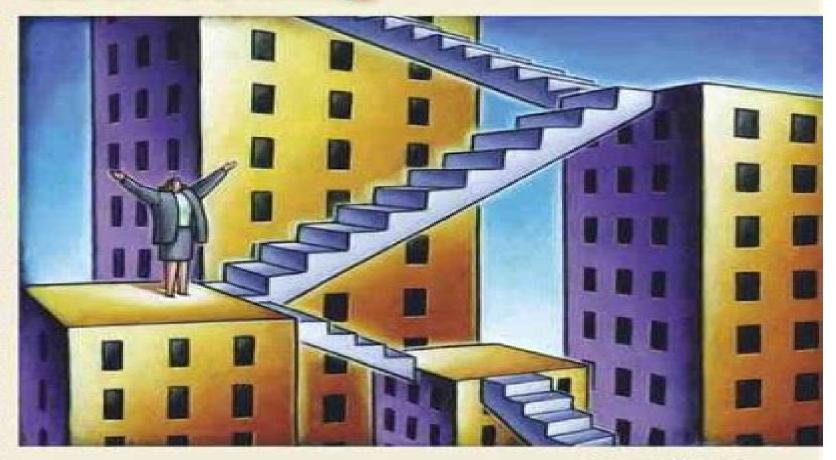


# Self Management and Goal Setting





# **Quick Skills Self Management And Goal Setting**

**Susan Halden-Brown** 

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