

50 Mindful Steps To Self-Esteem: Everyday Practices For Cultivating Self-Acceptance And Self-Compassion By Janetti Marotta PhD

By Janetti Marotta PhD

Interview with Dr. Janetti Marotta, author of 50 Mindful Steps to Self-Esteem, discussing Buddhist Psychology, mindfulness, compassion, and self-acceptance.

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Janetti Marotta, PhD is a psychologist and and author of 50 Mindful Steps to Self-Esteem: Everyday Practices for Cultivating Self-Acceptance and

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