

Guilt/Shame/True Identity Resources

Shame/Shield PDF

<http://www.cloudtownsend.com/guilt-and-shame-are-good-for-me/>

The Gift of Being Yourself, David Benner

Present Over Perfect, Shauna Niequist

I Thought It Was Just Me, Brene Brown

Thy Gifts of Imperfection, Brene Brown

Shame-Lifter, by Marilyn Hontz...would only recommend it to Christians

Dan Allender's Wounded Heart book has a chapter on shame, and most of his other resources talk about shame as well.

Unashamed: Healing Our Brokenness and Finding Freedom from Shame by Heather Davis Nelson

Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection by Edward T. Welch

Healing the Hurts of Your Past: A Guide to Overcoming the Pain of Shame by F. Remy Diederich

The Perfect You: A Blueprint for Identity by Dr. Caroline Leaf (she connects Neuroscience/Research with Christianity)

The Armor of God – Priscilla Shirer (Section on Identity in Christ and speak about Dr. Caroline Leaf's research)

<https://maxlucado.com/woodcutters-wisdom-and-other-favorite-stories/> Yah-Yuck Man – parable about identity/Shame/Guilt

Simplicity – Mindy Caliguire – Book that speaks about false self and duplicity

Ted Talks:

The Power of Vulnerability, Brene Brown

Listening to Shame, Brene Brown

Strength Finder 2.0 online evaluation.