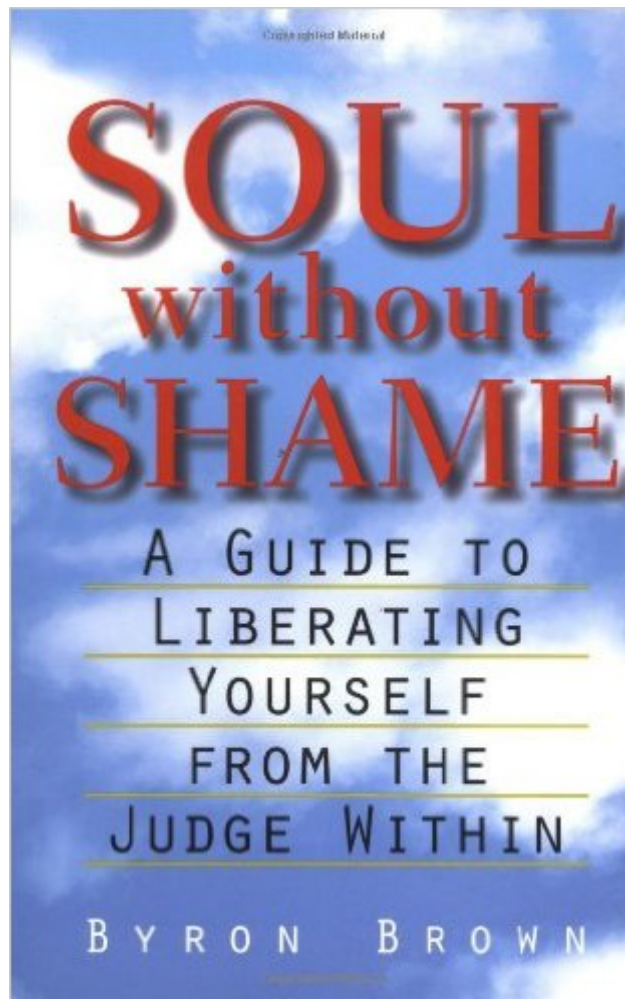


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# Soul Without Shame: A Guide To Liberating Yourself From The Judge Within



## Synopsis

Whether we call it the inner critic, superego, or just plain nag, most of us have a "judge within" who's constantly on our case. A comprehensive guide to understanding how the inner critic works, this book offers practical, positive suggestions for breaking free of it. Using straightforward language and examples from everyday life, Byron Brown shows:

- Where the inner judge came from
- How it operates
- Why it trips us up
- Why we believe we need it
- How to develop awareness of it
- How to disengage from it
- The "soul qualities" we can develop to weaken its influence

Each chapter begins with an episode of the "Frank and Sue story," dramatically illustrating how the inner critic works; each chapter ends with a simple exercise designed to help the reader move along the path of self-discovery.

## Book Information

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## Customer Reviews

This book provides incredibly detailed information on the workings of the inner critic, and helps build awareness and a solid skill set for disarming it. It is very well organized; each chapter introduces a topic and then gives you exercises to work with the material. It had a very powerful impact on me, equivalent to a week-long spiritual retreat.

It seems like a repeat of so many topics that speak about mindfulness. If you've read a few books on Zen and mindfulness, then you're probably easily bored with new authors finding new ways to say, "pay attention!" This book steps away from the rest by using the ideas of Almaas and essence. This is a very useful book to read slowly and repeatedly. It does not contain any miracle methods for

killing the superego, but it has lots of simple and useful exercises to explore the depth of your judge. I especially recommend this book to shy people.

Personally and as a mental health therapist this is one of the most effective presentations I have read with regard to recognizing, confronting, and changing unhelpful and ineffective intra- and interpersonal patterns. If one is 'ready,' for a personally fulfilling journey, this text will serve as a welcome guidepost. Thanks Byron Brown.

I love this book! It's one of the best books I've ever read. For me it's in the same category as Fromm's *Art of Loving* and Buber's *I and Thou*--that is a book that makes such an impression that you don't forget it for decades. *Soul Without Shame* is well written, deeply thought provoking, and practical. I found myself making use of ideas from the book before I finished reading it. The exercises and practices at the end of each chapter are very worthwhile. Chapter 8 (Engaging the Judge) and Chapter 12 (Why Judge?) were chapters that resonated for me. I strongly recommend this book to people who are interested in becoming more aware of their own thought patterns and for those trying to quiet the inner critic so they can express their creativity.

Even after the first three weeks of elation that I experienced after reading the book and implementing the many skills I learned, and the subsequent return to the reality of my "inner judge" causing havoc in my life, I still find this to be the most powerful self-help book I have ever read. I reference it constantly, to find language to support my soul and release myself from negative feelings and related behavior caused by internal criticism. I have recommended this book to many friends who all agree. This book, if you are willing to do the work, will change your life.

Tony Schwartz, author of *What Really Matters*, says it well in his blurb on the back cover: "*Soul Without Shame* is that rare book that blends intellectual depth, genuine originality, and practical usefulness. As Byron Brown envisions the 'inner critic,' (the superego) it is a force that most of us accept as a necessary moral compass in our lives, but which in fact attacks us relentlessly and insidiously. Gracefully and persuasively, Brown makes the case that we literally become our own worst enemies, undermining even our most determined efforts to grow and prosper. This book offers rich and fresh insights into an aspect of inner work that is far too often neglected, and also sets out systematic ways to break free of the prison of judgment--both of ourselves and of others." Byron Brown has achieved a deceptively simple, compelling, systematic and clear distillation of basic

superego analysis--as practiced in the Diamond Way so superbly developed by A. H. Almaas (Hameed Ali). The book might be more accurately and successfully marketed with a title such as Soul Without Judgment, if Shambhala just had to use popular buzz words. From A. H. Almaas' blurb: "In very clear and available language, this book details how to recognize the inner critic and how to deal effectively with it. Byron Brown's presentation is useful for any individual who wishes to be free from the inner suffering and coercion of this ancient foe of our humanity, but it is specifically directed to those interested and engaged in the inner journey toward realization and enlightenment."

Byron Brown captures every feeling I've felt in the past 3 years and addresses it simply by not determining it as good or bad but just the way it is. You can choose to continue to try to conform or you can realize that you have, along with your inner judge, the capacity to step out of bounds and make a singular decision from your soul, if you can find your soul.

Very well laid out, presenting concepts in bite size pieces and with lots of supporting examples in simple terms. I found I resonated deeply with many of the issues raised. For the first time felt myself naturally doing the exercises at the end of the chapters because they made perfect sense. I gained much joy and hope from myself through this book. It's feels like having a friend confide their worst fears to you and realising that you feel exactly the same way and had been too scared to speak out.

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