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Mental Thriller	A fascinating psychological thriller that complies with a criminal therapist as he attempts to untangle the secret behind his patient's silence after she allegedly murders her hubby.	
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- Guide stresses the value of living in the here and now moment and releasing previous and future worries. - The principle of the "discomfort body" is introduced to clarify exactly how past traumas can affect our present experiences. - Practical exercises are offered to help viewers carry out the trainings right into their daily lives.	- The Untethered Spirit by Michael A. Singer offers similar understandings on living in today moment and finding inner tranquility. - Huge Magic by Elizabeth Gilbert checks out the innovative procedure and just how we can live a much more satisfying life by welcoming our passions.	
- Guide informs an effective tale of 2 sisters staying in Nazi-occupied France throughout World War II. - The motifs of nerve, sacrifice, and love are checked out via the perspectives of both sisters. - The historic context and brilliant summaries make the story revived.	- All the Light We Can not See by Anthony Doerr is another World War II book that informs a moving story of love and survival. - If you enjoy historic fiction, attempt The Alice Network by Kate Quinn, which adheres to a network of female spies throughout World War I.	

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