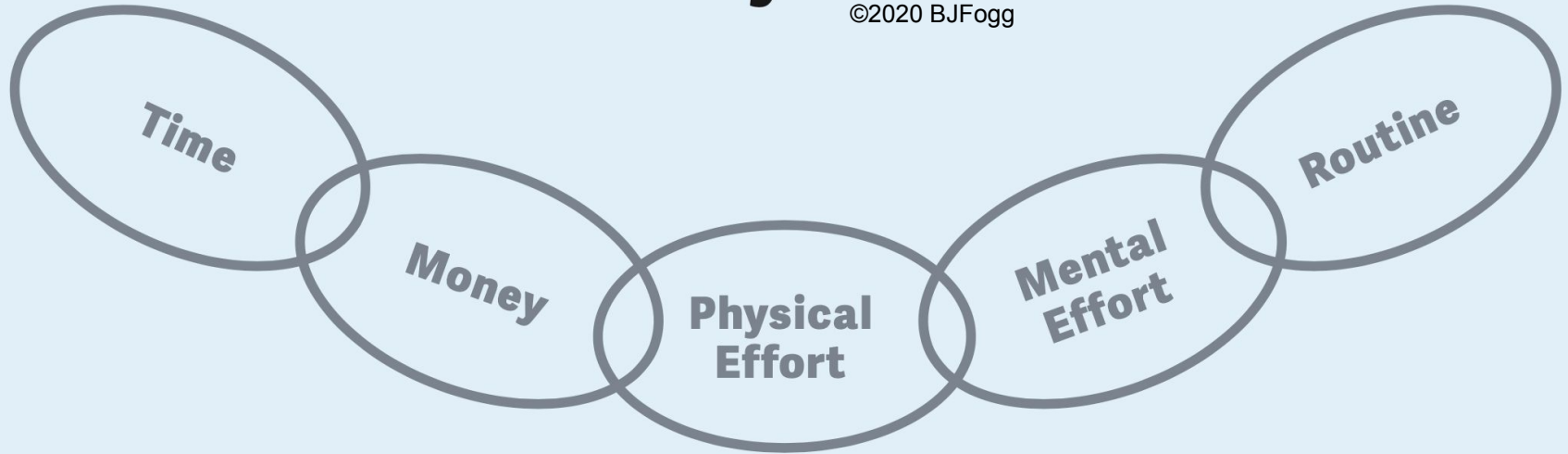


Ability Chain

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This graphic is an excerpt from *Tiny Habits* by BJ Fogg, PhD

