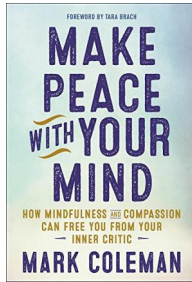


You Are Not Your Fault: How Mindfulness and Compassion Can Free You from Your Inner Critic



Book Review

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in starting to read this one. Your lifestyle span will probably be converted once you complete reading this publication.

(Dr. Kadin Hane DVM)

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