

Guilt, Shame, And Anxiety: Understanding And Overcoming Negative Emotions [Kindle Edition] By Peter R. Md Breggin

By Peter R. Md Breggin

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understanding and overcoming negative emotions. Peter R. Breggin, MD. Breggin shows how guilt, shame, and anxiety eventually became self-defeating and

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Guilt, Shame and Anxiety: prehistoric because they were built in by evolution and driven home in childhood when we had little memory or understanding of

Guilt, Shame, and Anxiety : Understanding and -

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Understanding and Overcoming Our Guilt, Shame and -

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