



# The Relationship Doctor's Prescription for Living Beyond Guilt

*David Hawkins*

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## **The Relationship Doctor's Prescription for Living Beyond Guilt** David Hawkins

Dr. David Hawkins explains the difference between real guilt, false guilt, shame, and conviction, bringing these hidden feelings into the light and demonstrating how they can reveal the true causes of emotional pain. He demonstrates that feelings of guilt can come not only from our own poor choices but also from other sources, such as...

- perfectionism
- rejection from a family member or friend
- failure--real or perceived
- emotional or verbal abuse
- codependency

Readers will be encouraged and inspired to take responsibility for their lives as they discover biblically sound remedies for each of the four kinds of guilt and strategies for avoiding guilt in the future.

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