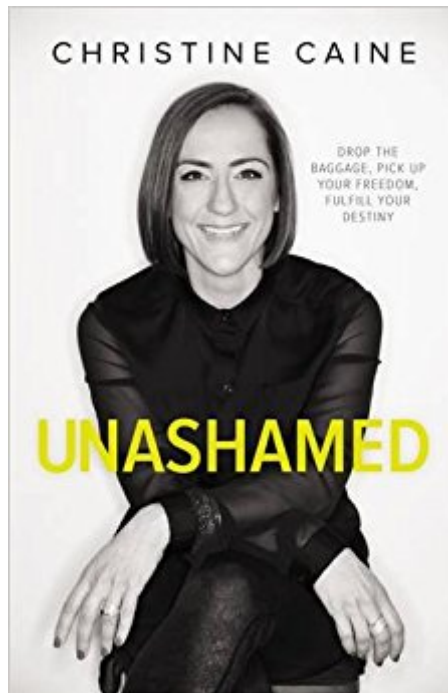




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# Unashamed: Drop The Baggage, Pick Up Your Freedom, Fulfill Your Destiny



## Synopsis

Shame can take on many forms. It hides in the shadows of the most successful, confident and high-achieving woman who struggles with balancing her work and children, as well as in the heart of the broken, abused and downtrodden woman who has been told that she will never amount to anything. Shame hides in plain sight and can hold us back in ways we do not realize. But Christine Caine wants readers to know something: we can all be free. “I know. I’ve been there,” writes Christine. “I was schooled in shame. It has been my constant companion from my very earliest memories. I see shame everywhere I look in the world, including in the church. It creeps from heart to heart, growing in shadowy places, feeding on itself so that those struggling with it are too shamed to seek help from shame itself.” In *Unashamed*, Christine reveals the often-hidden consequences of shame in her own life and the lives of so many Christian women and invites you to join her in moving from a shame-filled to a shame-free life. In her passionate and candid style, Christine leads you into God’s Word where you will see for yourself how to believe that God is bigger than your mistakes, your inadequacies, your past, and your limitations. He is not only more powerful than anything you’ve done but also stronger than anything ever done to you. You can deal with your yesterday today, so that you can move on to what God has in store for you tomorrow—a powerful purpose and destiny he wants you to fulfill. Join the journey. Lay ahold of the power of Jesus Christ today and step into the future—his future for you—a beautiful, full, life-giving future, where you can even become a shame-lifter to others. Live unashamed!

## Book Information

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## Customer Reviews

Of any book that Christine Caine has written, *Unashamed* has unmatched potential to bring deep healing into the lives of those who are broken and hurting. Each chapter is overflowing with raw transparency, healing grace, and scriptural hope. Whether you are struggling or know someone who is, this book will build your faith and equip you to move from shame to freedom and God's ultimate plan for your life. (Craig Groeschel, senior pastor of Life Church and author of *#Struggles*) Christine Caine is undeniably anointed, unashamedly Christ-focused, and unguardedly real. Simply---her work is unparalleled. You---your soul---can't afford not to read her. (Ann Voskamp, New York Times bestselling author of *The Greatest Gift* and *One Thousand Gifts*) There's no one better equipped than my friend Christine Caine to speak to the power of shedding shame in the lives of believers. Her words here provide a pathway to freedom from a life shaped by shame. Her sincere and strong voice will inspire you, and her own display of courage will give you strength to step fully into God's love and grace. (Judah Smith, lead pastor, The City Church, Seattle, and I) I memorized the verse from Romans about there being no shame or condemnation for those of us who are in Christ Jesus when I was a little girl; unfortunately, I was still crippled by shame as a grown woman decades later. From my experience, shame is one of the most effective tools the enemy uses to oppress believers and emasculate the church. Which makes this book a **MUST READ**. Frankly, I encourage you to buy several copies of these puppies and pass them out to your entire community! (Lisa Harper, author and Bible teacher) In *Unashamed*, Christine Caine acknowledges that shame does not discriminate---it seeps into the lives of the successful as well as the downcast. But Christine shares as only she can---with great passion and authenticity---about the path away from darkness and shame. A path to freedom. God is bigger than our pasts, bigger than our mistakes. If you let it, *Unashamed* will transform your life and set you on a path to the abundant life God has for you. (Mark Batterson, New York Times bestselling author of *The Circle Maker* and lead pastor of National Community Church) Shame holds us back, holds us down, and holds us hostage. But in *Unashamed*, Christine shows us we don't have to let this be the reality of our lives. Her raw honesty and unwavering belief in God's good plan is the refreshing encouragement your soul needs! (Lysa TerKeurst, New York Times bestselling author and president of Proverbs 31 Ministries) If the enemy's weapons of choice are shame and fear, then think of *Unashamed* as a heavenly atomic bomb. (Steven Furtick,

pastor, Elevation Church, and New York Times bestselling author)

