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John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Without a Mask: Discovering Your Authentic Self, Avikal Costantino, Who is behind the mask that we have learnt to wear in order to survive and function in the world? Who are we really, behind familial and social conditioning? If we are free from fear and the preoccupations that in the name of survival justify adaptation? Is it possible to be spontaneous and authentic, or is it just an infantile desire to...

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- Authored by Avikal Costantino
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