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Sommario/riassunto	Learn the "master skill" of peak performance, applicable to any area of life: athletic competition, stage or musical performance, sales, communication, etc. Achieve your ultimate goals by carefully reconstructing an image of your personal best, then projecting an even higher level of performance into the future. Two relaxing, yet stimulating and empowering experiences. Based on over fifteen years of research and clinical experience, this program will teach you simple, powerful methods for achieving success and fulfillment. Before the important meeting, the test, the race, or any challenge requiring high performance, you will be able to access your power using your own key.