

The Mirror Garden

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Title: The Mirror Garden: A Journey Through Self-Image and Healing

Subtitle: A Transformational Path to Emotional Clarity, Wisdom, and the True Self

FOREWORD

We are living in a world rich in information but poor in self-awareness...

[Full content from your document will be added in the final version]

PART I - THE SCREENPLAY: THE MIRROR GARDEN

[Screenplay content]

PART II - THE COMPANION ESSAY: THE ROLE AND SIGNIFICANCE OF MIRRORS

[Essay content]

PART III - THE FRAMEWORK: MULTILEVEL SELF-IMAGE THERAPY (MSIT)

[Framework content]

PART IV - PRACTICES AND EXERCISES

[All 5 exercises]

PART V - QUOTES FROM THE WISDOM GARDEN

[Selection of quotes]

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AFTERWORD: The Garden That Heals the World

This is not just a story, a method, or a mirror...