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Tara Bennett-Goleman, M.A., is a teacher, author, and psychotherapist. She is the author of the New York Times best-seller *Emotional Alchemy: How the Mind Can Heal the Heart* (Harmony Books, 2001) and *Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits* (HarperOne, 2013).. The “Lotus Effect” in biology refers to the plant’s remarkable capacity to grow through the mud ...

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