



# Toxic Shame: Is It Defining Your Life?

*Oliver JR Cooper*

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**Toxic Shame: Is It Defining Your Life?** Oliver JR Cooper

• Do you have low self-esteem? • When you are in a relationship, do you feel as though you are not enough? • Do you put up with bad behaviour? • Are you obsessed with self development? • Do you believe that you are unlovable? • Are you always self-conscious? If you answered yes to any of these questions, you could be carrying toxic shame. Toxic Shame - Is Toxic Shame Defining Your Life? Looks into what can happen when someone is carrying toxic shame. While someone might not be aware of their toxic shame, it can still end up defining their life. This book covers over fifteen different ways in which toxic shame can negatively affect someone's life: from how they talk to themselves to their relationships, to if they feel they belong and to how they feel about themselves and many other areas.

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