



Shadow Self

Elise Ingram



Shadow Self:

Discover Your Shadow Self and Restore Your Inner Child Elise Ingram, 2025-01-10 Discover how you can bring your true self to light by embracing your shadow and kickstarting your S T A R lit transformation Are you lost in the dark struggling with a whirlwind of emotions you can't quite pinpoint or understand Do you often find yourself paralyzed by self doubt your inner shadows eclipsing your true potential Are you ready to turn the spotlight on your hidden self and experience the profound freedom that comes with living your honest truth You're not alone Everyone's on their own journey toward embracing the aspects of their inner selves that have been tucked away for too long Needless to say navigating these dark corners can be frightening but the good news is there is a way to do it without feeling completely lost in the shadows Shadow work offers a compassionate approach that slowly but surely gives you the courage and direction you need to answer your heart's deepest questions And that's where this book comes in It is an enlightening guide workbook and journal that equips you with all the tools you need to use your shadow to find enlightenment Here's just a fraction of what you'll discover The S T A R framework for personal enlightenment that empowers you to dive into your deeper self nurture inner growth and use journaling for profound personal development A crash course on the principles of shadow work discover how it works and what key terms like the collective unconscious and the four archetypes mean Everything you need to know to prepare yourself for the journey toward uncovering the mystery of your shadow self A compassionate guide to help you reconnect with your inner child and shower them with the love they deserve Step by step instructions to gain better insight into who you are and the recurring behavioral patterns that reveal the hidden parts of yourself 13 simple but effective breathwork and meditation techniques to cultivate the much needed inner peace and mental clarity 8 targeted shadow integration activities designed to shed light on your shadow self and enable you to establish a deeper connection with it Over 100 journal prompts to help you get to the bottom of who you were who you are and who you want to be plus creative prompts to help you let those emotions out And so much more Now you might be thinking that diving into shadow work sounds overwhelming and intimidating and you're not quite sure where to start But if you have an open heart and a mind ready to find your inner light then you're poised to uncover the transformative potential the S T A R framework offers You don't have to navigate the shadows alone You deserve to live in the light of self awareness and emotional freedom Take your first step toward illuminating your path and embracing your whole self Break free from old patterns nurture your inner child and thrive with newfound clarity and purpose

The Shadow Self Guidebook Zara Nolan, 2024-06-01 Dive into the enriching journey of self discovery with The Shadow Self Guidebook a transformative guide designed to help you navigate the intricate landscapes of your inner world This insightful book invites readers to embrace vulnerability explore the depths of their emotions and foster authenticity in a world that often prizes surface appearances This guidebook illuminates the path toward profound self acceptance and personal growth through powerful narratives and reflective wisdom Discover the strength in acknowledging

vulnerability learn to set boundaries that honor your worth and unlock the dormant potential within The Shadow Self Guidebook serves as a compass for navigating the complexities of the human experience nurturing self compassion and fostering resilience With actionable insights and reflective exercises this book empowers readers to embark on a transformative journey toward authenticity and genuine self expression **Shadow, Self, Spirit - Revised Edition** Michael Daniels,2021-09-28 New and enlarged edition Transpersonal Psychology concerns the study of those states and processes in which people experience a deeper sense of who they are or a greater sense of connectedness with others with nature or the spiritual dimension Pioneered by respected researchers such as Jung Maslow and Tart it has nonetheless struggled to find recognition among mainstream scientists Now that is starting to change Dr Michael Daniels teaches the subject as part of a broadly based psychology curriculum and this new and enlarged edition of his book brings together the fruits of his studies over recent years It will be of special value to students and its accessible style will appeal also to all who are interested in the spiritual dimension of human experience The book includes a detailed 38 page glossary of terms and detailed indexes

