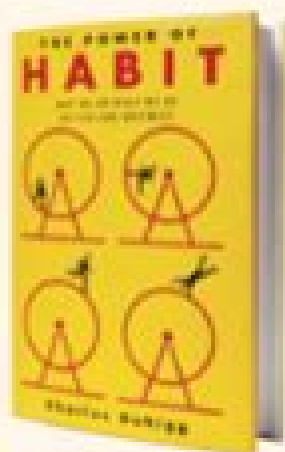


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 - Chapter 4: Complete Workbook Habit Building in Specific Contexts
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