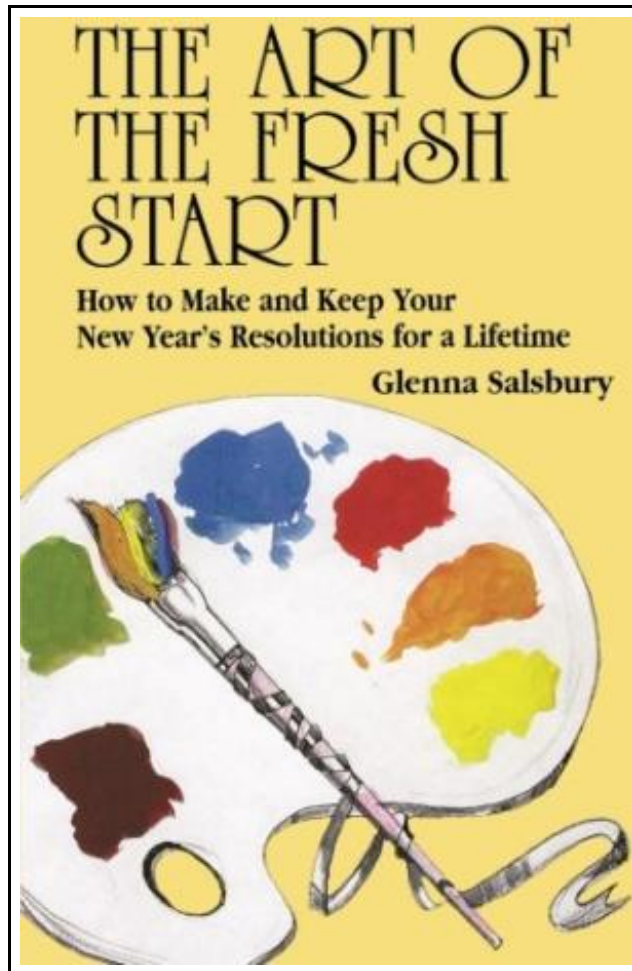


The Art of the Fresh Start: How to Make Keep Your New Year's Resolutions for a Lifetime



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