

Cartas Para Claudia Jorge Bucay

Can the broad truths of aphorisms be visually explained? Dive into the pages of this interactive book to find out!

SOON TO BE A MAJOR MOTION PICTURE!

"Pitch-perfect." —People "You won't be able to quit these characters." —goop The addictive novel about four young friends navigating the cutthroat world of classical music and their complex relationships with each other, as ambition, passion, and love intertwine over the course of their lives. Jana. Brit. Daniel. Henry. They would never have been friends if they hadn't needed each other. They would never have found each other except for the art which drew them together. They would never have become family without their love for the music, for each other. Brit is the second violinist, a beautiful and quiet orphan; on the viola is Henry, a prodigy who's always had it easy; the cellist is Daniel, the oldest and an angry skeptic who sleeps around; and on first violin is Jana, their flinty, resilient leader. Together, they are the Van Ness Quartet. After the group's youthful, rocky start, they experience devastating failure and wild success, heartbreak and marriage, triumph and loss, betrayal and enduring loyalty. They are always tied to each other - by career, by the intensity of their art, by the secrets they carry, by choosing each other over and over again. Following these four unforgettable characters, Aja Gabel's debut novel gives a riveting look into the high-

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stakes, cutthroat world of musicians, and of lives made in concert. The story of Brit and Henry and Daniel and Jana, The Ensemble is a heart-skipping portrait of ambition, friendship, and the tenderness of youth.

“There is a part of the soul that stirs at night, in the dark and soundless times of day, when our defenses are down and our daylight distractions no longer serve to protect us from ourselves,” writes beloved author, Joan Chittister. “It’s then, in the still of life, when we least expect it, that questions emerge from the damp murkiness of our inner underworld...These questions do not call for the discovery of data; they call for the contemplation of possibility.” In words as wise as they are inspiring, *Between the Dark and the Daylight* explores the concerns of modern life, of the overworked mind and hurting heart. These are the paradoxical—and often frustrating—moments when our lives feel at odds with everything around us. Only by embracing the contradictions, Chittister contends, may we live well amid stress, withstand emotional storms, and satisfy our yearnings for something transcendent and real. By delving into the chaos, this book guides us through the questions that seemed easier to avoid and enlightens what has been out of focus. With her signature elegance, wit, and spirit, the bestselling author of *The Gift of Years* and *Following the Path* opens our eyes and hearts in these times of confusion. With simple and poignant meditations, *Between the Dark and the Daylight* reveals how we can better understand ourselves, one another, and God.

Continue to have and grow your life, Mom—for your sake and your kids’. When did

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being a good mom come to mean giving up everything that used to make you ... you? That's the question millions of 21st-century mothers grapple with every single day as they parent in our madly kid-centric culture. Contrary to the incessant messaging from everywhere, committing to yourself and your own needs is what makes for a good mother and happy kids. With *How to Have a Kid and a Life*, popular journalist and *Good Morning America* parenting expert Ericka Souter shares her tips for being a happy, whole person while still being a great, and sometimes just good enough (which is plenty fine), parent. Souter blends her own stories of surviving the seismic challenges of parenthood with testimonials from stay-at-home and working moms; interviews with therapists and researchers; and findings from the latest studies on happiness, self-care, and parenthood. What she delivers is a wonderfully irreverent survival guide to motherhood, featuring:

- Advice on keeping your career on track while parenting
- Tips for handling clueless and unhelpful partners
- Taking back ownership of your body
- Creating a reliable village of support (even with moms you didn't think you'd like)
- Staying connected with child-free friends
- What to do if you feel like you're missing the "mom gene"

A contemporary Erma Bombeck extols the highs and lows of parenting When Dallas Louis decided that all she wanted in life was to meet and marry her Prince Charming and become a mother, she had no idea what was in store for her. But she would soon find out. After only seven months of dating, she married the love of her life, and within

