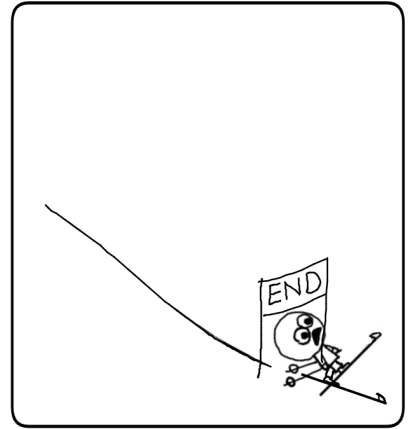
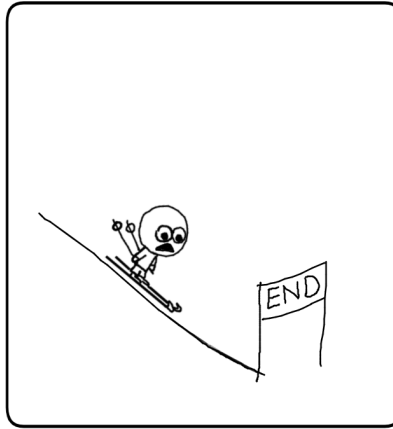
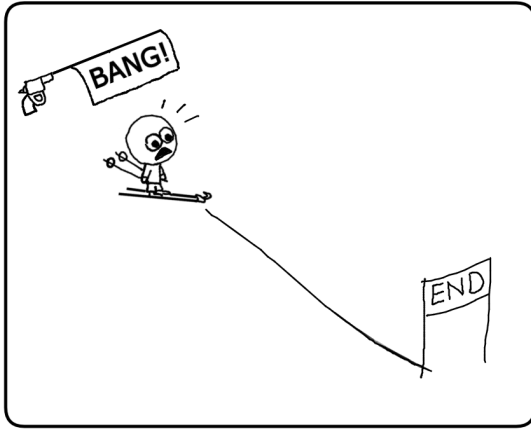
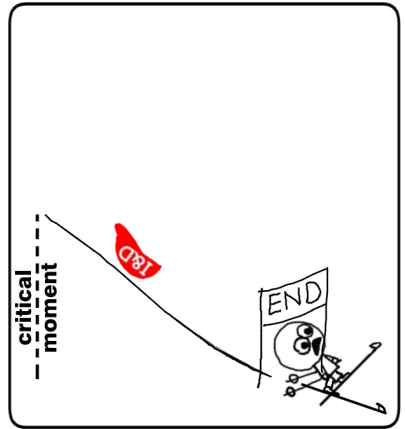
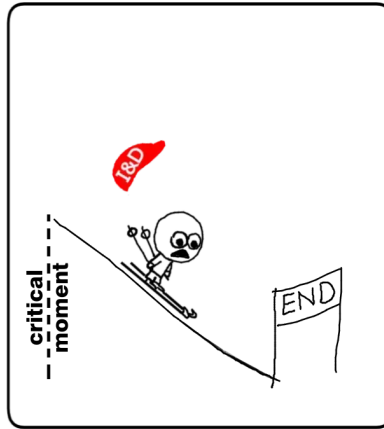
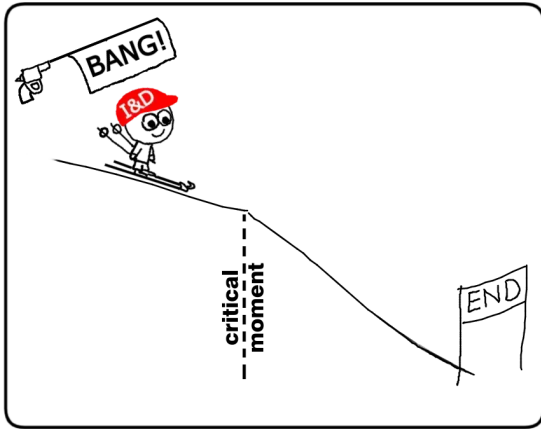


# Changing habits: the Alexander way

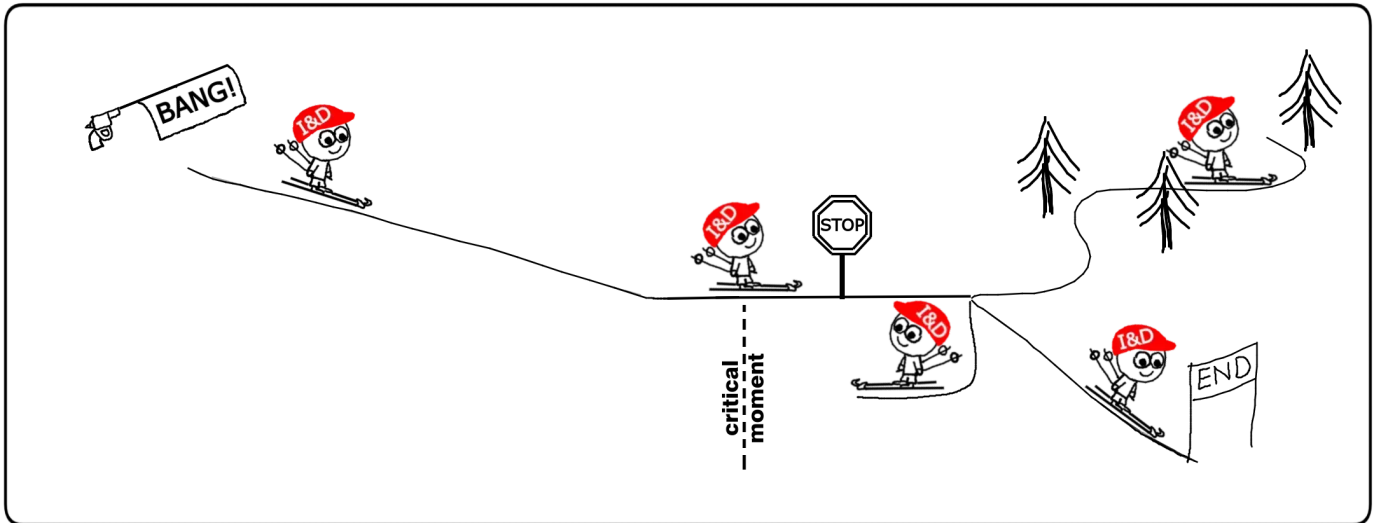
1



2



3



4

