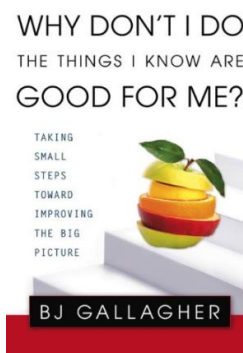


## Why Don't I Do the Things I Know Are Good for Me?: Taking Small Steps Toward Improving the Big Picture



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