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## **How to Self-Organise? Insights from Workers at Albert Heijn (Ahold) and Unox (Unilever) in the Netherlands, 1960-2020**

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## How to Self-Organise?

Insights from Workers at Albert Heijn (Ahold) and  
Unox (Unilever) in the Netherlands, 1960–2020

ROSA KÖSTERS

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# How to Self-Organise?

Insights from Workers at Albert Heijn (Ahold) and  
Unox (Unilever) in the Netherlands, 1960–2020

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