Uncovering the Shadows Sergio Rijo,2023-03-30 *Uncovering the Shadows A Journey through Shadow Work* is a transformative guide to self discovery and personal growth In this book you will embark on a journey to explore the shadow aspects of yourself those parts that you have been hiding or ignoring and learn how to integrate them into your conscious awareness Through practical techniques insightful exercises and real life stories *Uncovering the Shadows* will take you on a journey of self exploration helping you to identify and heal the wounds of your past and present You will learn how to develop self awareness cultivate self compassion and establish healthy boundaries allowing you to live a more authentic and fulfilling life In this book you will discover the connection between your inner child and your shadows and learn how to heal the wounded aspects of yourself through inner child work You will also explore the role of mindfulness and meditation in shadow work and learn how to use these practices to deepen your self awareness and cultivate inner peace *Uncovering the Shadows* will guide you through the process of confronting your fears limiting beliefs and negative thought patterns and show you how to transform them into positive and empowering ones You will learn how to use your shadows as a source of strength and creativity and how to integrate them into your life in a healthy and productive way But this book is more than just a guide to shadow work It is a compassionate and supportive companion on your journey of self discovery Through the personal stories shared by the author and other individuals you will see that you are not alone in your struggles and that there is hope for healing and growth If you are ready to embark on a journey of self discovery and personal growth then *Uncovering the Shadows A Journey through Shadow Work* is the book for you This book will challenge you to confront the parts of yourself that you may have been avoiding but it will also provide you with the guidance and support that you need to make positive changes in your life *Uncovering the Shadows* is a must read for anyone who is interested in personal growth mindfulness and self awareness It is a book that you will return to again and again as you continue on your journey of self discovery and

growth So why not take the first step on this transformative journey today and pick up a copy of *Uncovering the Shadows A Journey through Shadow Work* Mastering the Art of Shadow Work Spiritual Primate, 2023-08-17 Unleash Your True Potential by Embracing Your Shadows Are you ready to embark on a transformative journey that will unlock your hidden potential Are you seeking a powerful tool to dive deep into the shadows and emerge stronger wiser and more self aware Look no further than *Mastering the Art of Shadow Work A Comprehensive Guide to Dive Deep into the Shadows and Transform Your Life with 2000 Mind Provoking Prompts* This groundbreaking guide offers a comprehensive roadmap to help you navigate your innermost fears doubts and insecurities empowering you to embrace your shadows and experience profound personal growth In today's fast paced world it's easy to overlook the importance of self reflection and understanding our own shadows The unexplored recesses of our psyche can hold us back manifesting as self sabotaging behaviors limiting beliefs and unfulfilled potential Ignoring these shadows only perpetuates the cycle of stagnation and prevents us from living our best lives Without addressing these underlying issues we are left feeling disconnected unfulfilled and unable to tap into our true power Imagine for a moment the weight of carrying unresolved emotional baggage the burden of unaddressed fears and the constant struggle with self doubt Picture a life where every decision is clouded by unresolved issues and negative patterns Visualize the missed opportunities and the unfulfilled dreams that result from these deep rooted shadows The longer we ignore them the more they grow entangling us in a web of self limitation preventing us from reaching our full potential *Mastering the Art of Shadow Work* offers a powerful solution to this predicament This comprehensive guide serves as your trusted companion on the journey of self discovery providing you with the tools techniques and 2000 mind provoking prompts to explore your shadows with courage and clarity Key Features Comprehensive Guidance This guide takes you by the hand step by step through the process of shadow work ensuring you have a clear understanding of the concepts and techniques involved Mind Provoking Prompts With over 2000 carefully crafted prompts this guide offers endless opportunities for self reflection and exploration Each prompt is designed to unearth deep seated beliefs fears and patterns enabling you to confront them head on Transformational Exercises Dive into a variety of exercises and techniques that will empower you to integrate your shadows heal past wounds and cultivate self compassion From journaling exercises to visualization techniques each exercise is carefully curated to facilitate profound personal growth *Mastering the Art of Shadow Work* is not just a guide it is a catalyst for profound personal transformation By delving into the shadows and embracing your vulnerabilities you will unlock your true potential gain self awareness and experience a newfound sense of empowerment With its comprehensive approach and mind provoking prompts this guide is your roadmap to a life filled with authenticity growth and self acceptance Embark on this transformative journey today and witness the incredible power of shadow work in shaping your life for the better **A Guide to Shadow Work** Stephanie Kirby, 2022-11-15 *A Guide to Shadow Work* uncovers how the light and darkness within you coexist and guides you in embracing your shadow self to understand your deepest emotions

