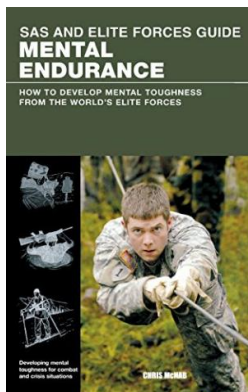


SAS and Elite Forces Guide Mental Endurance: How to Develop Mental Toughness from the World's Elite Forces



Book Review

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