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Practical steps...

<p><b>How to find time</b></p>	<p><b>How to communicate more effectively?</b></p>
<p><b>How to build our confidence</b></p>	<p><b>How to avoid complacency</b></p>



**Our part in the body?**

**How to maintain focus**

**How to deal with criticism**

**How to be wise**