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*By Ph.D., Linda Mintle*

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#### **About the Author**

Dr. Linda Mintle is a licensed clinical social worker. Having taught at Eastern Virginia Medical School and Regent University, Dr. Mintle is currently adjunct faculty at Wheaton College's Graduate Psychology Program. She writes a monthly column in Charisma magazine, contributes to SpiritLed Woman and New Man magazines and speaks nationally at conferences, on television and radio.

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