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Autore	Wassersug Richard J (Richard Joel), <1946->
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""Activity: Identifying and Overcoming Barriers to Starting and Maintaining an Exercise Program""""Activity: Matching Meaning and Change Using Self-Statements""; ""Meaning Self-Statements""; ""Preparing to Successfully Begin Exercising""; ""Make an Action Plan""; ""What I Plan to Do:""; ""When I Plan to Do It:""; ""Where I Plan to Do It:""; ""Who I Might Do It With:""; ""Activity: Action Plan""; ""Activity: Goal Setting and Confidence""; ""Maintaining Your Motivation""; ""Managing Lapses and Relapses""; ""Reward Yourself""; ""Support""; ""Exercise: Essentials""

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