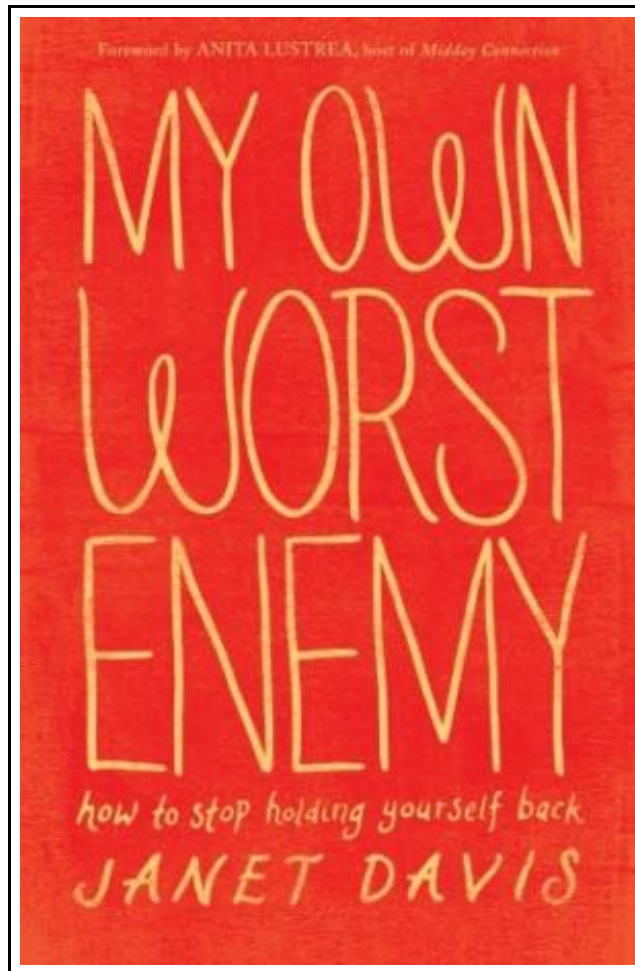


## My Own Worst Enemy: How to Stop Holding Yourself Back



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