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the course of twenty-six months, she gave birth to three children. Her husband knew her longer pregnant than not pregnant! In this hilarious book, Dallas shares highlights of what happened in her world once she and her husband, Jeff, brought home three kids in a time span that was barely long enough to build a house, let alone long enough to build three humans. She would like readers to find comfort in knowing that they aren't the only ones suffering from post-traumatic stress syndrome or buyer's remorse. And, yes, it's okay to admit that both of those conditions apply to parenting, though hopefully not all the time. Channeling Erma Bombeck, Dallas will tell you all the things your friends will not and the things the other books are too afraid to print. With her irreverent humor and brash "tell it like it is" style, she'll help you laugh at everyday situations, easing the pressure of the toughest job in the world: being a mom.

Indulge with this irresistible summer romance by USA Today bestselling author Sarah Morgan! There are some summers you'll remember forever... Fiery chef Elise is determined to make this summer one of them—but with the grand opening of her chic French café falling apart, it looks like it might for all the wrong reasons. Until Sean O'Neill comes back to town. Last summer, Elise and Sean shared one hazy whirlwind night together—and Elise is looking forward to repeating their last encounter. As long as she can stick to her one-night-only rule and listen to her head rather than her heart. After all, Sean hates life in his home town and is planning on leaving again soon as he can. But recapturing the magic of last summer could be about to change everything.... Book 2 in the O'Neill Brothers trilogy Look out for the other stories in the trilogy! Sleigh Bells in the Snow Maybe This Christmas Available now! Originally published in

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2014

--De la autoestima al egoísmo--Miedo--Culpa--

En estas cartas de un padre a su hija adolescente se desentierran las preguntas y motivaciones de la profesión de psicólogo. Vigésima edición de una obra clásica en la que Ignacio Solares recorre la psicología a través de 12 cartas escritas a su hija. Cartas a una joven psicóloga no es sólo una lectura esencial para todo estudiante de psicología, sino una obra imperdible de este autor distinguido con el Premio Nacional de Ciencias y Artes. Prólogo de Jorge Bucay. A través de una serie de cartas, un padre explica a su hija los atractivos, las transformaciones y los problemas básicos que enfrenta la psicología como ciencia de la mente humana. Pleno de referencias literarias, el autor realiza un ameno recorrido por la historia de la psicología: desde Mesmer y sus descubrimientos de la autosugestión a través del magnetismo; Freud y el descubrimiento del inconsciente y Jung con el desarrollo de su teoría de los arquetipos; hasta los nuevos sistemas de relajación natural y el mundo de las drogas. Ignacio Solares retoma el género epistolar para ofrecernos un sorprendente viaje por los laberintos del alma humana. La obra, en palabras de su autor: "Una mañana en que llevaba a mi hija Maty a la escuela me dijo que, tal vez, iba a decidirse por la psicología como profesión, ya que le interesaban las causas y los motivos del comportamiento humano. Pero, además, porque yo le había comentado en alguna ocasión que el estudio de la psicología era muy divertido. Y me preguntó de golpe: A ver, ¿por qué crees que es tan divertido estudiar psicología, papá? Al regresar a la casa, intenté responderle en una carta, que se multiplicó y multiplicó hasta convertirse en el presente libro". - Ignacio Solares Visítanos en megustaleer México

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En el dar hay implícita una doble dirección: doy recibiendo. Cuando doy, algo que es mío pasa a ser tuyo y, en el mismo instante, algo tuyo —tu aceptación— pasa a ser mío. ¿Quién es Claudia? En realidad, puede ser cualquiera de nosotros, una persona que intenta encontrar sentido a su existencia y enfrentar los numerosos desafíos que le impone la vida. En tal sentido, estas cartas de Jorge Bucay, escritas de manera paralela a su trabajo terapéutico, están dirigidas a todos los que, día con día, se enfrentan a las contradicciones, paradojas, retos y conflictos inherentes a la condición humana. Páginas cargadas de sensibilidad y ternura, pero también de rigor y objetividad, en las cuales encontraremos pistas para entender mejor nuestro estar en el mundo. Desde su publicación original y a lo largo de sus sucesivas ediciones, este libro se ha convertido en un clásico del desarrollo humano para todas las generaciones.

