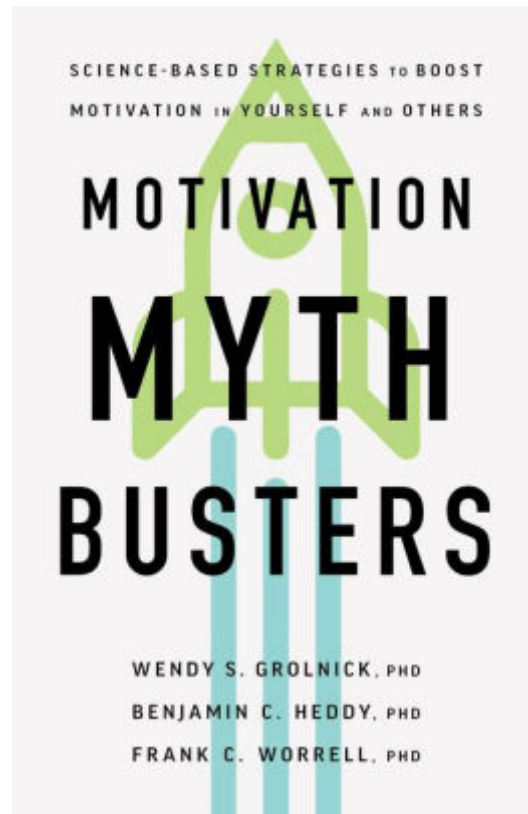


# Motivation Myth Busters: Science-Based Strategies to Boost Motivation in Yourself and Others

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