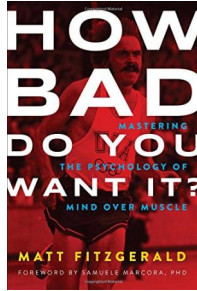


## How Bad Do You Want It?: Mastering the Psychology of Mind Over Muscle



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