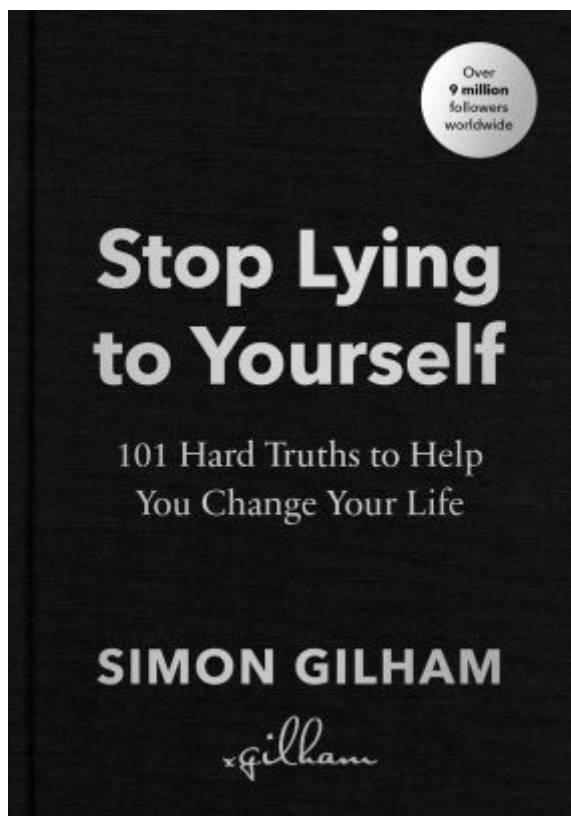


# Stop Lying to Yourself: 101 Hard Truths to Help You Change Your Life

by **Simon Gilham**



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