

CURT THOMPSON MD

AUTHOR OF *ANATOMY OF THE SOUL*

THE SOUL OF SHAME



RETELLING THE STORIES WE BELIEVE ABOUT OURSELVES

Curt Thompson

The Soul of Shame: Retelling the Stories We Believe About Ourselves



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The Gospel Coalition Top Books of 2015 in Faith and Function Hearts & Thoughts Bookstore's Best Books of 2015, Applied Theology, Simple Christian Living, Whole Life Discipleship We are all infected with a spiritual disease. But God is certainly telling a different tale for your daily life. Psychiatrist Curt Thompson unpacks the soul of shame, revealing its ubiquitous character and neurobiological roots. Rewrite the tale of your life and embrace curing and wholeness as you find and defeat shame's insidious agenda. Its name is normally shame. Whether we realize it or not really, shame affects every aspect of our personal lives and vocational endeavors. He also supplies the theological and practical tools necessary to dismantle shame, based on years of researching its damaging effects and counseling people to get over those wounds. Thompson's expertise and compassion will help you determine your personal pains and struggles and find freedom from the lifelong adverse text messages that bind you. It seeks to destroy our identification in Christ, replacing it with a broken version of ourselves that results in unhealed pain and brokenness.



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