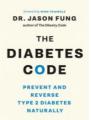
## Self-help

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Women without kids : the revolutionary rise of an unsung sisterhood / Ruby Warrington. Warrington, Ruby, author.



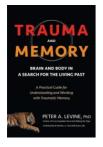
The diabetes code : prevent and reverse type 2 diabetes naturally / Dr. Jason Fung ; foreword by Nina Teicholz. Fung, Jason, author.



How to change your mind : what the new science of psychedelics teaches us about consciousness, dying, addiction, depression, and transcendence / Michael Pollan. REVERSE TYPE 2 DIABETES NATURALLY LIFE LESSONS Too Experts on Death & Dying Teach Ur About the Mysteries of Life & Living

Life lessons : two expert on death & dying teach us about the mysteries of life & living / Elisabeth Kubler-Ross, M. D. & David Kessler.

Pollan, Michael, 1955- author.



Trauma and memory : brain and body in a search for the living past : a practical guide for understanding and working with traumatic memory / Peter A. Levine, PhD ; foreword by Bessel A.

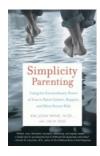
The formula : unlocking the secrets to raising highly successful children / Ronald F. Ferguson and Tatsha Robertson. Ferguson, Ronald F., author.

Van der Kolk, MD Levine, Peter A., author.

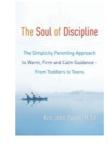


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Simplicity parenting : using the extraordinary power of less to raise calmer, happier, and more secure kids / Kim John Payne with Lisa M. Ross. Payne, Kim John.



The soul of discipline : the simplicity parenting approach to warm, firm, and calm guidance--from toddlers to teens / Kim John Payne, M.Ed. Payne, Kim John, author.



Simplicity parenting : using the extraordinary power of less to raise calmer, happier, and more secure kids / Kim John Payne with Lisa M. Ross. Payne, Kim John.



You are your child's first teacher : encouraging your child's natural development from birth to age six / by Rahima Baldwin Dancy. Baldwin Dancy, Rahima.

