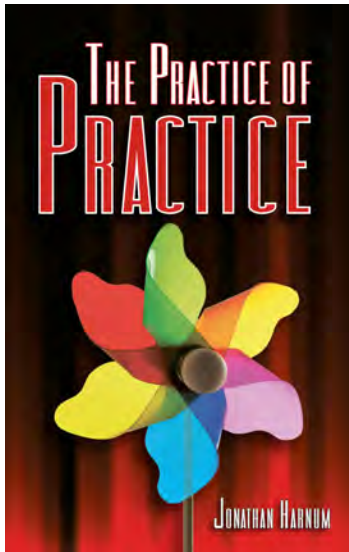


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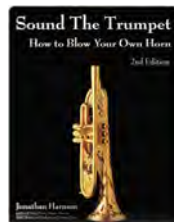
The book covers 6 aspects of practice:

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- » **WHY:** Motivation is crucial. Learn ways of keeping the flame lit in this section
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