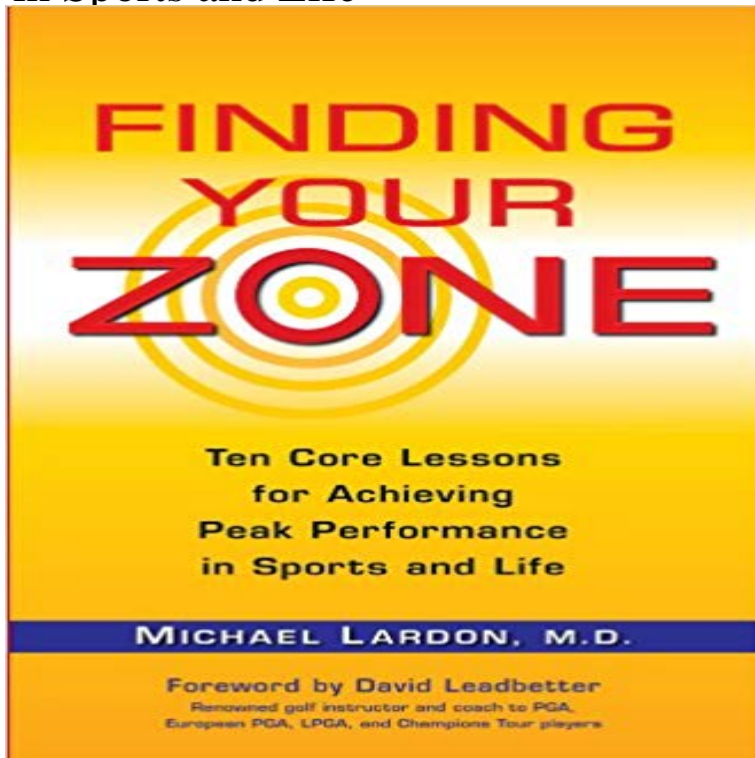


Finding Your Zone: Ten Core Lessons for Achieving Peak Performance in Sports and Life



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