

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

By Janetti Marotta PhD

50 mindful steps to self-esteem : everyday practices for cultivating self-acceptance and self-compassion

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Janetti Marotta, Ph.D. is the author of "50 Mindful Steps to Self-Esteem: Everyday Practices for Janetti Marotta

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