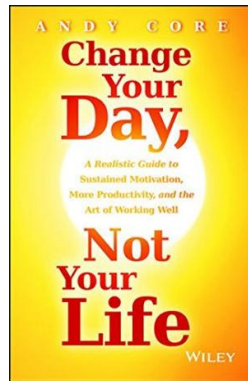


## Change Your Day, Not Your Life: A Realistic Guide to Sustained Motivation, More Productivity and the Art of Working Well



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