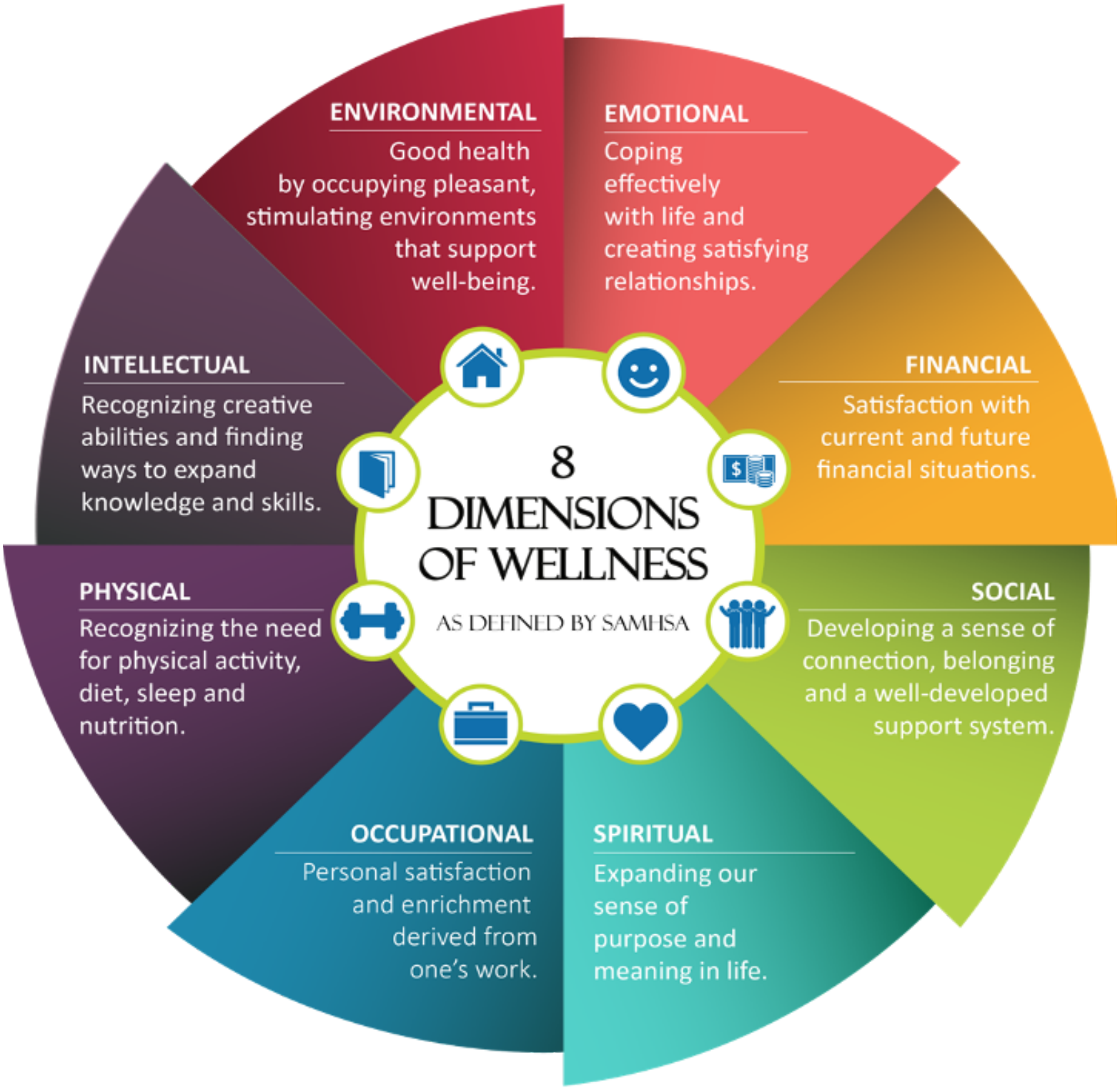SAMHSA's Creating a Healthier Life: A Step By Step Guide to Wellness