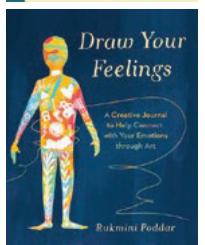
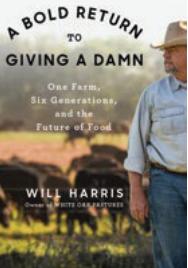
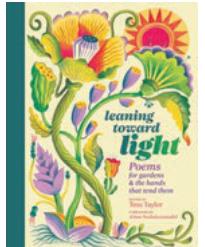
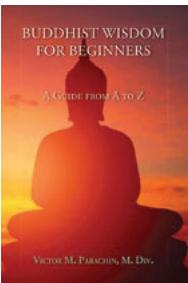
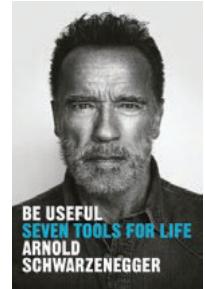
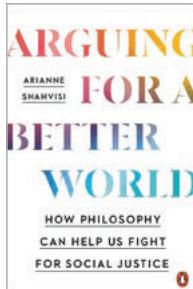


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**Schwarzenegger.** With a heavy emphasis on skillful self-reliance, this isn't your average celebrity memoir—Schwarzenegger shares wisdom gained throughout his life, from his childhood in rural Austria to becoming governor of California. **PENGUIN PRESS**

## 31 BUDDHIST WISDOM FOR BEGINNERS: An A-Z Guide

by Victor M. Parachin. Written by one of our regular contributors, this introductory guide to Buddhist practices will be a helpful primer to the spiritual tradition. **SUNSTONE PRESS**

## 32 DRAW YOUR FEELINGS: A Creative Journal to Help Connect with Your Emotions Through Art by Rukmini Poddar

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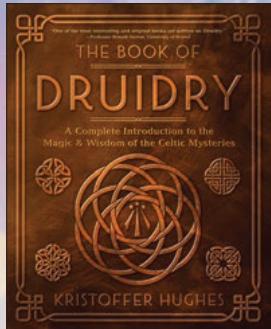
## 35 A BOLD RETURN TO GIVING

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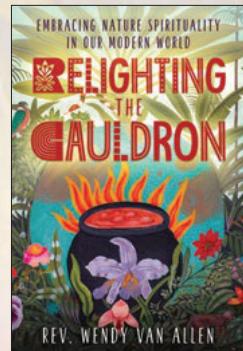
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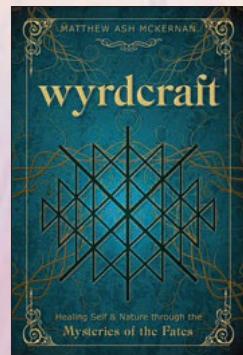
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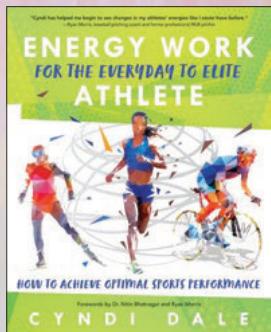
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