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| Sommario/riassunto | Finding Serenity – Overcoming Dependence and Co-Dependence with Dr. Emmett Miller Experience a warm, encouraging, illuminating Heart-to-Heart talk, in which Dr. Miller helps you discover ways of growing while you release what you no longer need. You will understand why relaxation is at the core of healing dependency and codependency alike. Listen while you drive, work or play. Bonus: guided imagery and a song by Dr. Miller. |