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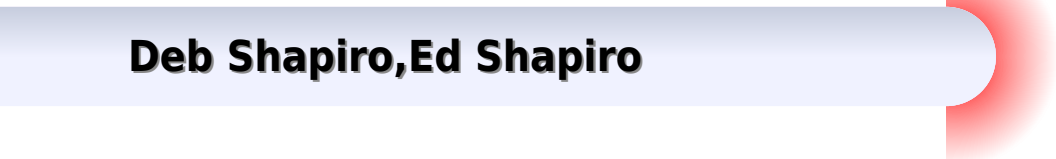
How the Body and
Mind Work Together to
Change Our Behaviour

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