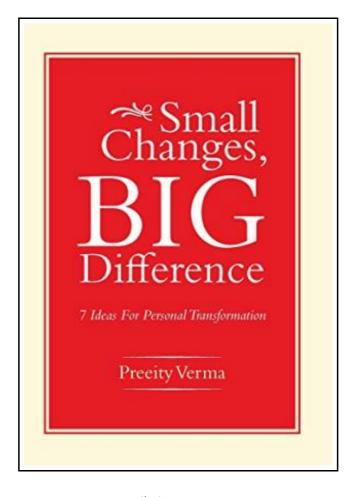
# Small Changes, Big Difference 7 Ideas for Personal Transformation



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