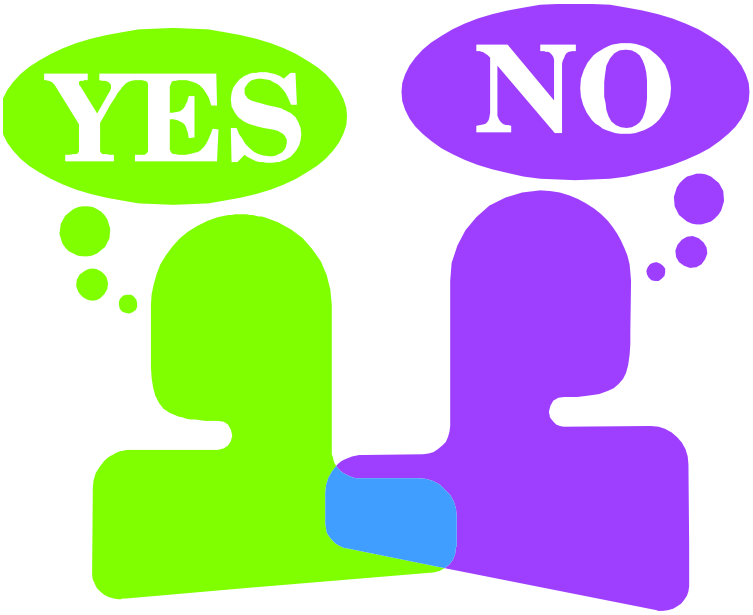

"The key to developing the "No" muscle is to first develop your "Yes" muscle.

from ***Reinventing Yourself***
by Steve Chandler

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