

**Living Like You Mean It: Use The Wisdom And Power  
Of Your Emotions To Get The Life You Really Want By  
Ronald J. Frederick**

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About Erika Schanzenbach Erika manages design and social media for Highlands. She shares a home, her life, and a desire to build Christ's kingdom with her parents and

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Elisabeth Brown, Psy.D. is a licensed psychologist in private practice in Chester, NJ. In independent practice since 1984, she works with individuals, couples and

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