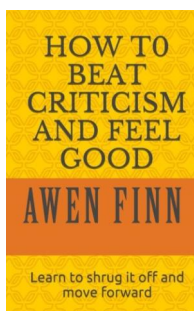


## How to Beat Criticism and Feel Good: Learn to shrug it off and move forward



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