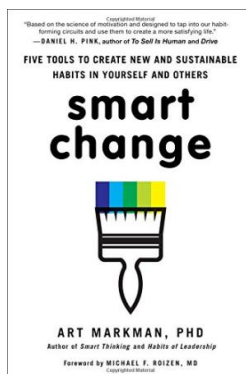


## Smart Change: Five Tools to Create New and Sustainable Habits in Yourself and Others



### Book Review

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**(Jimmie Schmidt I)**

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