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book will give you a complete roadmap for transforming dysfunctional and counterproductive emotions and behaviors into new patterns that will allow you to flourish. It starts by building a vocabulary of emotional ...

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Eastern traditions to
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map of the emotional
mind, Mind

Whispering helps

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emotions, improve our
relationships, connect
us with a wise and
compassionate heart,
and finally live with a
more lasting sense of
happiness.

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