

## Perfect Pain/Perfect Shame: A Journey Into Radical Presence: Embracing Shame Through Integrative Mindful Exposure: A Meeting of Two Sciences of Mind (Paperback)



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(Princess McCullough)*

**PERFECT PAIN/PERFECT SHAME: A JOURNEY INTO RADICAL PRESENCE: EMBRACING SHAME THROUGH INTEGRATIVE MINDFUL EXPOSURE: A MEETING OF TWO SCIENCES OF MIND (PAPERBACK)**

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Jerry Duvinsky, PhD, is back and ready to help you navigate the journey through the heart of darkness toward ultimate freedom from the prison of reactive emotions. In this follow-up to the first book in his series, How to Lose Control-an introductory guide that taught readers how to embrace dark emotions through integrative mindful exposure-Duvinsky gets to the core of human suffering and disease: toxic shame, or the core shame identity. Duvinsky postulates that the answer to dealing with toxic shame isn't control or mastery of negative emotions. Instead, the first section of his book covers the generational pandemic of shame-both its impact and its genesis. The second section exposes readers to the concept of radical presence -or mindful exposure to perfect pain rather than seeking to master shame. The third section then dives into perfect shame and advocates cultivating mindfulness, finding inner compassion, and practicing vulnerability. Utilizing a unique combination of behavioral exposure and Eastern mindfulness practices, Duvinsky gives you the key to unlocking the shackles of shame. Full of case studies, self-assessments, exercises, and meditations, this guide will help you navigate the rocky terrain that is your personal journey of healing.

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