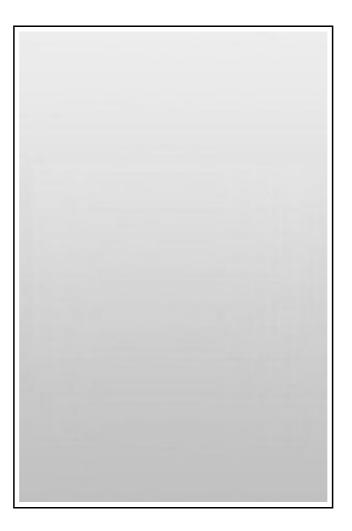
# Building Mental Muscle: Conditioning Exercises for the Six Intelligence Zones



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