



# **Serving Up Shame: Freedom from the Emotions that Originate from Alcoholic Parents (The Blue Rainbow Series)**

*Barb Bailey*

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Have you grown up in a home where at least one of your parents were addicted to alcohol or some other substance? Have you noticed that many of the emotions that impacted you as a child are still effecting you today? Shame is one of the leading emotions that stem from growing up in a dysfunctional house hold. Feelings of shame is usually experienced in the form of self-hatred. One who feels shame can see the world as a place of suffering and loneliness. You have the ability to set these hurtful feelings free! Contained in the book is a proven method that guides you on how to let go of these painful emotions. The Blue Rainbow series is a collection of purposely short teachings and complimentary corresponding meditations. They have been created to convey single-focused topics. These topics teach and guide you on how you can let go of negative painful emotions. Included in this paperback is your own personal journaling pages. They are located directly after the book so you can start your journey of recovery immediately! Contained in this book is a link that allows you to download the FREE gently guided Letting Go of Shame meditation. Find out how you will benefit by joining me on my website <http://barbbailey.com> Available to you is the Letting go Gift package that includes the FREE: Rainbow Balancing Meditation, How to Overcome Past Negative Emotions Video and access to inspirational Newsletters and Facebook page.



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Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they doing activity like watching television, going to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the guide untitled Serving Up Shame: Freedom from the Emotions that Originate from Alcoholic Parents (The Blue Rainbow Series) can be good book to read. May be it could be best activity to you.

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This Serving Up Shame: Freedom from the Emotions that Originate from Alcoholic Parents (The Blue Rainbow Series) is great reserve for you because the content and that is full of information for you who all always deal with world and possess to make decision every minute. This kind of book reveal it info accurately using great manage word or we can point out no rambling sentences within it. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tricky core information with wonderful delivering sentences. Having Serving Up Shame: Freedom from the Emotions that Originate from Alcoholic Parents (The Blue Rainbow Series) in your hand like having the world in your arm, facts in it is not ridiculous one. We can say that no book that offer you world inside ten or fifteen second right but this e-book already do that. So , this can be good reading book. Hello Mr. and Mrs. hectic do you still doubt which?

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book to make you enjoy to learn it and mingle the idea about book and studying especially. It is to be initially opinion for you to like to open up a book and study it. Beside that the e-book Serving Up Shame: Freedom from the Emotions that Originate from Alcoholic Parents (The Blue Rainbow Series) can to be your friend when you're truly feel alone and confuse in what must you're doing of these time.

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