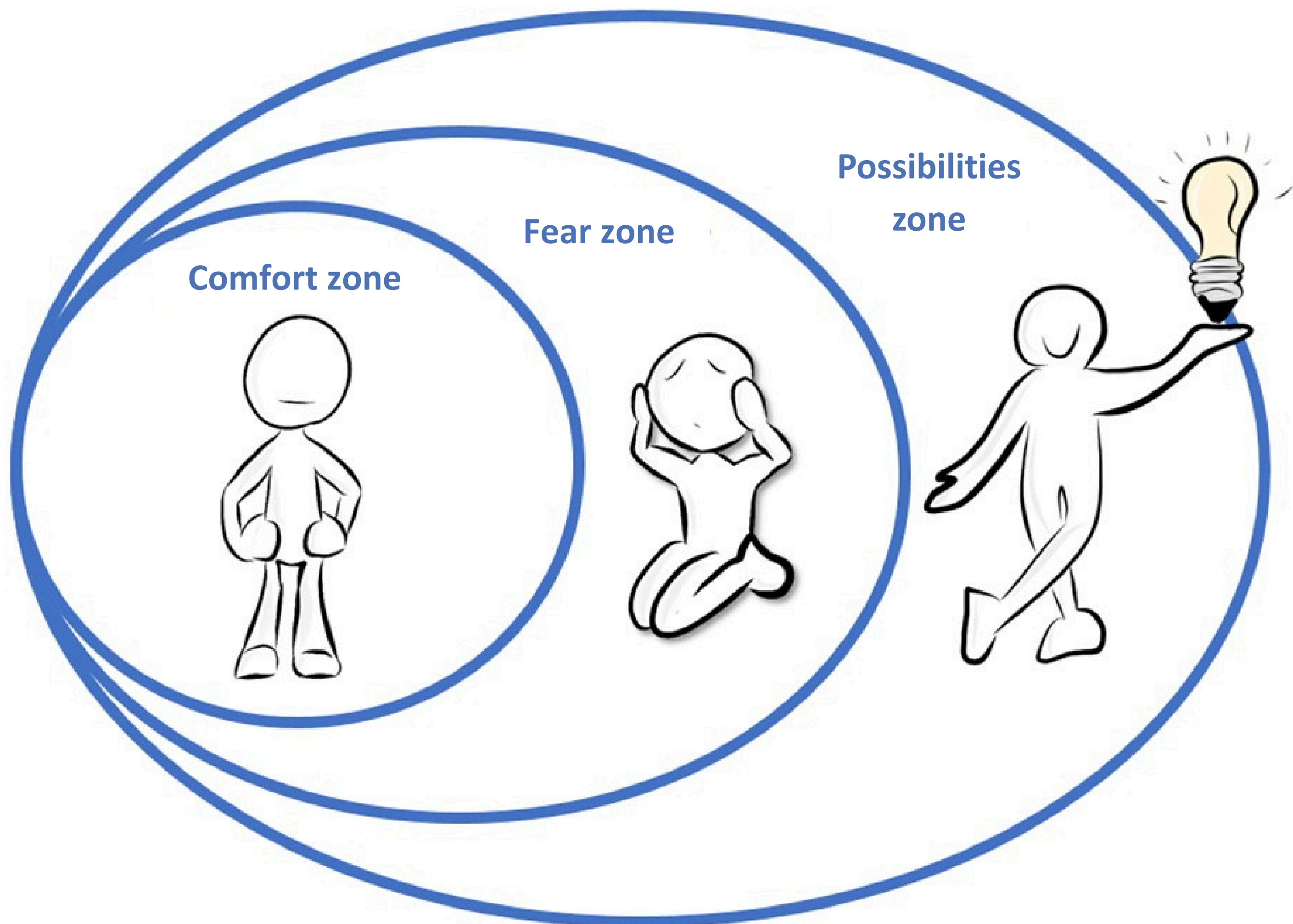


How do you expand your comfort zone?



The more you confidently and courageously confront your fears, the more they gradually decrease.

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