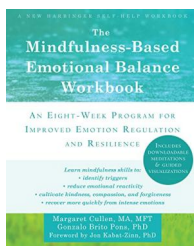


The Mindfulness-Based Emotional Balance Workbook: An Eight-Week Program for Improved Emotion Regulation and Resilience (Paperback)



Book Review

I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.
(Prof. Barney Harris)

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