



Moving From Shame to Self-Worth: Preaching & Pastoral Care

Edward P. Wimberly

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This inspiring and practical book has three parts. Part 1 explores how Jesus came to grips with the shame and humiliation he faced in his own life and how we can imitate his manner of handling shame. Part 2 focuses on how Jesus dealt with the shame that others brought to him and the implications this has for how we can overcome shame by internalizing and reenacting Jesus' stories in our lives. Part 3 explores the parables of Jesus and their implications for helping us live lives grounded in nonshame-based values.

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