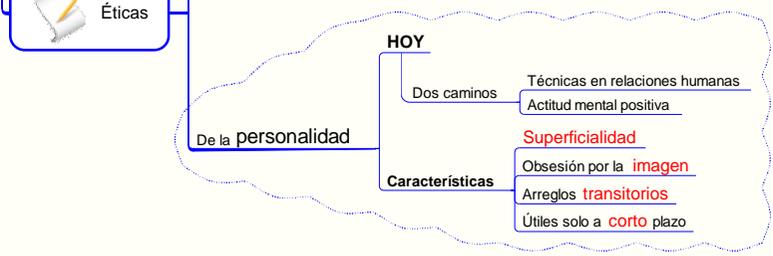
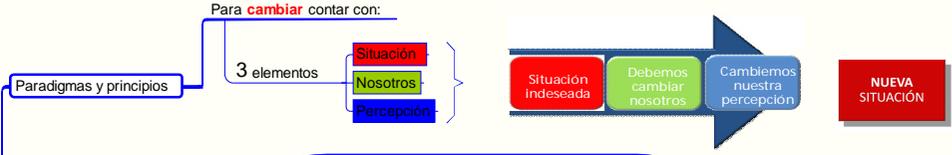


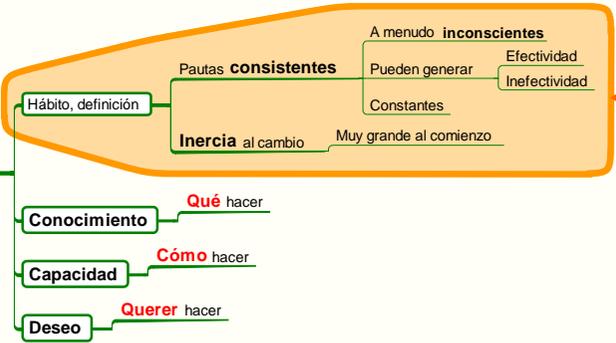
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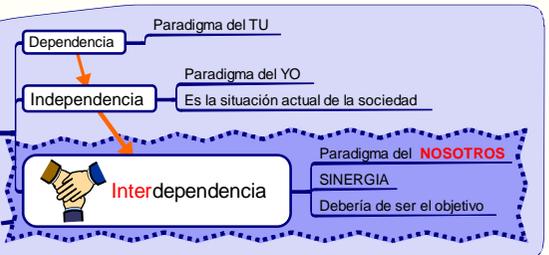
INTRODUCCIÓN



Hábitos



"Continuum de la madurez"



Debemos cambiar **HÁBITOS**