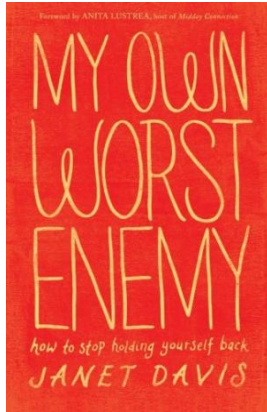


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# MY OWN WORST ENEMY: HOW TO STOP HOLDING YOURSELF BACK



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