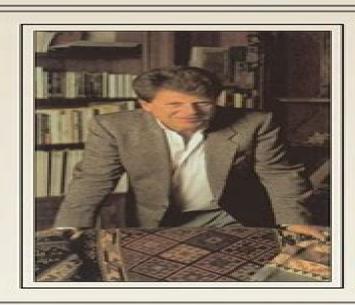
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Letting Go of the Past to Live in the Moment

DAVID VISCOTT, M.D.

Bestselling author of *The Language of Feelings* and *How to Live with Another Person*

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