

Calming Your Angry Mind: How Mindfulness And Compassion Can Free You From Anger And Bring Peace To Your Life By Jeffrey Brantley MD DFAPA

By Jeffrey Brantley MD DFAPA

Jul 14, 2014 according to Jeffrey Brantley, MD, book Calming Your Angry Mind: How Mindfulness & Compassion Can Free You From Anger & Bring Peace to Your Life.

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