

## Emotional Healing through Mindfulness Meditation Format: Paperback

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through  
Mindfulness  
Meditation



*Stories and Meditations  
for Women Seeking Wholeness*

BARBARA MILLER FISHMAN, Ph.D.

INCLUDES CD OF FOUR MINDFULNESS MEDITATIONS



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### Book Review

This ebook is really gripping and fascinating, it had been writtern extremely perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Leopold Hills)

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