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Karen Parsonson, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ****. This book is about self-discovery, personal growth, and the search for what is missing from your life to help you find your own happiness. You will learn that self-focus and self-care is not selfish and you are not defined by your symptoms. You will learn to develop good habits and banish the bad. You will learn more about yourself and gain...

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- Authored by Dr Karen L Parsonson
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