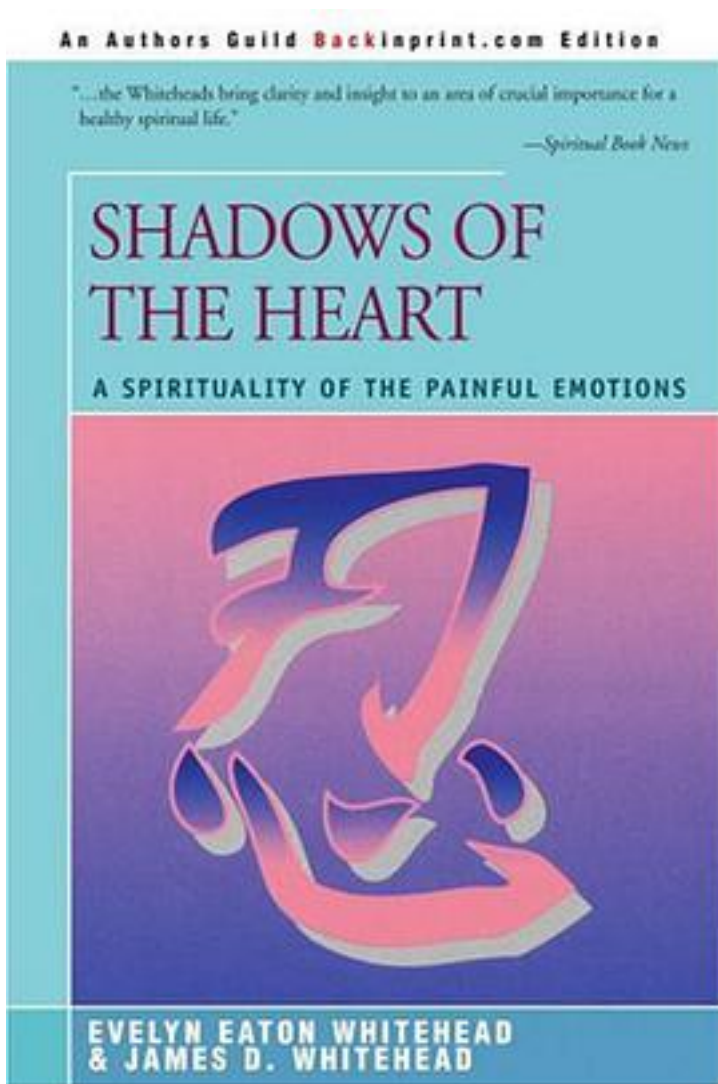


Shadows of the Heart



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Drawing from a wealth of psychological and spiritual sources, the authors help us gain a new perspective on how we handle the painful emotions of anger, shame, guilt, and depression

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