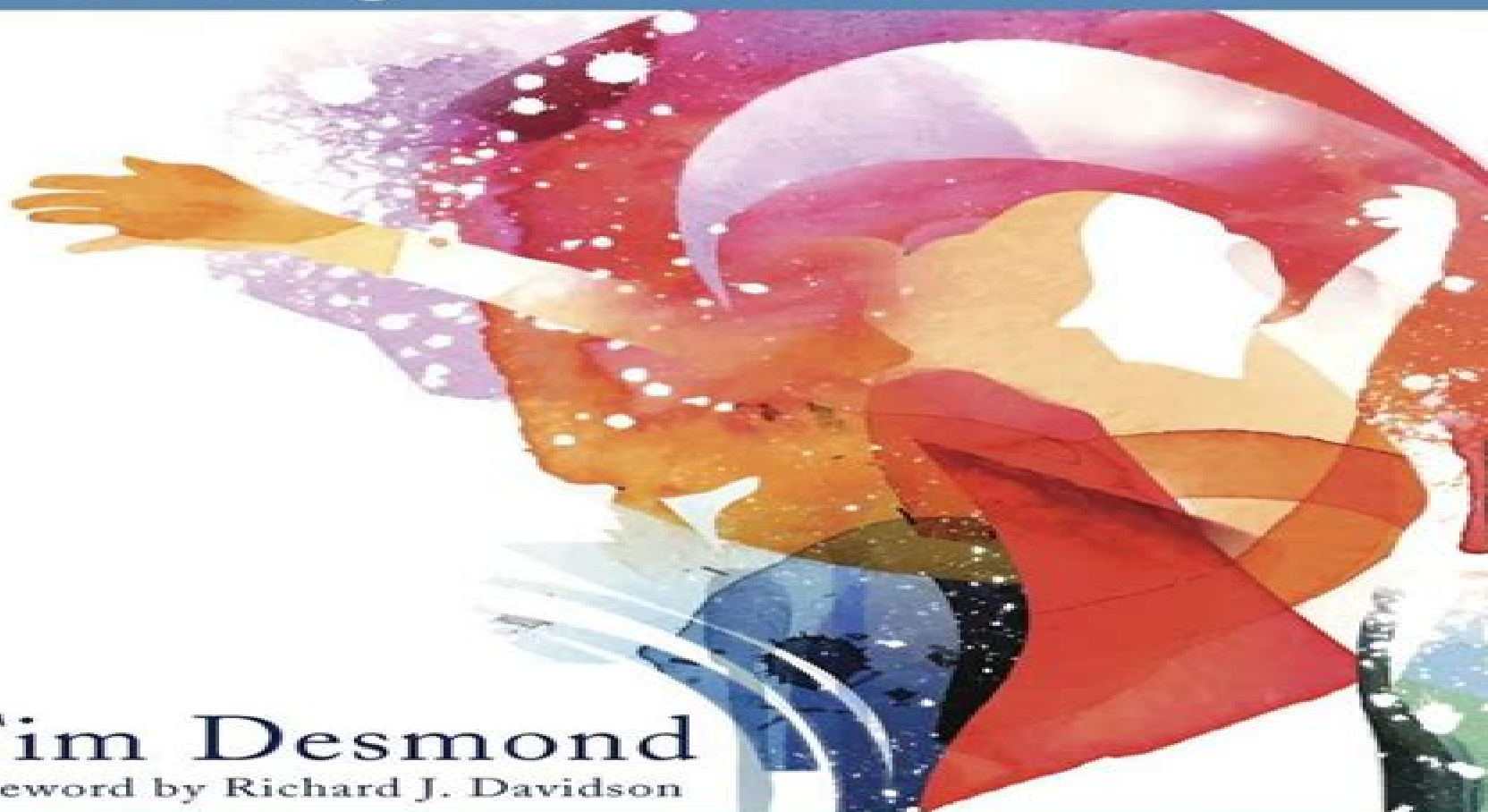


Self-Compassion in Psychotherapy

Mindfulness-Based Practices for
Healing and Transformation



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