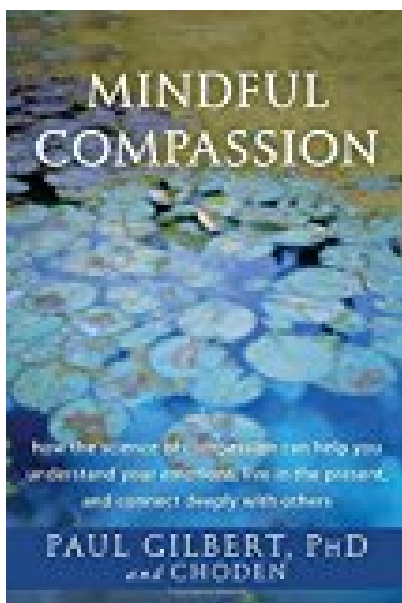


# Mindful Compassion How the Science of Compassion Can Help You Understand Your Emotions Live in the Present and Connect Deeply with Others

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