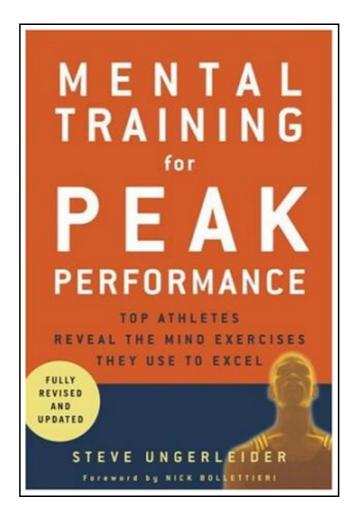
## Mental Training for Peak Performance: Top Athletes Reveal the Mind Exercises They Use to Excel



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