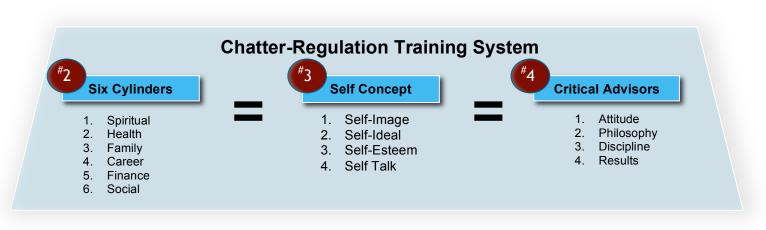
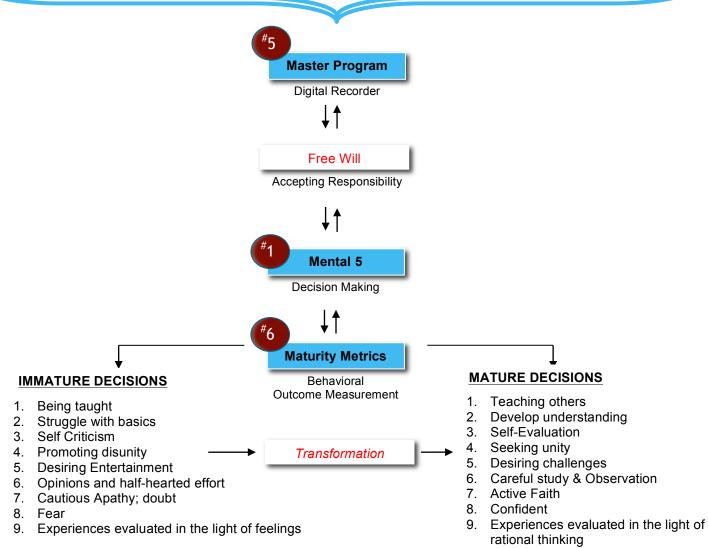


A flowchart of how each training system relates to the overall skill-development plan.

The Mind-Set & Emotional Training (M.E.T.) System





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