



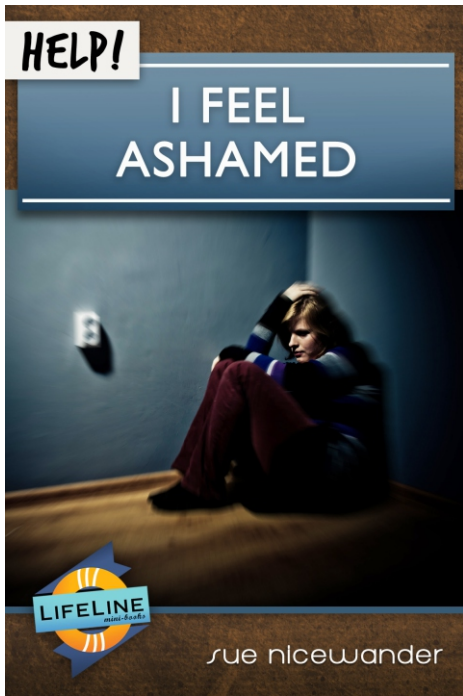
New Mini-Book from

# Shepherd Press

Gospel driven • Heart focused • Life changing



From the publishers of *Shepherding a Child's Heart*



### At a Glance...

Help! I Feel Ashamed  
Sue Nicewander

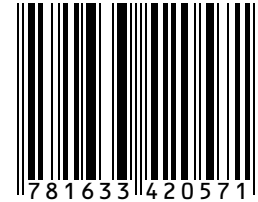
Mini-Book, 64pp, 6 x 4 inches,  
Saddle stitched

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BISAC: REL050000 RELIGION / Christian Ministry / Counseling & Recovery

BIC: HRCV3 Christian counseling

### Table of Contents

Introduction  
1 Shame-Filled Living  
2 Overcoming Shame  
3 Embracing Your New Identity in Christ  
4 Renouncing All Shame in Christ  
Conclusion  
Personal Application Projects  
Where Can I Get More Help?

**Short Description:** A mini-book helping people who are experiencing guilt and shame

Do feelings of shame baffle you or hold you hostage? Shame can overwhelm us, leading to confusion, fear, and desperate behavior. This booklet uses case studies and practical examples to examine the true causes of shame and present hope through Jesus Christ, the Savior who loves you and can restore you, regardless of your past. Learn to answer shame his way and find victory.

### Reading Audience

- People struggling with self-image issues and with a sense of having a guilty past
- People with difficult background experiences and issues who feel trapped
- People struggling with a general sense of inadequacy or failure
- Counselors, ministers and Christian workers who minister to such people

### Features and Benefits

- A pertinent subject today
- Easy to read and apply
- May be used discreetly
- Good for small groups or one-to-one
- Endorsed by key counseling organizations



**Author** Sue Nicewander, MABC, is an ACBC-certified counselor and also serves as Executive Director of Biblical Counseling Ministries (BCM) in Wisconsin Rapids, Wisconsin, where she offers biblical counseling by pastoral referral and discipleship development training for local churches.

You can trust these resources to provide accessible, practical, and Bible-saturated help with many of the most common and perplexing problems found in our fallen world.—*Dr. Heath Lambert*

I wholeheartedly recommend this series of mini-books.—*Dr. Wayne Mack*

The Lifeline mini-book series is an invaluable tool.—*Dr. John Street*

...unique combination of biblical truth succinctly related to specific real-life issues.—*Dr. Bob Kellemen*

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