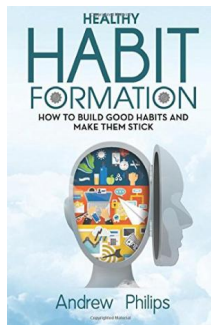


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# HEALTHY HABIT FORMATION: HOW TO BUILD GOOD HABITS AND MAKE THEM STICK



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