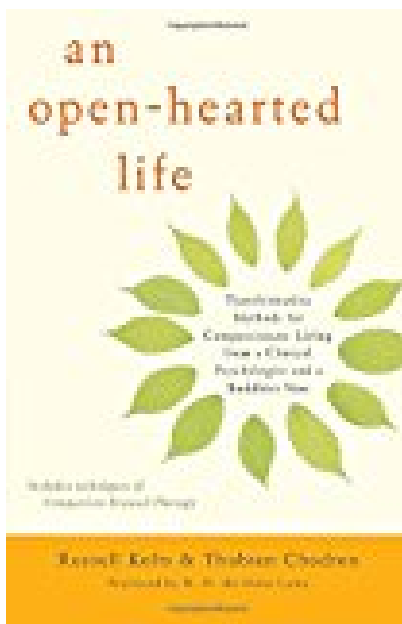


# An Open-Hearted Life Transformative Methods for Compassionate Living from a Clinical Psychologist and a Buddhist Nun

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