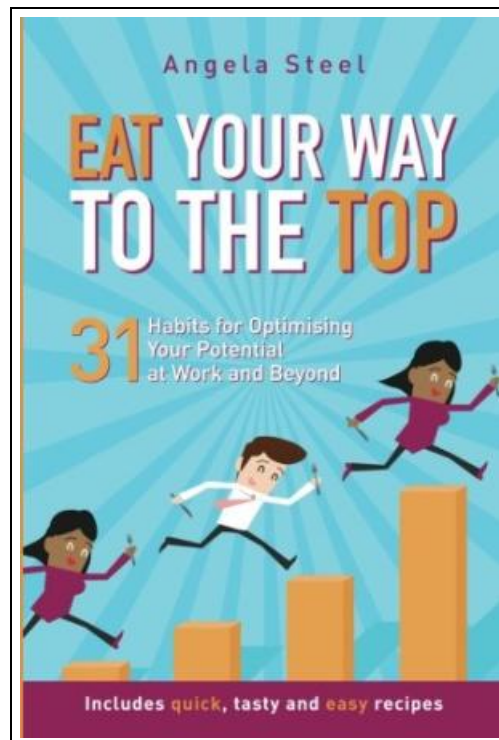


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EAT YOUR WAY TO THE TOP: 31 HABITS FOR OPTIMISING YOUR POTENTIAL AT WORK AND BEYOND

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