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This method is described in the last section of this chapter. A more thorough discussion can be found in our book, Embracing Our Selves, published by Nataraj Publications in Corte Madera, California. Once the basic form of Voice Dialogue was established, we began our investigations of these selves in earnest.

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Sidra Stone, Ph.D., along with her husband Hal Stone, Ph.D., are the creators of "Voice Dialogue" and the authors of the trailblazing books Partnering, Embracing Our Selves, Embracing Each Other,...

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Voice Dialogue is the basic method for contacting, learning about, and working with the many selves that make up each of us. The Psychology of Selves provides a clear explanation of how these selves operate in your life and how they keep you from realizing your full potential.

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