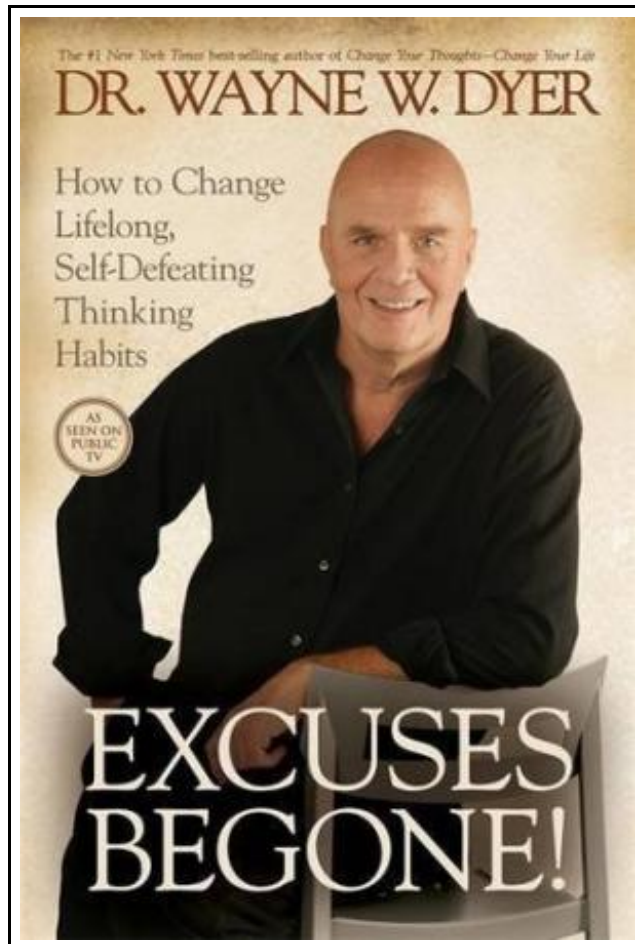


Excuses Begone!: How to Change Lifelong, Self-Defeating Thinking Habits



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