

Consuming Confessions: The Quest for Self Discovery, Intimacy, and Redemption

By Sharon, Ph.D. Hymer

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From disclosure made to an audience of strangers on a television talk show to confessions made to friends, lovers, and therapists, sharing secrets is a universal human need.Dr. Hymer explores the historical, psychological, and spiritual dimensions of confession and presents confession as a therapeutic form of self-expression enabling us to understand ourselves, find spiritual meaning in our lives, and enrich our relationships with others.

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