

Mind Whispering A New Map To Freedom From Self Defeating Emotional Habits Ebook Tara Bennett Goleman

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Tara Bennett-Goleman, M.A., is a teacher, author, and psychotherapist. She is the author of the New York Times best-seller Emotional Alchemy: How the Mind Can Heal the Heart (Harmony Books, 2001) and Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits (HarperOne, 2013).. The " Lotus Effect " in biology refers to the plant ' s remarkable capacity to grow through the mud ...

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