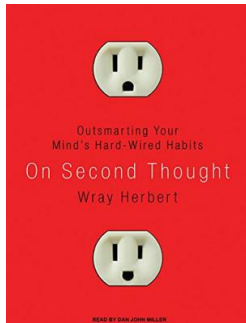


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ON SECOND THOUGHT: OUTSMARTING YOUR MIND'S HARD-WIRED HABITS



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