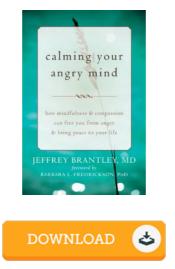
Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life



Book Review

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