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try the same cutting edge sports hypnosis techniques that many star athletes currently use to bring their mind into their game learn concentration intensity breathing visualization optimism and emotional balance and shut out doubt and anxiety for peak performance, **on the couch la talk radio** - dr michelle is a relationship expert who advises listeners about their problems by delivering an honest and caring approach she also puts a psychological spin on the latest news and entertainment stories and encourages people to discuss their feelings on these issues

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