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Hal Stone (Author of Embracing Your Inner Critic) Hal Stone is the author of Embracing Your Inner Critic (4.06 avg rating, 216 ratings, 18 reviews, published 1993), Embracing Ourselves (4.14 avg rating).

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Hal Stone, Ph.D., and Sidra Stone, Ph.D., both clinical psychologists, are the authors of Embracing Ourselves and Embracing Each Other. Hal founded the Center for the Healing Arts in Los Angeles, one of the first holistic health

facilities in the country.