



The Gift of Shame: Why We Need Shame and How To Use it To Love and Grow

Keith Witt Ph.D.

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Shame is nature's gift to help us learn, grow, love, and parent. Read this book and change your experience of shame forever. Dr. Witt offers us new perspectives and transformative practices in accessible and enjoyable fashion. Dr. Witt's offering, *The Gift of Shame*, is an artful and liberating look at this much maligned emotion. By the end I was completely convinced that we need shame in order to love and thrive. I highly recommend this book. B.J. Lyman, Ph.D. Author of *Prenatal and Birth Memories: Working with Your Earliest Experiences to Help Your Life Today*, Editor-in-Chief of the *Journal of Prenatal and Perinatal Psychology and Health*, and Program Chair, Santa Barbara Graduate Institute

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