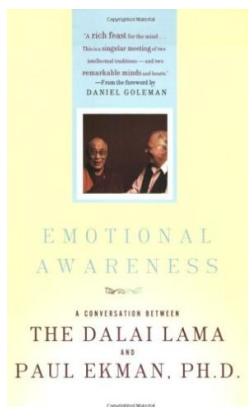


## Emotional Awareness: Overcoming the Obstacles to Psychological Balance and Compassion



### Book Review

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**(Camille Greenholt)**

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