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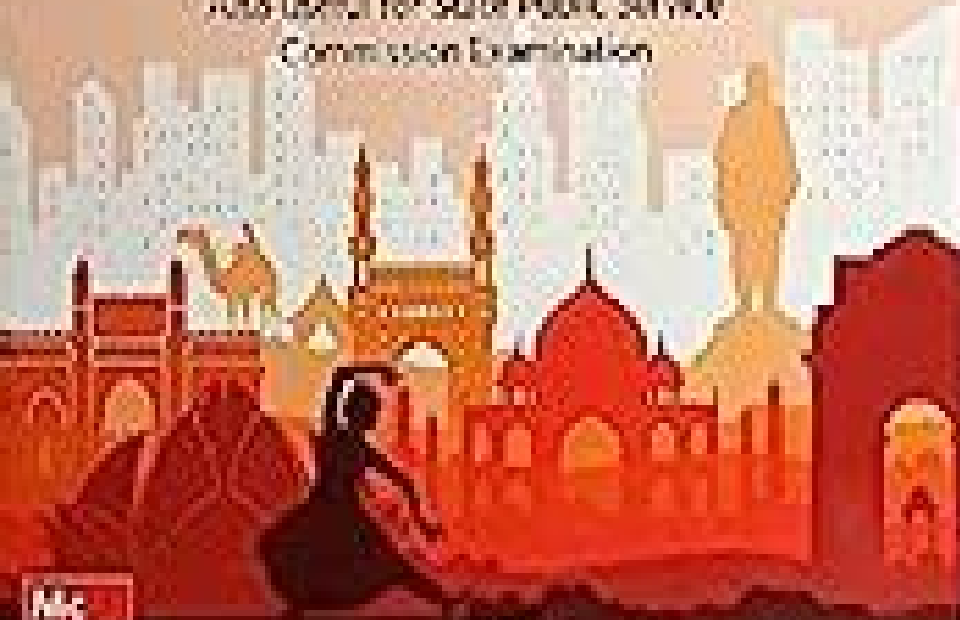


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web nun nachdem ich das buch gelesen habe fällt es mir wie schuppen von den augen denn nun lese ich den titel richtig ina rudolph ich will ja loslassen und nun verstehe ich auch warum sich das ganze mehr wie ein tagebuch als ein ratgeber liest mir hätten die ersten 20 seiten dieses buches gereicht um the work zu verstehen