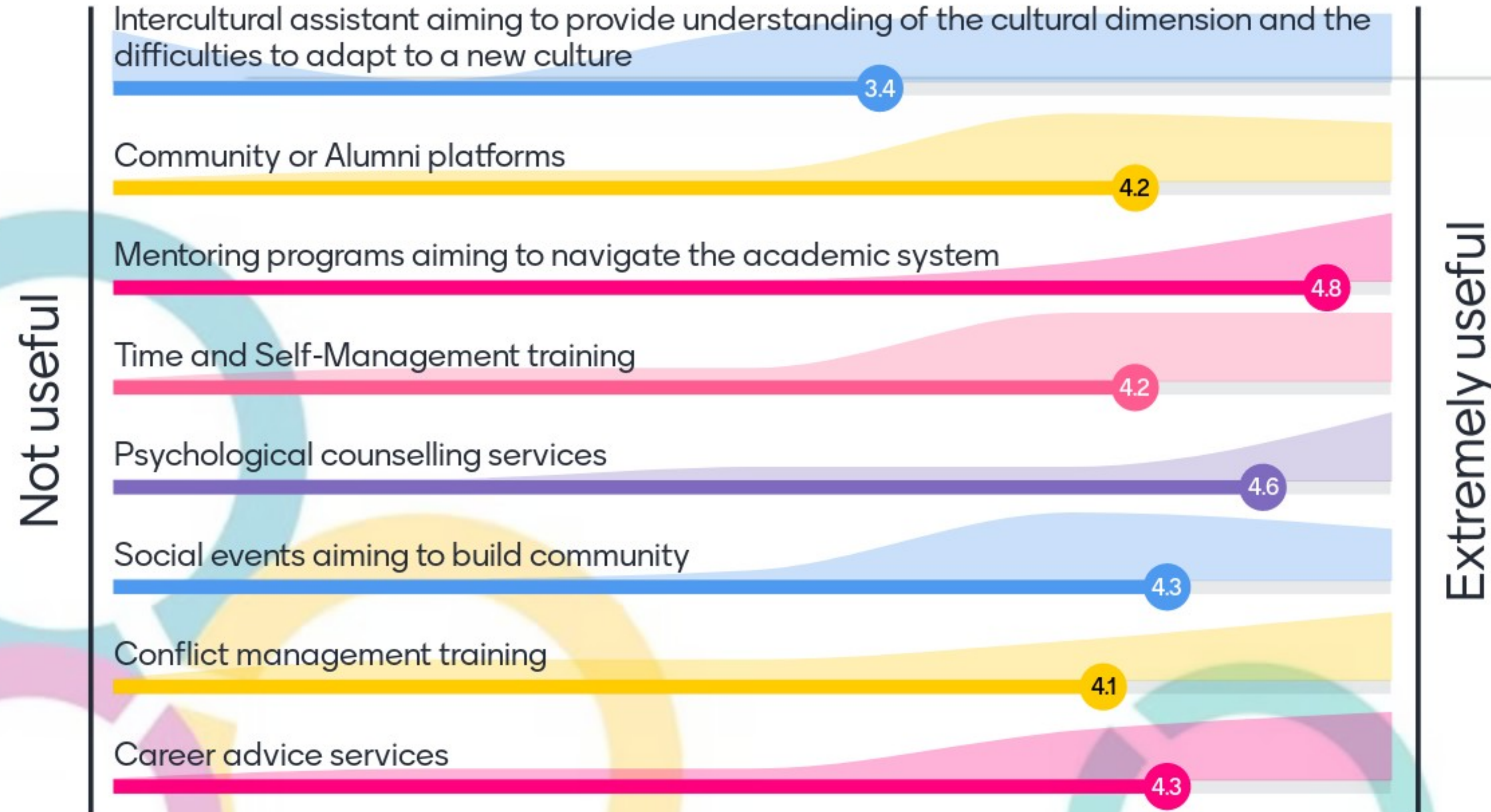
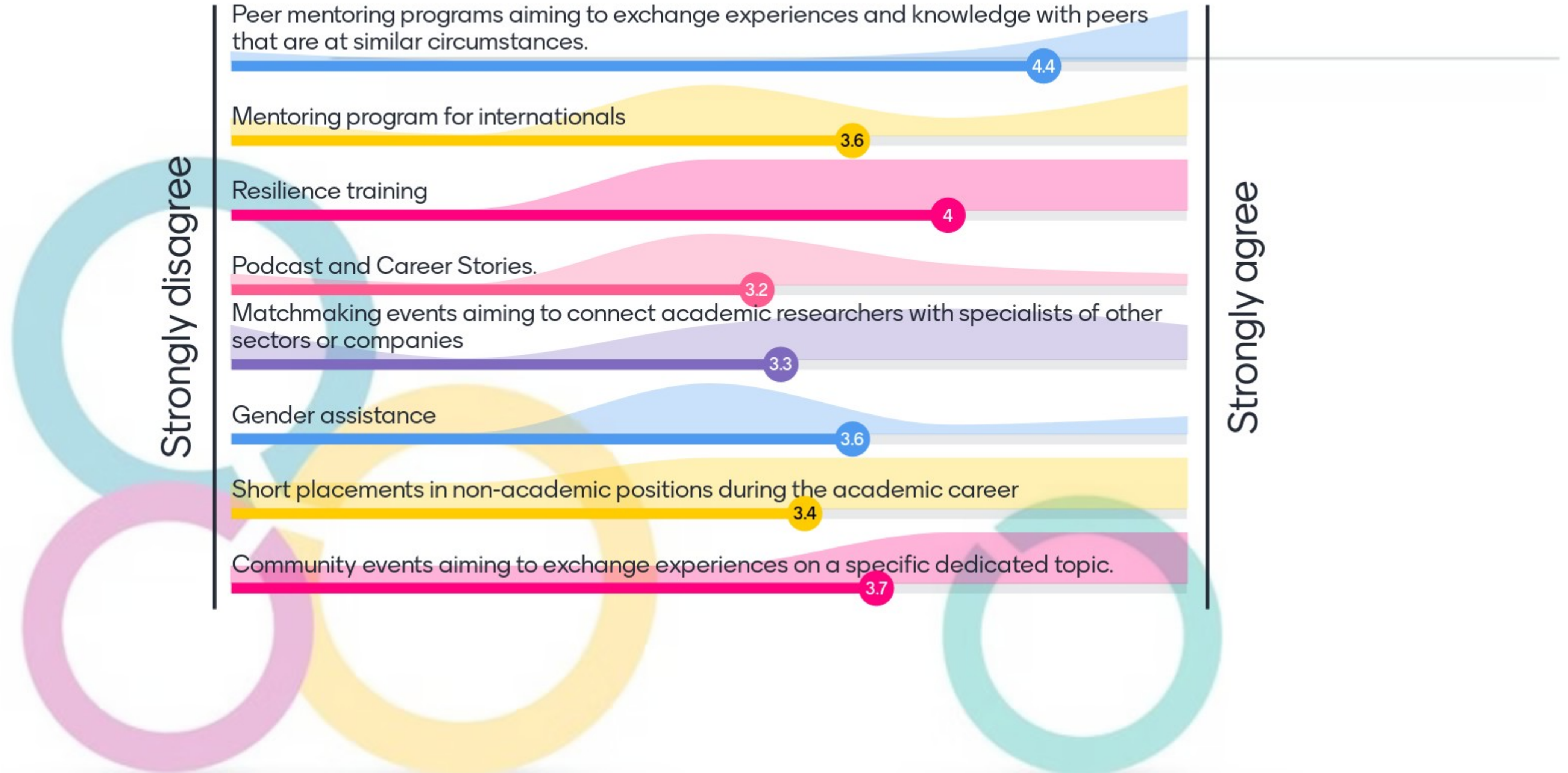


# How useful do you see these actions for your well being?





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