



Shame and Grace: Healing the Shame We Don't Deserve

By Lewis B. Smedes

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A Proven Path to Move from Shame to Healing

If you persistently feel you don't measure up, you are feeling shame—that vague, undefined heaviness that presses on our spirit, dampens our gratitude for the goodness of life, and diminishes our joy. The good news is that shame can be healed. With warmth and wit, Lewis B. Smedes examines why and how we feel shame, and presents a profound, spiritual plan for healing. Step by step, Smedes outlines the road to well-being and the peace that comes from knowing we are accepted by the grace of One whose acceptance of us matters most.

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Shame and Grace: Healing the Shame We Don't Deserve By Lewis B. Smedes Bibliography

- Sales Rank: #60167 in Books
- Published on: 2009-04-28
- Released on: 2009-04-28
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .48" w x 6.13" l, .50 pounds
- Binding: Paperback
- 192 pages

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Editorial Review

About the Author

Lewis B. Smedes (1921-2002) was a renowned author, ethicist, and theologian. He was a professor of theology and ethics at Fuller Theological Seminary in Pasadena, California, for twenty-five years. He is the award-winning author of fifteen books, including *Forgive and Forget*.

From [AudioFile](#)

"Smedes's voice is sincere and well-modulated as he defines and distinguishes shame from guilt as a step toward spiritual growth." (c)AudioFile, Portland, Maine

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