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| Autore                  | Altomare Diane  |
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| Lingua di pubblicazione | Inglese   |
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| Livello bibliografico   | Monografia  |
| Sommario/riassunto      | "Author believes that to be powerful and genuinely happy in the outside world, people need to acknowledge feelings we hide inside that can result in patterns of self-destructive behavior that prevent us from achieving our goals. She presents ten steps to help people to embrace their true selves and find the freedom to create a fulfilling future"-- |