The Living Temple of Witchcraft Volumn One Christopher Penczak,2008 A guide for solitaires eclectics and non traditional Witches It features lessons that contain meditations based on the Underworld journey teachings as well as an advanced discussion of some facet of magick or witchcraft **Shadow Magick Compendium** Raven Digitalis,2008 Embracing the darkness is part of divine balance Everyone has a shadow a dark side Exploring the shadow self is not only safe it s necessary for balance and healing The author of Goth Craft invites you down a unique magical path for navigating inner and outer darkness and harnessing the shadow for spiritual growth Shadow Magick Compendium sheds a positive light on this misunderstood and rarely discussed side of magical practice There are ritual meditations for exploring past experiences dispelling harmful behavior patterns and healing a fractured soul Learn how to safely fast and perform other methods of self sacrifice invoke a deity into yourself godform assumption get in touch with your Spirit Animal take advantage of the Dark Moon and eclipses and perform a unique ritual with your television for a new perspective on society From astral journeys to sigils to dark herbs you ll find an array of magical techniques to navigate the shadows and mysteries of yourself and the world at large *A Path Into Solitude* Pasquale De Marco,2025-07-23 A Path to Solitude is a transformative guide to the art of embracing solitude as a path to self discovery inner peace and a deeper connection with the world around us In a world of constant distractions and relentless demands on our attention solitude offers a sanctuary for reflection renewal and growth This book provides a wealth of practical wisdom and insights to help you cultivate solitude in a meaningful and fulfilling way Whether you seek respite from the clamor of modern life or aspire to deepen your understanding of your inner self A Path to Solitude offers a wealth of knowledge and support Each chapter delves into a distinct aspect of solitude exploring its power to enhance self awareness foster creativity and cultivate resilience Discover the art of mindful solitude learning how to disconnect from external distractions and connect with the stillness within Explore the transformative power of nature finding solace and inspiration in the embrace of the natural world Cultivate self reliance and inner strength embracing the challenges and opportunities that solitude presents A Path to Solitude is not a prescriptive guide but rather an invitation to explore the depths of your being and forge your unique path toward fulfillment With each page you will gain a deeper understanding of the benefits and challenges of solitude empowering you to create a life that is both meaningful and deeply enriching Embrace the solitude within it is a space where the seeds of wisdom creativity and connection can flourish Step onto the path of solitude and embark on a journey of self discovery that will transform your life in profound and lasting ways If you like this book write a review [The Emerald Talisman](#) Pasquale De Marco,2025-05-01 The Emerald Talisman is a transformative guide that will empower you to unlock your true potential and create a life of fulfillment and purpose Within these pages you will discover ancient wisdom practical tools and inspiring stories that will help you to Connect with the power of the Emerald Talisman a symbol of hope guidance and protection Overcome challenges and manifest your dreams Cultivate inner peace and joy Embrace your true self and live a life that is authentically yours Whether you are seeking

guidance inspiration or simply a deeper connection with yourself this book is for you Open your heart and mind to the wisdom and teachings within and allow the Emerald Talisman to guide you towards a life of limitless possibilities In The Emerald Talisman you will learn about The power of belief and how to use it to create a positive and fulfilling life The importance of connecting with nature and the transformative power of the elements The nature of the human spirit and its potential for growth and evolution Practical tools for overcoming challenges cultivating inner peace and manifesting your desires This book is not just a collection of words on a page it is a catalyst for change As you read each chapter you will be guided on a journey of self discovery and empowerment You will learn how to let go of limiting beliefs embrace your true self and create a life that is filled with joy purpose and abundance The Emerald Talisman is your guide to a life of limitless possibilities Open your heart and mind to the wisdom and teachings within and allow the Emerald Talisman to guide you towards your destiny If you like this book write a review on google books

