



Shame Lifter: Replacing Your Fears and Tears with Forgiveness, Truth, and Hope

Marilyn Hontz

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Do you ever berate yourself over minor happenings? Do you feel unworthy and wonder why God would love you? Do you struggle to overcome memories of verbal, emotional, or physical abuse? If so, you may be suffering from unhealthy shame—which, if not corrected, can produce bitterness and negativity in your life. From the author of the acclaimed book *Listening for God* comes the life-transforming book *Shame Lifter*, based on author Marilyn Hontz's personal story of releasing her own shame and embarking instead on a life of freedom, forgiveness, and truth.



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