



The Shame Vault

Donna L. Frank

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Shame is tough. It's slippery, painful, and chaotic. And it lies. It tells us lies about ourselves, about other people, and about what other people think about us. The lies are so loud and so constant that it can feel like insanity. Donna Frank offers hope for people that are held captive in the shadows of shame and emotional trauma. Her compelling story will inspire readers to face their own pasts. Thought-provoking questions and creative exercises guide readers and equip them for a life of freedom. Whether you're dealing with anger, relationship issues, or an overwhelming urge to give up on life, Donna provides the keys to escape from The Shame Vault. 'I would recommend this book for anyone who wants more freedom. Whether you're facing relationship issues, addictions, or childhood abuse, this book is for you. The Shame Vault is a must-read for those who are tired of letting the things from the past affect their lives today.'. Pastor Willie Alfonso Chaplain for New York Yankees and New Jersey Jets Director of Urban Impact 'Donna Frank is an amazing woman with a tremendous platform. Through her personal struggle and pain, she has experienced the magnificent grace and healing of God. Now, God is using her story to inspire others in need.' Mike Haman Teaching Pastor, Healing Place Church

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Clark Palumbo:

The Shame Vault can be one of your starter books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing The Shame Vault yet doesn't forget the main point, giving the reader the hottest in addition to based confirm resource facts that maybe you can be certainly one of it. This great information may drawn you into new stage of crucial thinking.

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