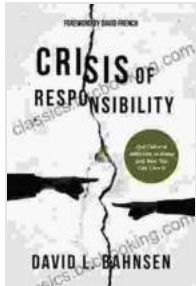


Our Cultural Addiction to Blame: How You Can Cure It



Crisis of Responsibility: Our Cultural Addiction to Blame and How You Can Cure It by David L. Bahnsen

★★★★☆ 4.7 out of 5

Language	: English
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Lending	: Enabled
File size	: 1240 KB
Screen Reader	: Supported
Print length	: 193 pages



We live in a culture where blame is rampant. We blame others for our problems, we blame ourselves, and we even blame the world around us. But blaming others doesn't make our problems go away. It only makes us feel worse.

In this groundbreaking book, Dr. Bill Schaumberger shows us how to break free from the cycle of blame and start living a more fulfilling life. Dr. Schaumberger argues that our addiction to blame is a result of our cultural obsession with perfection. We are constantly comparing ourselves to others and coming up short. This leads to feelings of shame and guilt, which we then project onto others in the form of blame.

Dr. Schaumberger offers a compassionate and practical guide to help us overcome our addiction to blame. He shows us how to:

- Identify the sources of our blame
- Challenge our negative thoughts
- Forgive ourselves and others
- Build a more positive and supportive inner dialogue

When we break free from the cycle of blame, we open ourselves up to a world of possibilities. We become more resilient, more compassionate, and more creative. We are able to build stronger relationships, achieve our goals, and live a more fulfilling life.

If you are ready to break free from the cycle of blame, this book is for you. Dr. Schaumberger's compassionate and practical guide will help you overcome your addiction to blame and start living a more fulfilling life.

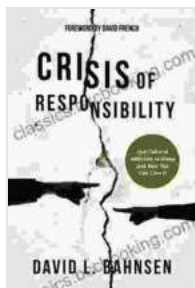
About the Author

Dr. Bill Schaumberger is a clinical psychologist and the author of several books, including *Our Cultural Addiction to Blame* and *The Power of Forgiveness*. He has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and *The Oprah Winfrey Show*. Dr. Schaumberger lives in California with his wife and two children.

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