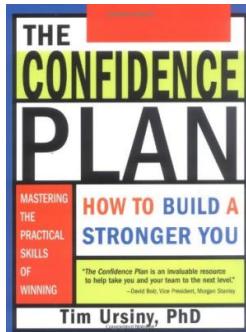


## The Confidence Plan: How to Build a Stronger You



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