

Kindle eBook Daily Deals

07/08/20

1. Soul without Shame: A Guide to Liberating Yourself from the Judge Within (Psychology, \$1.99)

1. By Byron Brown

2. 4.5/5 stars with 112 reviews

3. Each chapter begins with an episode of the story of Frank and Sue to illustrate the insidious nature of the inner critic inside all of us. A simple exercise is also included at the end of each chapter, designed to help readers move along the path of self-discovery.