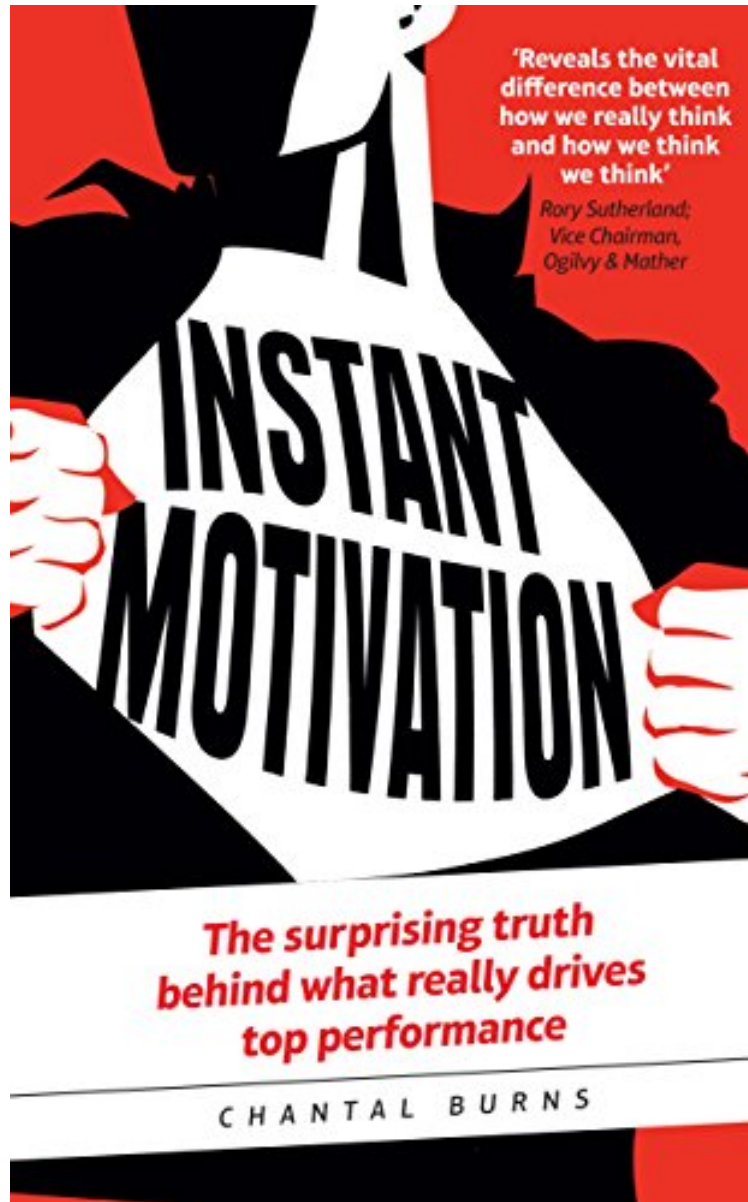


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Instant Motivation: The surprising truth behind what really drives top performance

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