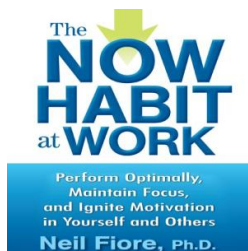


## The Now Habit at Work: Perform Optimally, Maintain Focus, and Ignite Motivation in Yourself and Others



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