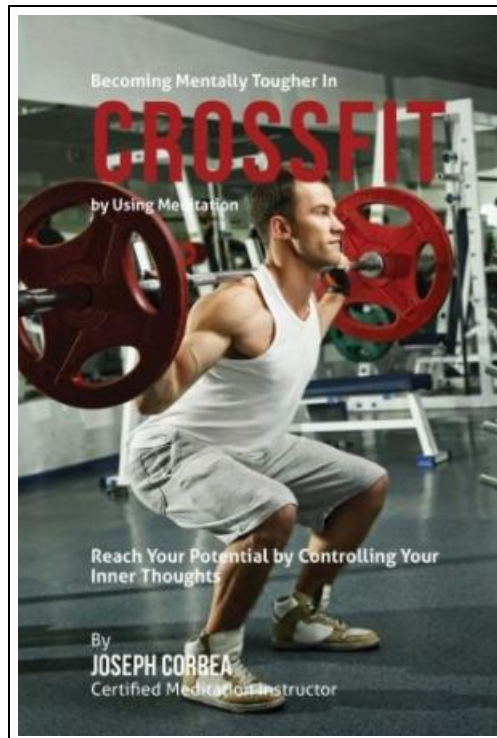


## Becoming Mentally Tougher in Cross Fit by Using Meditation: Reach Your Potential by Controlling Your Inner Thoughts



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