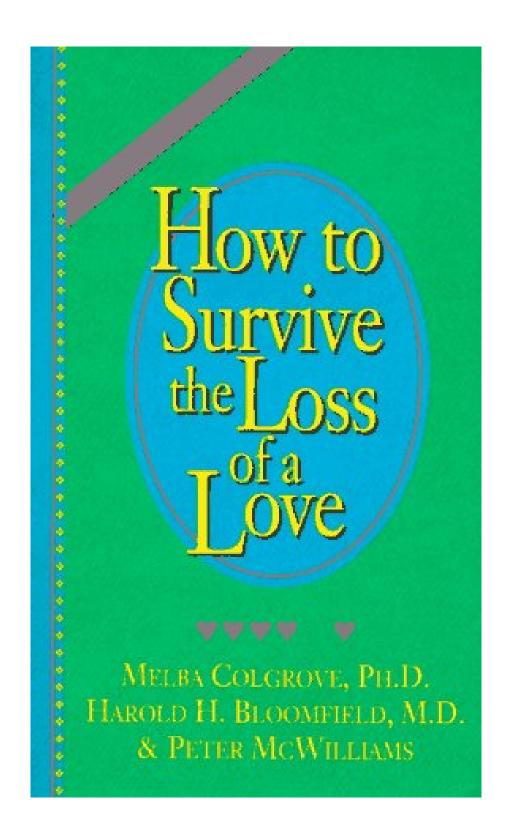


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About the Author

Colgrove earned degrees in literature, foreign trade, special education, counseling and organizational psychology. She received her PhD from the University of Michigan.

McWilliams was a self-help pioneer who later became an advocate for medical marijuana.

Harold H. Bloomfield, M.D. is a Yale-trained psychiatrist and a respected leader in alternative medicine and integrative psychiatry. He is the best-selling author of Making Peace with your Parents, Making Peace withn Yourself, Hypericum (St. John's Wort) & Depression, How to Heal Depression, How to Survive the Loss of a Love, and TM Transcendental Meditation. His books have sold more than seven million copies and have been translated into twenty-six languages. His work has been featured in every major media outlet, including 20/20, Oprah, Larry King, Good Morning America and in Time, Newsweek, the New York Times, Forbes and People. He lives in Del Mar, California.

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