Christine Caine is an Australian-born, Greek-blooded lover of Jesus, activist, author, and international speaker. Together with her husband, Nick, she founded the anti-human trafficking organization, the A21 Campaign. They also founded Propel Women, an organization designed to celebrate every woman's passion, purpose, and potential. Christine and Nick make their home in Southern California with their daughters Catie and Sophia.

LIFE-CHANGING. Jesus has taken the shame and weight off of me (or should I say I finally let him). I can feel it. Yes, I cried through several of the pages, having to stop and really process my life - how and why certain things have caused me to be a people-pleaser, a perfectionist, a control freak, and pretty dang good at putting up walls and keeping people at a go-go-gadget type of arm's length away. But the thing I realized most is that I have let shame get in the way of me and Jesus. I have been delivered - he did that for me on the cross - but I haven't moved into the freedom that was given to me that day."Jesus had set me free from shame, but I had to choose to stand up and walk out of my unlocked prison cell, drop off my unshackled chains, and step into the future shame-free (p. 64)."I've felt capped in my walk with Christ, feeling as if I'm doing well but not living to the fullest (anyone know what I mean?). It's because I haven't been able to completely accept his love because I know my flaws extremely well. I couldn't wrap my mind around how someone would love me knowing those things? I truly hadn't given over every "room" of my heart to him. This book did that for me. The Holy Spirit worked through the typing on the pages, from the heart of Christine Caine. My past isn't a weight on me unless I allow it to be. I have to choose to believe in His love for me. His power is made perfect in my weakness. He is the Redeemer and Satan wants me to stay locked in the darkness of shame so I can't live into my fullest potential. Thank the Lord (literally) that I finally picked up this book! We live in a shame driven society but that shouldn't be the way we live our lives. As Christine says, "The world says: 'Shame on you,' I declare: 'Shame off you!'" We can all live in the freedom (not solely the deliverance) of Christ, to love a broken world the way He does, and to fulfill our God-given destiny! I am a daughter of the King. I am free. I am unashamed.

If you've ever bought a self-help or spiritual book because you thought it was the answer to 'fix you'

(Me!) or if you motivate yourself with one liners such as 'my best is not good enough' (Me!)... These are two of my personal examples of how shame launched for years a full on attack of my personhood, who I am. In this book, Christine Caine differentiates between shame (who I am) and guilt (what I've done). Using her own life stories, she shares the impact of shame from the abuse committed against her and how without disarming it with Truth, her purpose would have never bloomed. It's a motivational and practical read that creeps into your inner thought life and brings hope!

This book confronts you with the hidden monsters " under your bed, in your closet, in your head ". Then through her life experience she lays the bread crumbs to a successful shame free life . It's easy to relate to her story because is not coming from an outside perspective or from a Wonder Woman immune to pain and shame but from the scarred heart of a woman whose been there.

This is a book written straight from the heart. There is no doubt that Christine Caine has moved mountains to finally reach her Promised Land and her freedom. It's a book of hardship, heart break, courage and hope. Most of all, it's a book about the incredible love our Savior has for us and the lengths He will go to, to make sure we reach our Promised Land. It is living proof of how good our God really is. This same God is busy shining His light into my life and helping me to take the steps to reach my Promised Land.

I love this book. I recommend not only every woman read this but that men read it as well. I think it would give men so much understanding about what women face and how to help them. I really appreciate her honesty, openness and vulnerability. This book has helped me so much. It has confirmed so many things God has been teaching me. Highly recommend this book.

Love this book. Bravo to the author for bearing her soul. If you like self-help books like I do you will love it. Very inspiring.

This is an amazing cd from Christine Caine. She shares about her own shame and breakthrough with the Truth of God's word She is an amazing woman and I reccomend this cd to anyone who is bound by shame or needs to understand what other go through Buy it! You will be glad you did!

First, I love the condition of the book: almost like brand new. I am familiar with Christine Cain's

ministry and accordingly, I thoroughly enjoyed the content as well as the context. No doubt, I will use some of the material presented in my future teachings, but with proper acknowledgement. I know what it is like to use someone's else material and pass it off as one's own. From one motivational speaker to another from a Christian perspective!

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