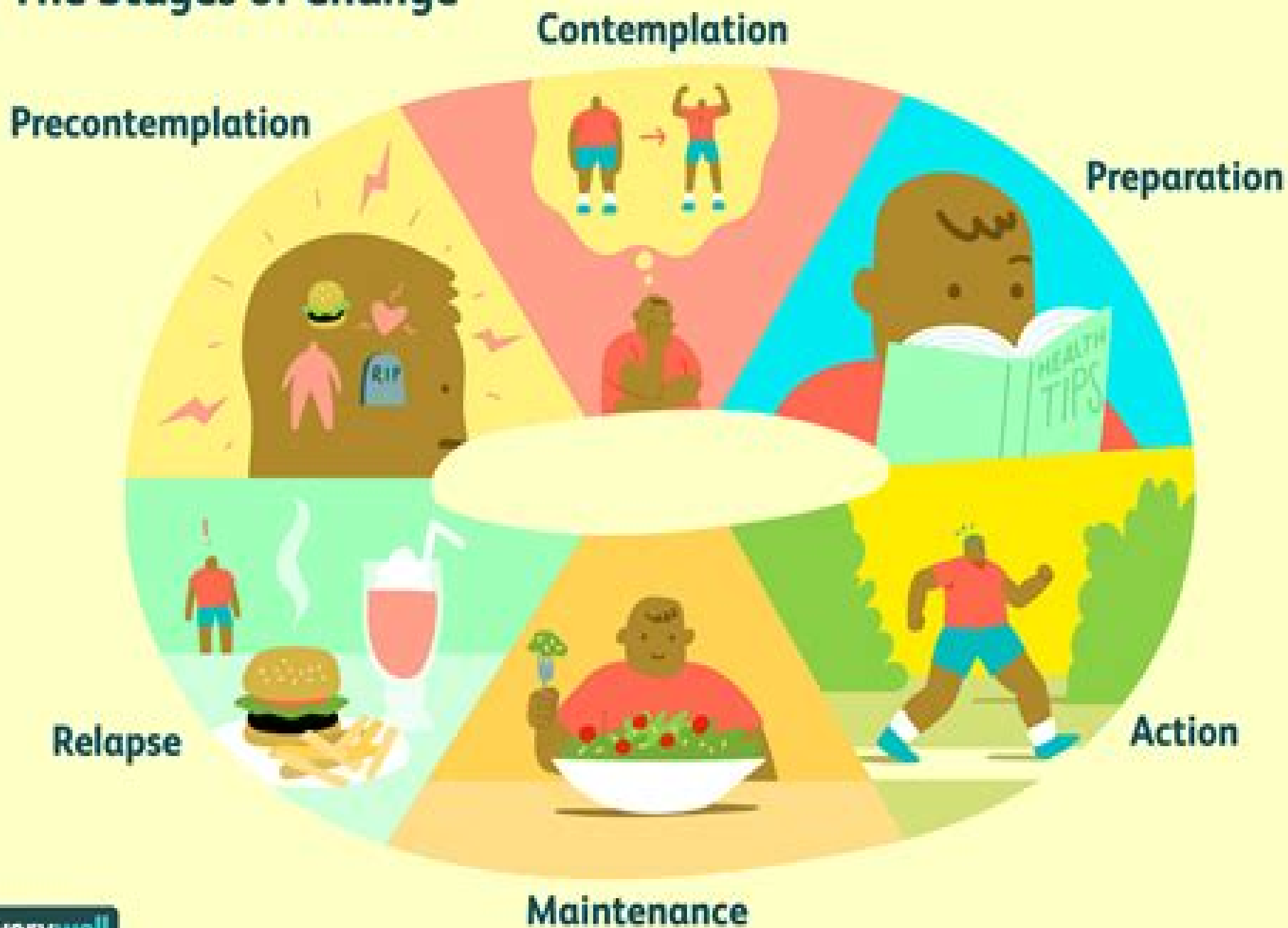


The Stages of Change



Behavior Modification The Scientific Way To Self Control

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