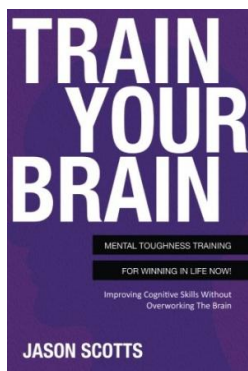


## Train Your Brain: Mental Toughness Training for Winning in Life Now!: Improving Cognitive Skills Without Overworking the Brain



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