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Le rôle du mental

The diagram illustrates the relationship between mental processes and goals. On the left, a vertical stack of three boxes contains the words "Pensées", "Emotions", and "Corps". A red arrow points from the "Pensées" box to a separate box on the right labeled "Objectif clair et précis". Below the stack of boxes are two anatomical illustrations of the human brain, one above the other. The entire content is set against a blue background with a white rounded rectangle containing the diagram.