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Mary O Malley is a speaker and the author of Belonging to Life: The Journey of Awakening, The Gift of Our Compulsions: a Revolutionary Approach to Self Acceptance

September 19, 2011 book review: the gift of our

The Gift of Our Compulsions: A Revolutionary Approach to Self-Acceptance and Healing by Mary O Malley is as helpful as my client O Malley s premise is

The inside edge

Mary O'Malley's book, The Gift of Our Compulsions: a Revolutionary Approach to Self Acceptance and Healing, advocates transforming our

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Healing our Spiritual Wounds it is our job to identify our compulsive behaviors that are trying to to the discovery and cultivation of our gifts and to a life

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A Revolutionary Approach to Self Acceptance and Healing. To some degree we are all compulsive. Our struggles range from over achieving and over worrying to overeating

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Nimh obsessive-compulsive disorder, ocd

Obsessive-Compulsive Disorder, OCD, is an anxiety disorder and is characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions).

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