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Releasing The Shackles Of Shame



Synopsis

Got Shame? Your shame point may be any number of things that keep you bound and hidden in the shadows of life. What Secrets, Hurts, Anger, Mindset or Emotions are weighing you down? Is it Addiction, Abuse, Abortion, Mental Illness, Bankruptcy, STDs, Homosexuality, Promiscuity, Incest, Rape, Molestation, Weight..? In this motivational short read, Linda Susan Husser shares her story of how she endured an unstable childhood, survived multiple shackles of shame to begin again and soar above her situations. Linda is starting a movement to change the game of shame. Read her powerful story to discover how she freed herself from bondage and how you too can change your shame to success! While Linda's shame point was herpes, her purpose is to assist others in identifying their own point (s) of shame and find a place of surrender and self love. She desires to empower as many people as possible to release their shackles, regain their self esteem and step out of the shadows to reclaim their power and share their story! Linda hopes that their need to be free will grow greater than the choke hold that shame has over their mind, spirit so that they can live Bold, Brave and Brand New!

Book Information

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(33-43 pages) > Self-Help

Customer Reviews

The author doesn't go into helpful treatments for this disease, and she "unapologetically" states that she wrote this for African Americans (when in fact in the US 1 out of 6 people aged 14-49 have this disease) not just that particular race. The book seems to be part memoir, and offers no help on coping, so I don't recommend it. She should've been more inclusive or at least mentioned in the title that she was writing it just for that ethnicity. However, despite the lack of inclusion when so many people suffer from this, she missed the mark because it offers nothing on treatment nor coping strategies. She needs to be clear if she is writing a memoir and keep it to that, instead of getting on the motivation wanna be speaker bandwagon.

I'm super proud of my cousin's first book! She's made a dream and her personal passion come to life. Her journey is one of triumph that I applaud. Shedding the shackles of shame is touching and reads like a memoir. The tips to step out and embrace any past sins are realistic but may not be easy. Check it out!

First of all, I have to state that I cried all the way through this book...as it gave me an opportunity to finally reconnect with my dear friend after far too long! I decided to purchase her book... from the moment I downloaded it to my Kindle I couldn't put it down. Read this right now and connect with a very important and illuminating Soul on the planet...my dear friend Linda!

The compassion one feels while reading alone is unbelievable. I would definitely recommend this book to anyone I have a conversation with because of the passion and drive to want to change the world.

The Shame Changer is challenging all of us to claim our freedom!!

This book will change so many lives! I love how the author is very real, transparent, and honest by sharing her own personal journey. I instantly texted a friend that's had herpes for years . . that's lived in shame! I said this is the book that will set you free honey! Thank you Linda Husser for having the guts to be a game changer for so many others!

A must read book of one woman's courage to take control of her life over her diagnosis. Linda has written a powerful and moving story that will captivate her audience. Well done, Linda!

I could not put this book down until I read the last page. I look forward to her next book!

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