



# Overcomer: Breaking Down the Walls of Shame and Rebuilding Your Soul

*Aubrey Gayel Sampson*

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Christian women have allowed shame to condemn and confine them for far too long. If you're ready to turn things around, Aubrey Sampson—a pastor's wife, and an advocate for at-risk women—invites you to become an unashamed woman.

Using the model of a house, "Sampson identifies eight major lies of shame such as: I'll have more value when I change; I cannot experience freedom from shame; My past is unsalvageable; and Shame is only traumatic.

Written with a strong biblical theology and humorous authenticity, as well as true-life stories shared by women of all ages, Sampson equips readers with tools for an ongoing spiritual discipline of "shamelessness." Sampson deals directly with the shame that comes from comical moments in life, as well as from sexual abuse, eating disorders, addiction, abandonment, and other real-life issues. She also encourages women to transform their life's story into ministry, creating ripple effects of hope and healing that can change the world.

Written for any woman whose self-worth has been stolen, *Overcomer* gives her the courage, in Jesus, to reclaim it.



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