



# The Shame Vault

*Donna L. Frank*

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## **The Shame Vault** Donna L. Frank

Shame is tough. It's slippery, painful, and chaotic. And it lies. It tells us lies about ourselves, about other people, and about what other people think about us. The lies are so loud and so constant that it can feel like insanity. Donna Frank offers hope for people that are held captive in the shadows of shame and emotional trauma. Her compelling story will inspire readers to face their own pasts. Thought-provoking questions and creative exercises guide readers and equip them for a life of freedom. Whether you're dealing with anger, relationship issues, or an overwhelming urge to give up on life, Donna provides the keys to escape from The Shame Vault. 'I would recommend this book for anyone who wants more freedom. Whether you're facing relationship issues, addictions, or childhood abuse, this book is for you. The Shame Vault is a must-read for those who are tired of letting the things from the past affect their lives today.'. Pastor Willie Alfonso Chaplain for New York Yankees and New Jersey Jets Director of Urban Impact 'Donna Frank is an amazing woman with a tremendous platform. Through her personal struggle and pain, she has experienced the magnificent grace and healing of God. Now, God is using her story to inspire others in need.' Mike Haman Teaching Pastor, Healing Place Church

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