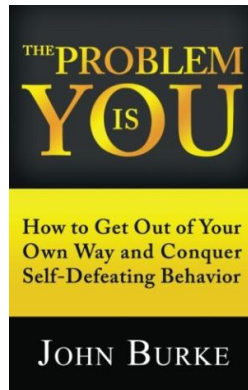


## The Problem Is You: How to Get Out of Your Own Way and Conquer Self-Defeating Behavior



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