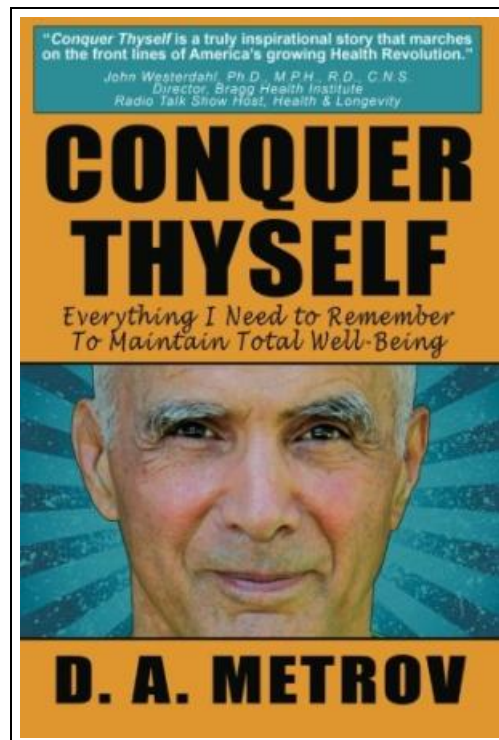


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CONQUER THYSELF: EVERYTHING I NEED TO REMEMBER TO MAINTAIN TOTAL WELL-BEING



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