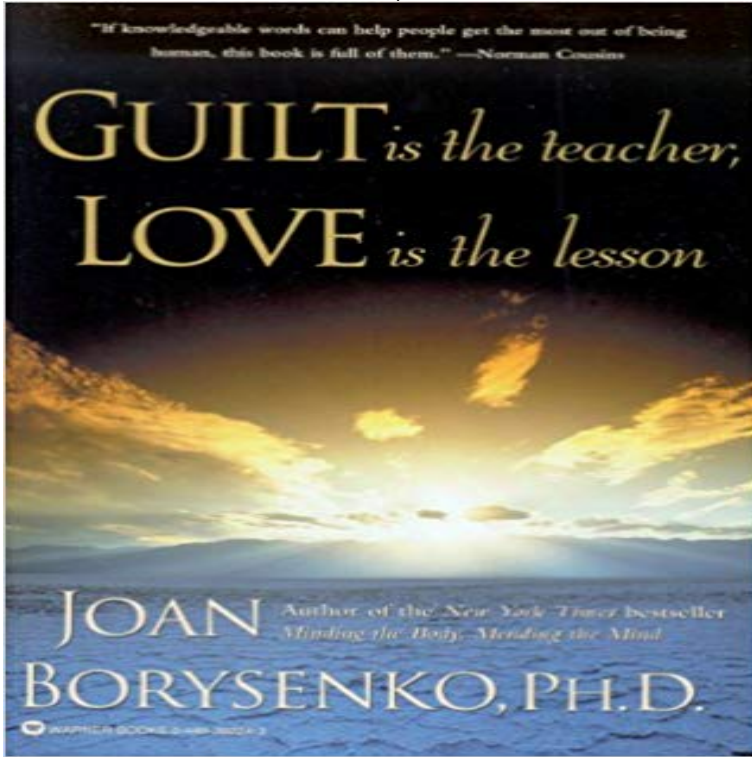


Guilt is the Teacher, Love is the Lesson



The author of the bestselling *Minding the Body, Mending the Mind*, offers a compassionate, healing guide for overcoming the devastating effects of guilt.

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