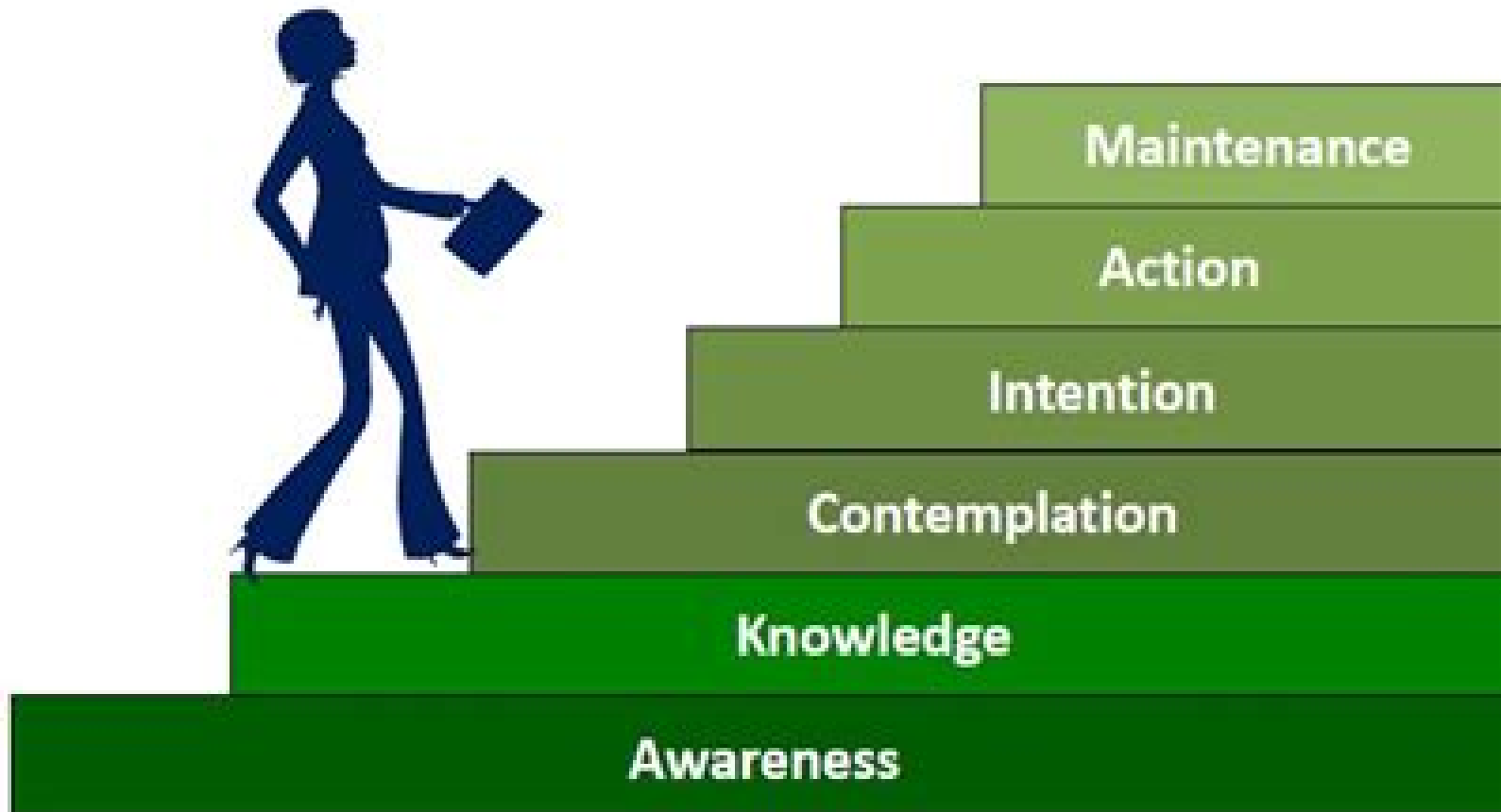


Stages of Behavior Change



Behavior Change Through Guidance

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