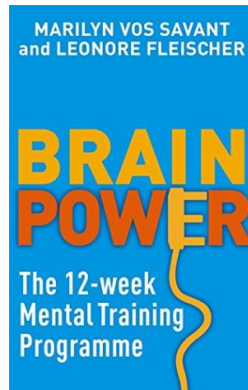


## Brain Power: The 12-week mental training programme



### Book Review

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