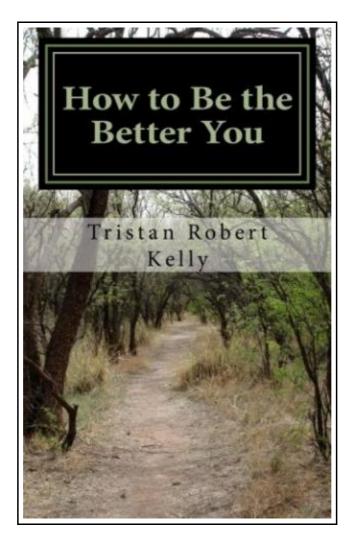
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HOW TO BE THE BETTER YOU: A STEP-BY-STEP GUIDE TO POSITIVE AND LASTING CHANGE



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