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A practical guide to self-management support is published by the Health Foundation, 90 Long Acre, London WC2E 9RA ISBN 978-1-906461-74-4 © 2015 The Health Foundation Written by Anya de Iongh, Petrea Fagan, Julie Fenner and Lisa Kidd. With thanks to Jim Phillips, Lynne Craven, Alison Anderson, Alf Collins and Sara Demian.

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