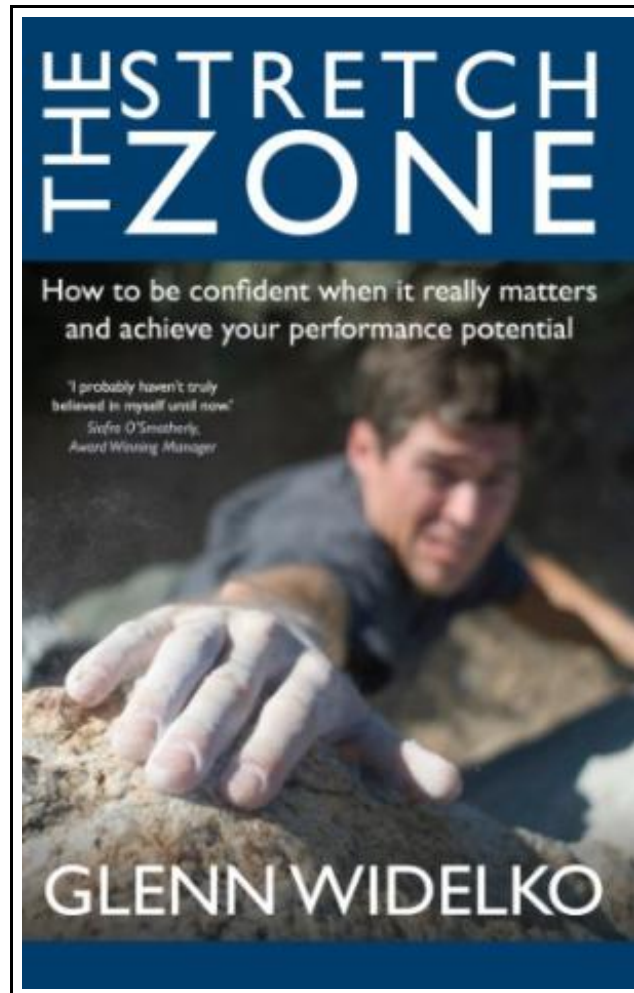


## The Stretch Zone: How to be Confident When it Really Matters and Achieve Your Performance Potential



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