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Anne Wilson Schaefer, Ph.D., is the

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bestselling author of *Meditations for Women Who Do Too Much*, *Women's Reality*, and *Co-Dependence*, among others. Schaef specializes in work with women's issues and addictions and has developed her own approach to healing which she

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the daily passages with my students (who for the majority have always been women). It's a wonderful little book and one that all us busy females can certainly ...

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