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Nota di contenuto	Finding your purpose-center -- The time is now -- Self-honesty and self-esteem -- The balance of humbleness -- Be courageous, be forgiving -- An investigation of fear -- Overcoming adversity and anxiety -- Cause and effect -- Emotional intelligence : the intuition wild card -- Developing intuition -- Expressing gratitude -- Confronting and defeating stress -- A medical evaluation of stress -- The necessity of relaxation -- Affirmation and visualization -- Avoiding self-destructive behavior -- Creating a trading plan -- Understanding risk -- Change is constant.