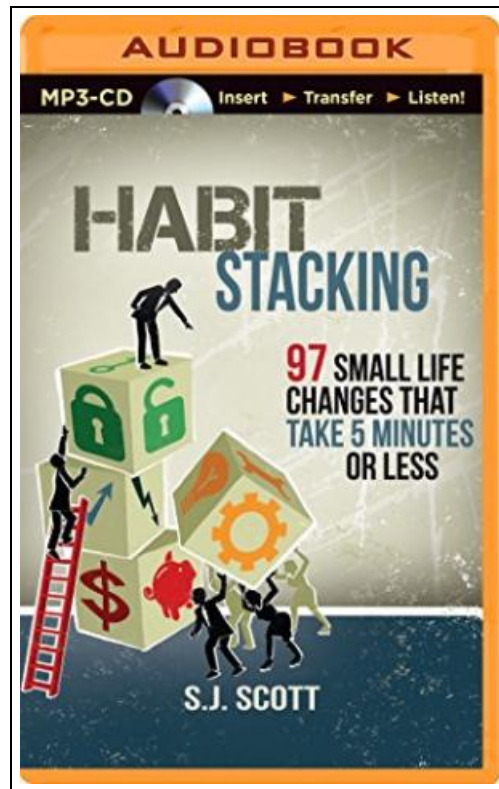


## Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less



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