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Here are our top choices for your following fantastic read:

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	A fascinating mental thriller that follows a criminal psychotherapist as he tries to decipher the secret behind his patient's silence after she apparently murders her other half.	
	A mystical and spiritual journey that follows a young Andalusian shepherd young boy as he lays out to accomplish his destiny and discover real meaning of life.	

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Publication Title	Key Takeaways	Recommendations
• The unstable storyteller develops a sense of secret and suspense throughout the book. • The motifs of dependency and residential misuse are checked out detailed. • The plot twists kept us on the side of our seats up until the really last page. • Guide highlights the importance of living in the present moment and releasing past and future fears. • The principle of the "discomfort body" is presented to clarify how previous traumas can impact our existing experiences. • Practical workouts are offered to help readers execute the trainings into their every day lives.	• If you appreciated this book, look into Into the Water by Paula Hawkins for one more thrilling secret. • Gone Woman by Gillian Flynn is an additional preferred emotional thriller with a twisty plot. • The Untethered Soul by Michael A. Singer provides comparable insights on living in today minute and finding inner tranquility. • Large Magic by Elizabeth Gilbert checks out the creative process and how we can live a much more fulfilling life by accepting our enthusiasms.	• All the Light We Can not See by Anthony Doerr is another World War II novel that tells a relocating story of love and survival. • If you enjoy historical fiction, try The Alice Network by Kate Quinn, which follows a network of women spies throughout World War I.

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