Between Being and Nothingness Pasquale De Marco, 2025-07-13 In the vast expanse between being and nothingness where the tangible realm meets the enigmatic abyss lies a profound mystery that has captivated humanity for eons This book embarks on a journey to explore the liminal space between existence and non existence delving into the profound questions that have perplexed philosophers poets and seekers of truth for ages With an open mind and a willingness to confront the unknown we will venture into the depths of our own being seeking to unravel the mysteries that lie within We will begin by examining the concept of nothingness the void from which all existence emerged What is the nature of this void Is it truly empty or does it contain hidden potential and possibilities Next we will turn our attention to the essence of being seeking to understand what it means to exist What are the fundamental building blocks of reality What is the relationship between mind and matter We will investigate the nature of consciousness the subjective experience of the world that makes us sentient beings As we delve deeper into the exploration of being and nothingness we will encounter the illusion of reality Our senses our perceptions and our language all shape our understanding of the world but how can we be sure that our perception of reality is accurate We will examine the unreliability of our senses the influence of our beliefs and expectations and the role of language in constructing our understanding of the world The existential weight of existence is a burden that all humans must bear The realization of our own mortality the inevitability of death and the struggle for meaning in a seemingly meaningless universe can be overwhelming We will explore the existential angst that arises from these contemplations and seek to find ways to cope with the challenges of existence Yet amidst the darkness of existential despair there is also beauty to be found in the impermanence of all things The transience of life teaches us to appreciate the present moment and to find joy in the fleeting nature of existence We will explore the Buddhist concept of anicca the impermanence of all things and how it can lead to a deeper appreciation of life Finally we will conclude our journey with a reflection on the meaning of it all What is the purpose of our existence Is there a grand design or are we simply insignificant beings adrift in a vast and indifferent universe We will

explore the search for meaning in life the nature of ultimate reality and the possibility of transcendence This book is an invitation to embark on a profound journey of self discovery and exploration It is a call to question our assumptions about reality to confront our existential fears and to seek a deeper understanding of the meaning of life Through this exploration we may come to a place of greater awareness compassion and wisdom If you like this book write a review Witches'

Enchantments: Secrets Revealed Pasquale De Marco,2025-07-14 Embark on a captivating journey into the world of White Witchcraft with Witches Enchantments Secrets Revealed a comprehensive guide to the practices rituals and beliefs of this ancient tradition Discover the transformative power of White Witchcraft as you learn to harness the energy of nature and the unseen forces that shape your life Within these pages you will uncover the rich history and diverse traditions of witchcraft tracing its lineage back to ancient civilizations and exploring the unique practices that have shaped this path of magic Understand the core principles and beliefs that guide White Witches emphasizing the ethical and responsible use of magic for personal growth and the greater good Explore the intricacies of witchcraft rituals spells and chants delving into the art of ritual preparation and casting Learn how to create sacred spaces incorporate elements tools and symbols to amplify your intentions Craft personalized spells for specific purposes utilizing the power of words and vibrations to manifest your desires Discover the secrets of herbal magic and crystal healing harnessing the energy of plants and gemstones to promote healing protection and personal transformation Unleash the transformative power of meditation and energy work mastering techniques for deep relaxation mindfulness and energy manipulation Align your chakras and harness the power of your inner energy to promote healing balance and spiritual growth Embrace the journey of shadow work confronting and healing past traumas and negative emotions to integrate your Shadow Self and achieve a harmonious and fulfilling life Empower yourself with the art of divination exploring different methods such as Tarot Runes and Pendulums Learn to read and interpret these tools developing your intuition and trusting your inner wisdom Utilize divination for personal guidance decision making and gaining clarity on your life path Witches Enchantments Secrets Revealed is more than just a book it s an invitation to awaken your inner power and embark on a transformative journey of self discovery and empowerment Embrace the magic within you and unlock the secrets of White Witchcraft to create a life filled with purpose abundance and harmony If you like this book write a review **Queering Your Craft** Cassandra Snow,2020 Witchcraft has always belonged to the outsiders and

outcasts in society yet so much of the practice enforces and adheres to the same hierarchy we are faced with in the world at large a hierarchy that isolates and hurts those living beyond society s binaries and boundaries Until now there has not been a book that specifically addresses the practice of queer magick from an LGBTQ standpoint This book combines queer aesthetic and culture with Pagan and metaphysical spiritual practice in a way that is commonplace in practice but previously not written about and covers the personal the collective the political and how deeply intertwined all three are in a magickal practice for those who are LGBTQ **Spiritual Warfare** Conrad Riker,101-01-01 Are you tired of living in a world that

seems to constantly attack your masculinity and faith Are you struggling to find a sense of purpose and meaning in the midst of cultural chaos If so then **Spiritual Warfare Masculine Enlightenment in a Broken World** is the book you need Written for redpilled rational men on the spiritual path this book dives into the key concepts of Maslow s Hierarchy of Needs Erikson s psychosocial stages and Carl Jung s individuation process But it s not just an academic exploration it s a practical guide for fostering personal spiritual growth and developing a life plan You ll learn how to reject the emasculating influences of cultural Marxism and Satanic ideologies finding your own path to enlightenment Inside this book you ll discover The importance of balancing physical and spiritual health for a harmonious life How to harness the power of symbolism for a more meaningful spiritual journey What synchronistic events can teach you about spiritual development Practical strategies for accelerating your spiritual growth How to embrace the shadow side of masculinity for true enlightenment So if you re ready to fight back against the powers of darkness and reclaim your rightful place as a strong spiritual warrior then buy **Spiritual Warfare Masculine Enlightenment in a Broken World** today It s more than a book it s a battle plan for the most important war you ll ever fight

