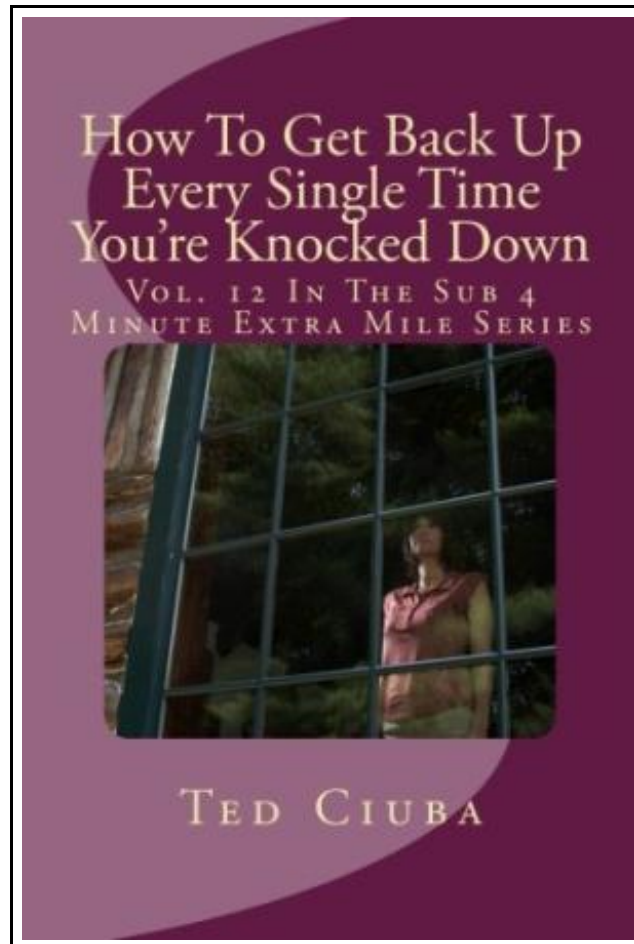


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Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.During a recent teleconference, a participant couldn t help but point out I say that when we re on track to success and if we re really going for it, we will experience several temporary defeats. She didn t like hearing that. On the other hand, it s absolutely guaranteed! We re all human. And the difference between those who succeed and those who don t is not that they don t have the same kind of problems. Those who succeed usually have bigger problems, because they re in a bigger arena, other than the fact, of course, of the death of a loved one and all that comes with it-that s uniform and universal. But they ve learned how to handle stress, they have their eye on the goal, and nothing matters like their goal. And that gives them the ability to get back up every single time they re knocked down. With The Sub 4 Minute Extra Mile Series you, too, can defy the status quo in short, regular, focused, intense, intended training sessions of sub 4 minutes length and redefine what s possible and what you accomplish! More at.



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