



## Shame on You/Contains Workbook Activities

*Sara Hines Martin*

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# Shame on You/Contains Workbook Activities

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## **Shame on You/Contains Workbook Activities** Sara Hines Martin

Adult children of alcoholics or those who learned shame rather than self-worth as a child can develop a positive self-image. This book provides practical advice to help move beyond shame-based, codependency experiences to facilitate growth and understanding.

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