The Shadowed Mind Pasquale De Marco,2025-05-04 The Shadowed Mind is a journey into the depths of our own consciousness where we uncover the hidden truths that shape our lives It is a book about discovering the power of our subconscious cultivating mindfulness and developing emotional intelligence It is about unlocking the creative spark within us and building a resilient mind that can overcome challenges and adapt to change Our minds are complex and fascinating organs capable of great creativity and resilience But they can also be the source of our greatest fears and anxieties The Shadowed Mind explores both the light and dark aspects of our minds helping us to understand and accept all parts of ourselves This book is not a self help guide in the traditional sense It is not a collection of quick fixes or easy answers Instead it is an invitation to explore the depths of your own mind and to discover the hidden truths that lie within Through a series of essays exercises and meditations The Shadowed Mind will guide you on a journey of self discovery and transformation You will learn how to Uncover the hidden depths of your subconscious mind Cultivate mindfulness and present moment awareness Understand and manage your emotions Improve your focus and concentration Develop a positive mindset Build resilience and overcome challenges Find meaning and purpose in your life Connect with your creativity Live a life of fulfillment The Shadowed Mind is a book for anyone who is interested in exploring the depths of their own consciousness It is a book for those who are ready to embrace their shadows and to discover the light within Pasquale De Marco is a writer teacher and speaker who has been exploring the depths of the human mind for over two decades He is the author of several books on mindfulness meditation and personal growth His work has been translated into over 20 languages and has been read by millions of people around the world If you like this book write a review on google books

Epoca: The Tree of Ecrof Kobe Bryant,Ivy Claire,2019-11-12 1 New York Times Bestseller From the mind of basketball legend Academy Award winning and New York Times bestselling storyteller Kobe Bryant comes a new tale of

finding your strength against all odds Set in an alternate classical world dominated by sports and a magical power called grana Epoca The Tree of Ecrof is the story of two children the lowly born Rovi and the crown princess Pretia who uncover and battle terrible evil and discover their inner strength along the way Epoca The Tree of Ecrof takes place at the most elite sports academy in the land where the best child athletes are sent to hone their skills When Rovi and Pretia arrive each harboring a secret about themselves they begin to suspect that something evil is at play at the school In the course of their first year they must learn to master their grana in order to save the world from dark forces that are rising **By Oak, Ash, & Thorn** Deanna J. Conway,1995 Take one part of the world s oldest spiritual system shamanism mix in one part of one of the world s most popular spiritual cultures the Celts and bring it up to date by blending in modern forms of shamanism The result is one of the most amazing books you ll ever use D J Conway s By Oak Ash Thorn This book is filled with information that can start you on a lifetime of study practice and spirituality First you ll learn about ancient and modern forms of shamanism You ll discover the secrets of the three shamanic worlds and how you can travel through these mysterious realms You ll be shown how to communicate and deal with the entities and allies you meet there You ll also learn about the tools that a shaman uses The thing that makes this book unique is that it comes from the viewpoint of Celtic shamanism and not some generalized form As a result the worlds are specifically Celtic in nature The tools come from Celtic myth and lore The fifty entities you meet are named and defined as the Faery Folk and their kin from the Bean sidhe banshee to the Will o the Wisp a faery who appears at night in lonely places carrying a lantern to confuse travellers Almost fifty more animal allies are listed and described You will also learn the mysteries of the vision quest and how it applies and can be used by Celtic shamans Before starting your journey you will take a test to determine your strengths and weaknesses as a potential shaman Other topics include Shamanic Healing Soul Retrieval Shape shifting Invisibility Divination with stones the omen stick and the Ogamalphabet Pathworking through the three shamanic worlds Different forms of Celtic magic Herbs This only begins to hint at everything that you can learn from this book Get your copy today **Infinite Reflections** Pasquale De Marco,2025-07-11 Embark on an extraordinary journey of self discovery and explore the hidden dimensions of reality in Infinite Reflections Within these pages you will find a tapestry of wisdom and wonder where the boundaries of time and space dissolve and the whispers of your soul guide you towards enlightenment Delve into the mysteries of past lives and uncover the karmic connections that shape your present Discover the secrets of altered states of consciousness and lucid dreaming unlocking the gateways to other realms and revealing the interconnectedness of all things Confront the shadows within transforming your fears into fuel for growth and evolution Embrace the sacred dance of life and death recognizing the beauty and impermanence of all existence Contemplate the nature of consciousness and the eternal journey of the soul exploring the mysteries of the afterlife and the boundless nature of reality Love becomes your guiding light illuminating the path towards unity and oneness reminding you of your inherent interconnectedness with all beings With open hearts and curious minds

