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## Health Self-Management Applications in the Workplace

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# **Health Self-Management Applications in the Workplace**

Multidisciplinary studies on worker behaviour and  
autonomy

**Anne Bonvanie-Lenferink**

“Would you tell me, please, which way I ought to go from here?”  
“That depends a good deal on where you want to get to,” said the Cat.  
“I don’t much care where—” said Alice.  
“Then it doesn’t matter which way you go,” said the Cat.  
“—so long as I get somewhere,” Alice added as an explanation.  
“Oh, you’re sure to do that,” said the Cat, “if you only walk long enough.”

(Alice’s Adventures in Wonderland – Lewis Carroll)

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rijksuniversiteit  
groningen

# **Health Self-Management Applications in the Workplace**

Multidisciplinary studies on worker behaviour and  
autonomy

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**Anne Maria Lenferink**

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