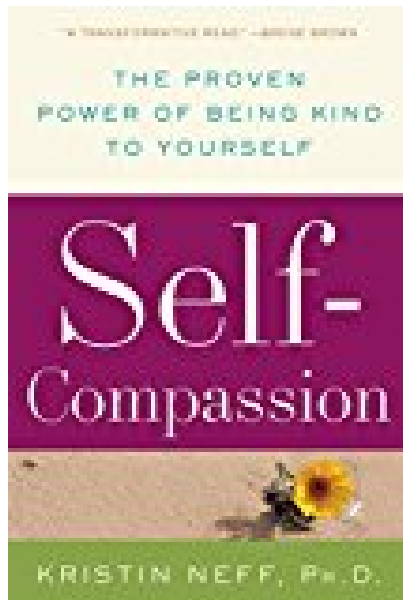


Self-Compassion The Proven Power of Being Kind to Yourself



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