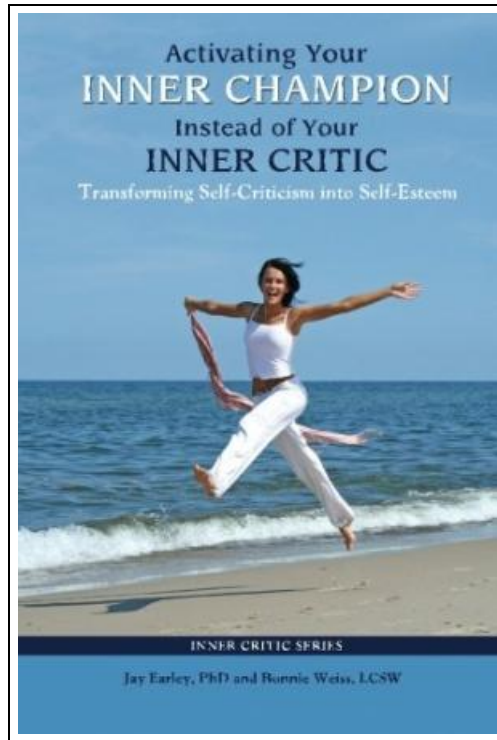


## Activating Your Inner Champion Instead of Your Inner Critic



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