

# Mindsight: The New Science of Personal Transformation

"Will forever change the way we understand ourselves and our relationships."  
—Mark Pincus, Ph.D., author of *Reclaiming Control and Defining Power*



Daniel J. Siegel, M.D.

Foreword by DANIEL SOLEMAN, author of *Emotional Intelligence*

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## Book Review

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(Dr. Sophie Rosenbaum MD)

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