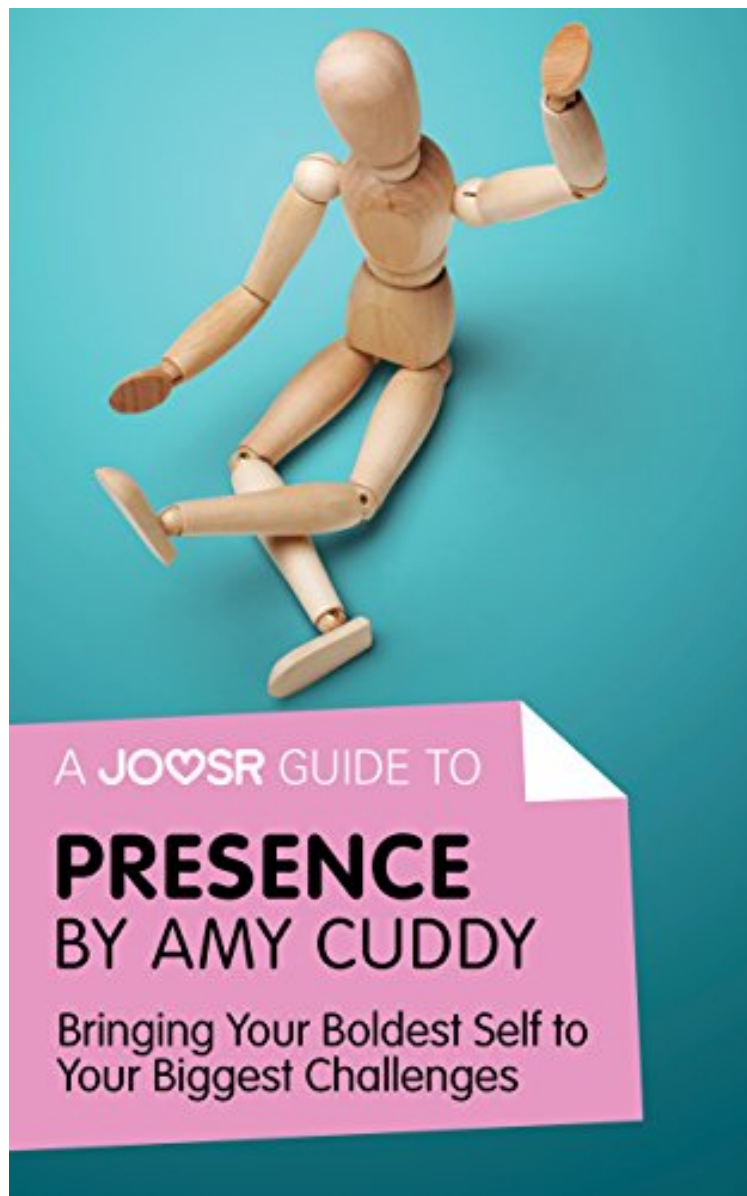


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- What power posing is, and why you should do it before undertaking a challenge
- Which physical positions and poses are killing your confidence
- That it is possible to be too prepared.