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## **WARNING: Overtraining Ahead**

Our defeats are seldom instantaneous. In reality, most of them have been long in the making. And, unfortunately, we often supply the means for our own self-ruin.

There is an old fable about an eagle and an arrow that concludes with the magnificent creature being shot down by a hunter. It is with great pain that the eagle realizes the arrow was made with one of its own feathers. It had essentially brought about its own death.



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