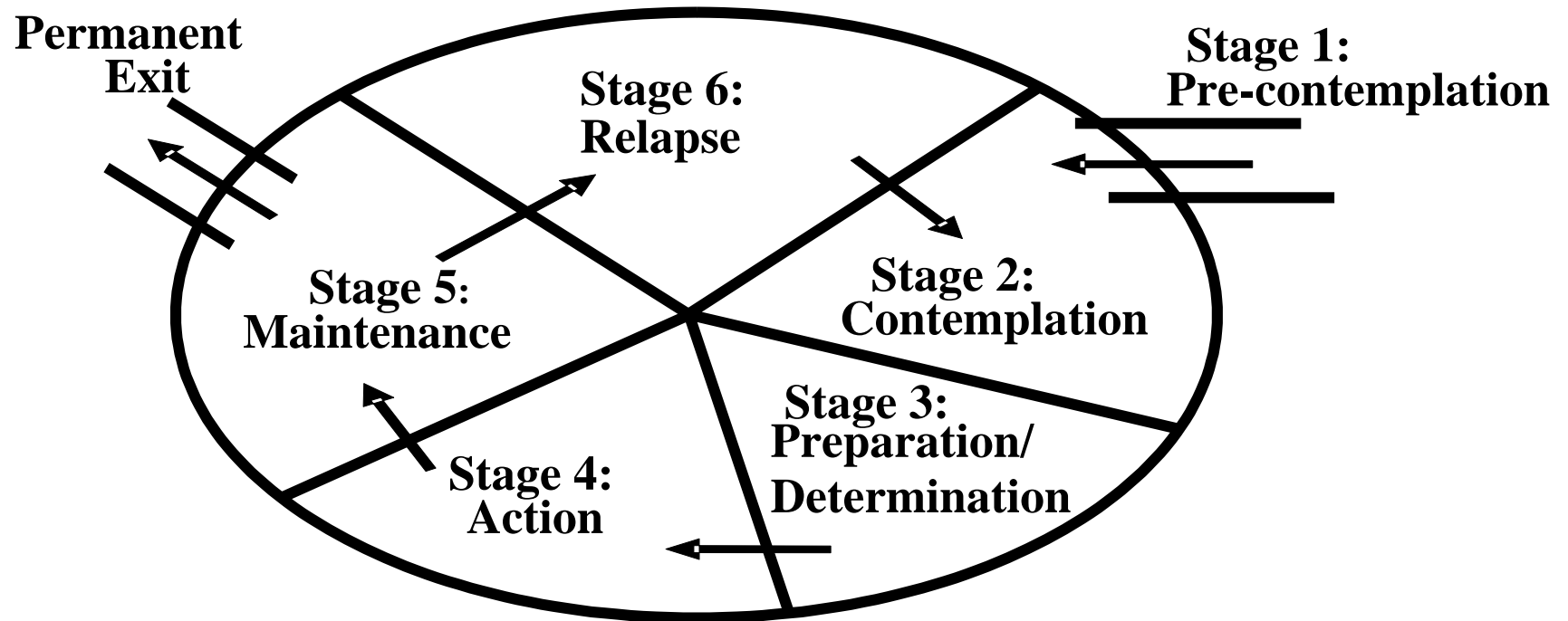


Wheel of Change



Prochaska, Norcross and Diclemente's
Six Stages of Change