

Do you have an irritating feeling inside? Is there something mysterious hindering you, pulling you down, and holding you back?

Shame is an intimidating sense of inferiority, which could be causing you to feel the way you do.

SHAME OFF YOU focuses on the shame connected with mental health struggles. It will take you on a pilgrimage for your soul, embracing the ancient wisdom of the Biblical narrative of shame and grace.

Underlying this ancient and timeless wisdom is a down-to-earth biography of Rob Mason's journey of steadfast faith in God while navigating through the turmoil of shame, chronic anxiety, and panic attacks. Be assured that this book is readable, relatable, and profoundly practical.

Each chapter offers a fresh and insightful perspective on the nature of shame and the collateral damage it causes. You will gain invaluable knowledge of the catastrophic birth of shame, shame triggers, and the destructive shame narrative.

Don't settle for concealing, distracting, and numbing your shame. There is no magical formula of recovery or a one-size-fits-all solution. The way out of shame is a daring journey that encompasses courageous vulnerability and dramatic ebbs and flows.

Are you ready to be a shame buster? Start reading and start moving in partnership with the Holy Spirit into shame-free living.



www.robmason.co



Rob Mason is a mental health advocate, expressing his passion through speaking, writing, and mentoring. Rob and his wife Karen were the lead pastors of a C3 Church in Perth, Western Australia, for twenty-three years. They have two adult children, Emily and Jake.



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UNSHAMING MENTAL HEALTH STRUGGLES