

NOTES

それぞれのページ数は日本語版の本文に対応しています。

プロローグ 誰もが、内に可能性を秘めている。それをいかにして解き放つか——

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Chapter 1 「不快な経験」こそ最高の成長剤

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Chapter 2 「人間スポンジ」のように生きる

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Chapter 3 「完璧」という幻想を捨てる

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