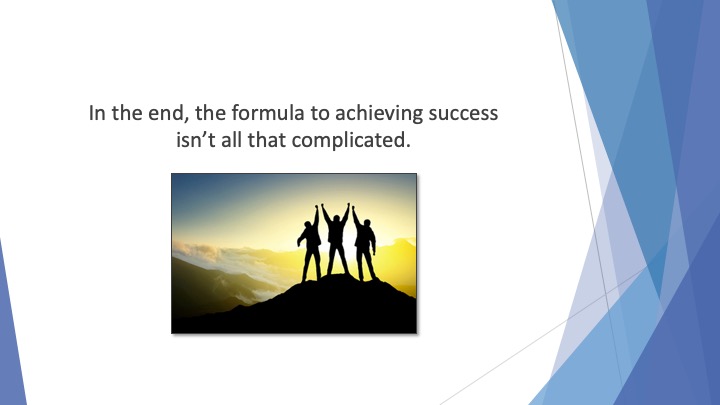
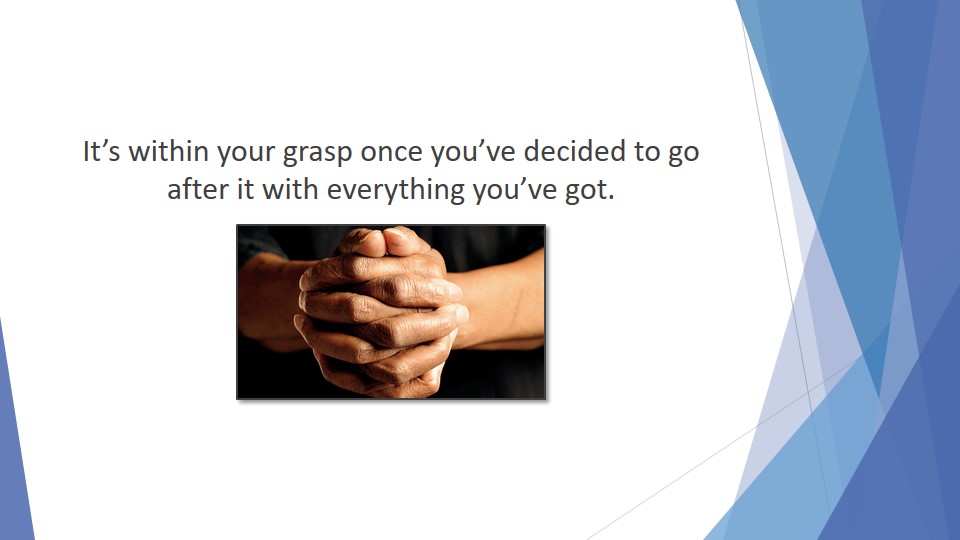
**Conclusion**

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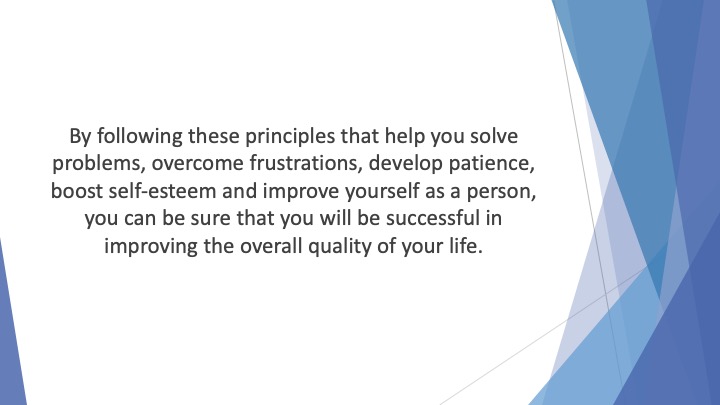
**S1** : Pause for 2 seconds



**S2** : In the end, the formula to achieving success isn’t all that complicated.



**S3** : It’s within your grasp once you’ve decided to go after it with everything you’ve got.



**S4** : By following these principles that help you solve problems, overcome frustrations, develop patience, boost self-esteem and improve yourself as a person, you can be sure that you will be successful in improving the overall quality of your life.