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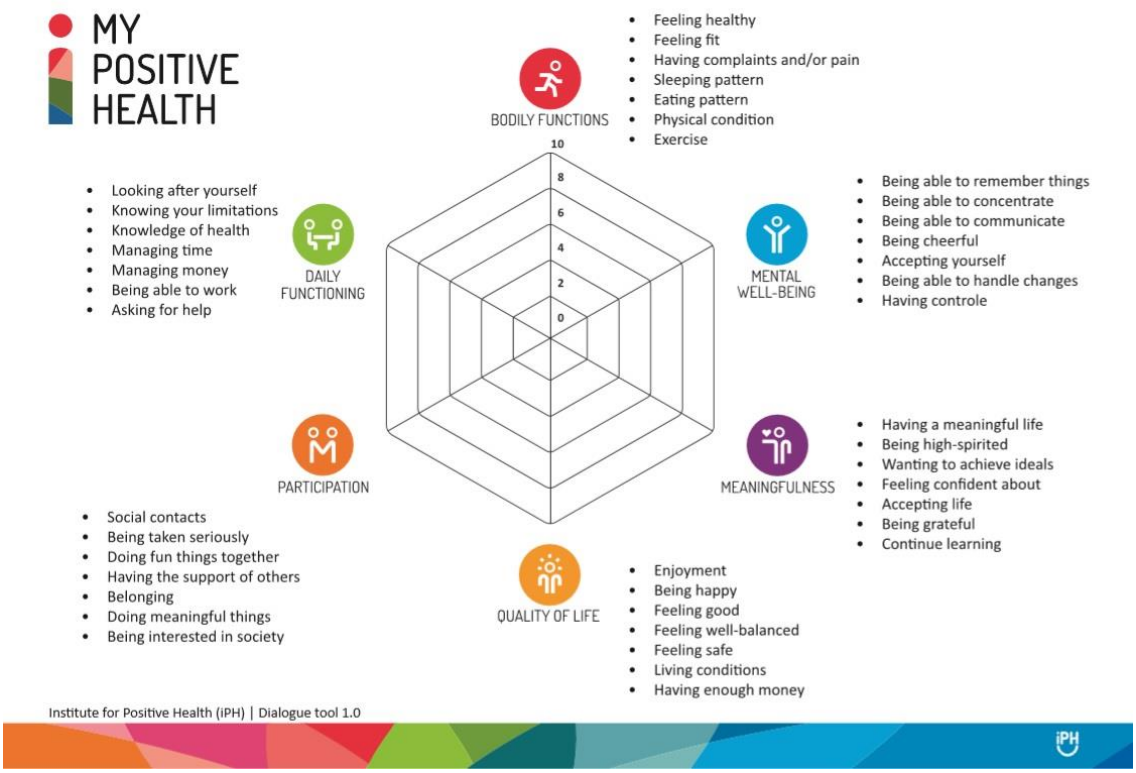

Supplementary file 1. My Positive Health spiderweb comprising 6 dimensions and 42 aspects