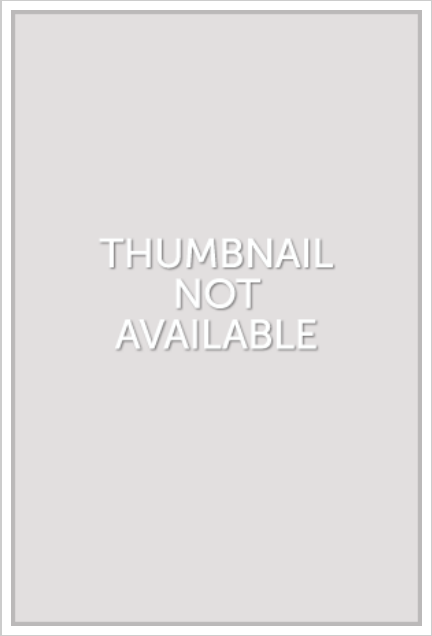


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You Can be an Optimist: Change Your Thinking, Change Your Life

By Lucy Macdonald

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