

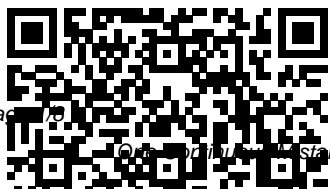
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Gail Sher is a psychotherapist, a poet, a teacher, an ardent yoga practitioner, and the author of *One Continuous Mistake: Four Noble Truths for Writers*. She lives in San Francisco's East Bay. About Gail Sher.

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