embark on a quest for enlightenment seeking the wisdom that lies beyond the veil of illusion Discover the infinite nature of reality and the boundless potential that lies within you Infinite Reflections is an invitation to transcend the limitations of your mortal understanding and embrace the infinite possibilities that await you In this captivating exploration of the hidden dimensions of existence you will find Unraveling the mysteries of past lives and karmic connections Exploring altered states of consciousness and lucid dreaming Confronting the shadows within and transforming fear into growth Embracing the sacred dance of life and death Contemplating the nature of consciousness and the eternal journey of the soul Discovering the infinite nature of reality and the boundless potential within Prepare to embark on a journey that will challenge your perceptions and expand your understanding of the universe Infinite Reflections awaits those who are ready to embrace the unknown and discover the infinite possibilities that lie within If you like this book write a review *The Other Side of the Veil: Unveiling the Secrets of the Dark* Pasquale De Marco,2025-08-10 Embark on a captivating journey into the realm of darkness where the boundaries of reality blur and the hidden forces of the universe unveil their secrets The Other Side of the Veil Unveiling the Secrets of the Dark delves into the enigmatic depths of the supernatural beckoning you to explore the mysteries that lie beyond the veil of perception With captivating prose and insightful exploration this book takes you on an expedition into the hidden realms of the unseen where ancient rituals dark arts and forbidden knowledge converge Discover the power of intention and belief the intricate workings of the cosmos and the profound influence of the night Embrace the allure of the dark side and confront the depths of your own shadow self Through introspection and self discovery uncover the hidden wellsprings of power that lie dormant within transforming darkness into a source of empowerment and growth Prepare for an encounter with the enigmatic forces that shape our world Explore the dark side of human nature the psychology of fear and the hidden depths of the human experience Unveil the forbidden knowledge of the ancients the power of dark arts and the mysteries of the shadow realm This book is a transformative journey challenging your perceptions and expanding your understanding of reality It is an invitation to embrace the dark side not as something to be feared but as a source of self awareness power and enlightenment Are you ready to embark on this enigmatic expedition and forever change your perception of the world If you like this book write a review **The Green Witch's Guide to Tarot** Pasquale De Marco,2025-07-16 As a Green Witch you have a unique connection to the natural world and the cycles of life Tarot can help you to deepen this connection and gain insights into your own life and the world around you The cards can also be used to connect with the divine and to manifest your desires In this comprehensive guide to Tarot for Green Witches you will learn everything you need to know to get started with Tarot including the history of the cards the different types of decks and the basics of reading Tarot spreads You will also learn how to use Tarot for self reflection ritual and divination With practice you will be able to use Tarot to Gain insights into your own life Connect with the divine Manifest your desires Create positive change in your life This book is written for beginners and experienced Tarot readers alike If you are new to Tarot this book

will give you the foundation you need to get started If you are an experienced reader you will find new insights and techniques to enhance your practice No matter your level of experience this book will help you to deepen your connection to Tarot and use it to create positive change in your life What You ll Learn in This Book The history of Tarot and its connection to the Green Witch tradition The different types of Tarot decks and how to choose the right one for you The basics of reading Tarot spreads How to use Tarot for self reflection ritual and divination How to connect with the divine and manifest your desires using Tarot With this book as your guide you will be able to unlock the power of Tarot and use it to create a more fulfilling and meaningful life If you like this book write a review

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