

Mindsight: The New Science of Personal Transformation

"Will forever change the way we understand ourselves and our relationships."
—MARTIN PEREZ, Ph.D., author of *Flowing Optima and Seeking Peace*



Daniel J. Siegel, M.D.

Foreword by DANIEL SOLEMAN, author of *Emotional Intelligence*

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Book Review

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(Prof. Ethelyn Hoeger)

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