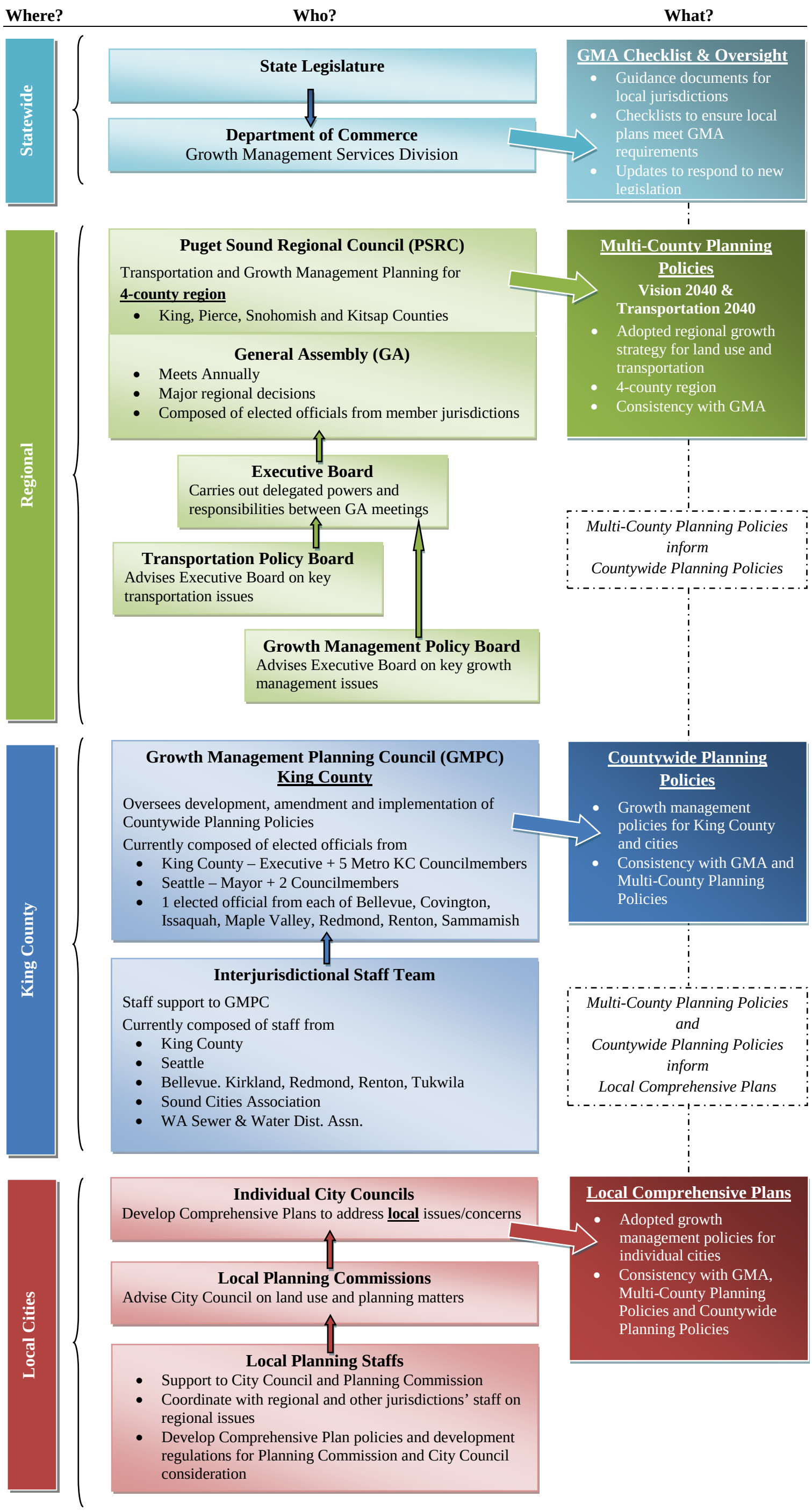USER GUIDE: Growth Management Planning in the Puget Sound Region