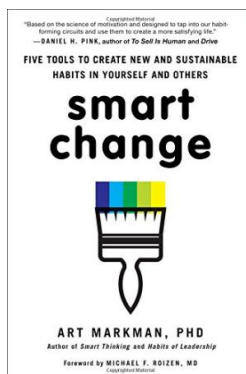


Smart Change: Five Tools to Create New and Sustainable Habits in Yourself and Others



Book Review

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