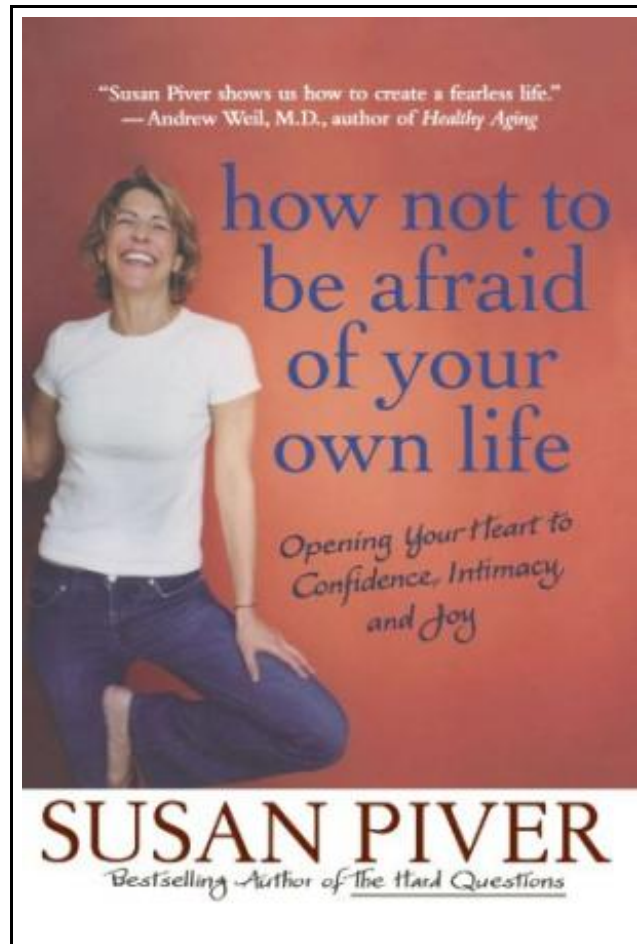


## How Not to Be Afraid of Your Own Life: Opening Your Heart to Confidence, Intimacy, and Joy



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