercises in this book will enable you to see yourself as you really are "warts and all" and further exercises will help you in eliminating destructive feelings and actions.

"It is hard to believe how much useful information the author has packed into this slender tome."

--Sam Vaknin, author of *Malignant Self Love: Narcissism Revisited*

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Book #6 in the 10-Step Empowerment Series

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