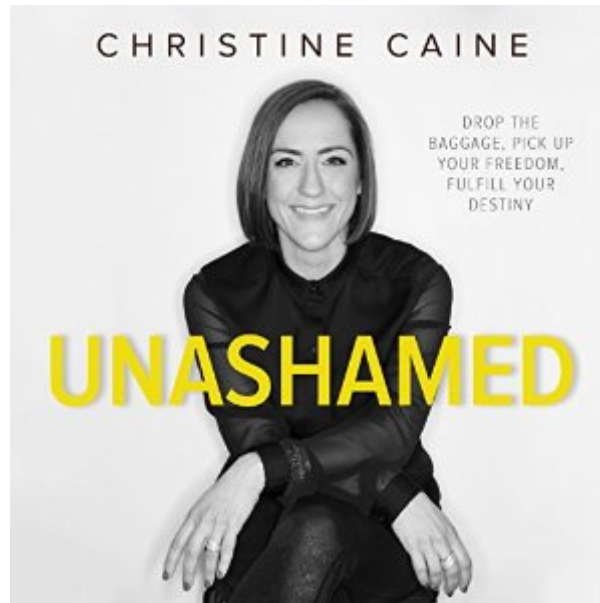


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# Unashamed: Drop The Baggage, Pick Up Your Freedom, Fulfill Your Destiny



## Synopsis

Shame can take on many forms. It hides in the shadows of the most successful, confident, and high-achieving woman who struggles with balancing her work and children as well as in the heart of the broken, abused, and downtrodden woman who has been told that she will never amount to anything. Shame hides in plain sight and can hold us back in ways we do not realize. But Christine Caine wants listeners to know something: We can all be free. "I know. I've been there," writes Christine. "I was schooled in shame. It has been my constant companion from my very earliest memories. I see shame everywhere I look in the world, including in the church. It creeps from heart to heart, growing in shadowy places, feeding on itself so that those struggling with it are too shamed to seek help from shame itself." In *Unashamed*, Christine reveals the often hidden consequences of shame - in her own life and the lives of so many Christian women - and invites you to join her in moving from a shame-filled to a shame-free life. In her passionate and candid style, Christine leads you into God's word, where you will see for yourself how to believe that God is bigger than your mistakes, your inadequacies, your past, and your limitations. He is not only more powerful than anything you've done but also stronger than anything ever done to you. You can deal with your yesterday today so that you can move on to what God has in store for you tomorrow - a powerful purpose and destiny he wants you to fulfill. Join the journey. Lay ahold of the power of Jesus Christ today, and step into the future - his future for you, a beautiful, full, life-giving future where you can even become a shame lifter to others. Live unashamed!

## Book Information

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## Customer Reviews

LIFE-CHANGING. Jesus has taken the shame and weight off of me (or should I say I finally let him). I can feel it. Yes, I cried through several of the pages, having to stop and really process my life - how and why certain things have caused me to be a people-pleaser, a perfectionist, a control freak, and pretty dang good at putting up walls and keeping people at a go-go-gadget type of arm's length away. But the thing I realized most is that I have let shame get in the way of me and Jesus. I have been delivered - he did that for me on the cross - but I haven't moved into the freedom that was given to me that day."Jesus had set me free from shame, but I had to choose to stand up and walk out of my unlocked prison cell, drop off my unshackled chains, and step into the future shame-free (p. 64)."I've felt capped in my walk with Christ, feeling as if I'm doing well but not living to the fullest (anyone know what I mean?). It's because I haven't been able to completely accept his love because I know my flaws extremely well. I couldn't wrap my mind around how someone would love me knowing those things? I truly hadn't given over every room of my heart to him. This book did that for me. The Holy Spirit worked through the typing on the pages, from the heart of Christine Caine. My past isn't a weight on me unless I allow it to be. I have to choose to believe in His love for me. His power is made perfect in my weakness. He is the Redeemer and satan wants me to stay locked in the darkness of shame so I can't live into my fullest potential. Thank the Lord (literally) that I finally picked up this book! We live in a shame driven society but that shouldn't be the way we live our lives. As Christine says, "The world says: 'Shame on you,' I declare: 'Shame off you!' We can all live in the freedom (not solely the deliverance) of Christ, to love a broken world the way He does, and to fulfill our God-given destiny! I am a daughter of the King. I am free. I am unashamed.

I loved this book. When I first picked it up, I didn't realize how much it would speak to me. I started to understand that shame hides in different places. Shame isn't just a product of the things we have done that we wished we hadn't....no, shame masquerades on the playground in elementary school when we don't feel qualified to be on a certain team, or in the boardroom at work when we feel to ashamed to speak up. This book is a game changer if you are struggling with fear or overcoming any hindrance in your life.

Christine Caine shares her journey to overcome shame in a way that is so personal and honest that it leaves you longing to follow her lead in your own life. She speaks the truth about shame, including

its power to bind us from experiencing the freedom that we are meant to have as believers. Christine assures us that overcoming shame is not an overnight process; rather, it is "a grand, ongoing adventure of discovering the depths of God's love and the huge scope of God's power to transform us, re-create us, and continually renew us." She explains that healing will only come after we face our shame, acknowledge our wounds, and let the light of God (His Truth) shine upon them. She uses the Word of God to remind us that Jesus not only took away our sin, but also took away our shame. Christine identifies that we all have "pockets of shame" hidden within the corners of our hearts, and that in order to experience freedom, we have to choose to face them, bring them into the light and allow Jesus to heal us. This book is a game-changer for anyone that has been paralyzed by shame. Christine shares truths from her own story about obstacles and victories in overcoming her shame. Her ability to be honest in sharing her journey speaks of the power of Jesus to heal even the deepest, darkest shame. Unashamed is not a one-time read; it is meant to be shared again and again in order to speak freedom into the lives of those who have not yet been freed from shame.

I've struggled with shame for several years, in so many different facets. Being a ballet dancer and musician, I was very insecure growing up. I wasn't the typical football playin', rodeo attending, South Texas teen. I was different. This caused so much ridicule and name calling. That shame was the birthing place of depression, and insecurity...which held on to me for years. God gave me different passions, talents, and gifts. But it was a process to work through my shame and into my strength in God. Shame wants me to be silent. But God wants me to be as loud and noisy as I can, to tell my story of living a life that is UNASHAMED. #liveunashamed

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