An inspirational guide to the angels includes a superbly illustrated thirty-five card deck explaining the different types and roles of angels, and offers meaningful guidance on drawing from the spiritual power of the higher orders.

Literary Nonfiction. Parenting & Family. LGBTQIA Studies. Translated by Sarah Moses. What happens when a father and a son, who both happen to be renowned psychiatrists (and a YouTube sensation) and who also both happen to be parents and children, discuss parenthood? Emotionally packed, entertaining, profound and insightful, **OF PARENTS AND CHILDREN: TOOLS FOR NURTURING A LIFELONG RELATIONSHIP** gets to the bottom of ?what it takes to be a good and responsible parent ?how to become an independent adult while maintaining a loving relationship with your parents ?and how to preserve this fundamental and lifelong bond as a source of strength and mutual renewal throughout your life.

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"Mommysattva is a wise, funny, and refreshingly real guide to what happens when the ideals of mindfulness practice meet the chaos of everyday motherhood." -Anne Cushman, author of *The Mama Sutra: A Story of Love, Loss, and the Path of Motherhood* In *Mommysattva*, writer, meditation teacher, nutrition therapist, and mom Jenna Hollenstein envisions motherhood as the most spontaneous, impossible, and hard-won path to wisdom and compassion. The book is not a guide to motherhood; it's a collection of bite-sized essays examining motherhood as a spiritual journey that includes compassion and vast expansion of the heart. It explores many of the felt experiences of those who mother-from the intense metamorphosis of becoming a mother to the practice of motherhood as a teaching on what it means to be present to a mother's innately activist role in bringing about positive change. And also irritation, resentment, endless snacks, and, sure, vomit. How to bring it all to the path without shame, virtue signaling, or setting up endless years of therapy for your kid? Hollenstein, in a deeply honest exploration of her own journey as a mother as well as her Buddhist practice, offers a view of motherhood that is deep, kind, and real. The essays shimmer with the message that every single thing we do as mothers is an opportunity to embrace the power, love, chaos, and possibility of this magnificent path.

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The "story of a family, a ... portrait of a town, and one boy's quest to save both"--Amazon.com.

40 simple cake recipes easily and creatively decorated for holidays, birthdays, or any party occasion. Do you want to create an awesome cake for your child's birthday, but your cake-making skills are a bit iffy? Here's the cookbook for you! These quick and basic cake recipes with the most darling and achievable decorating ideas will have you rocking the cake world and hosting the best party ever. You can even have your kid help with the decorating fun. Using a round, square, easy cut-out, or rolled cake, or cupcakes, with the addition of creamy frosting, fruits, cookies, marshmallows, and candies, you can make a hedgehog, a fluffy lamb, or an owl, fields of turtles and bumblebees, a cupcake caterpillar, a Swiss-roll snail, a spooky cemetery, a circus ring, Santa Claus, and more! Juliette Lalbaltry is a food stylist who develops and writes recipes for magazines, her blog (juliette-lalbaltry.fr), and various company brands. She lives in Paris, France. Delphine Constantini is a culinary photographer based in Paris.

Get Your Child Hooked on Books! Reading can become a favorite part of any child's life—even children who think they hate to read. And, with the help of this unique book, it's easy to put your reluctant reader on the path to becoming an enthusiastic reader. Inside are 125 books that are certain to ignite your child's

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interest in reading. You'll find a variety of titles with real kid appeal—the best of the best for children of all reading levels. These books will captivate your child's interest and create a passion you never thought possible. So, for the love of reading and your child, come inside, explore all 125 books, and discover:

- Complete descriptions and synopses
- The appeal of each book to reluctant readers
- Suggested audience and reading levels
- Recommended readings if your child enjoys a particular book
- And much, much more!

By developing a love of reading and an emotional connection to books and ideas, your child can develop and maintain a high level of interest in reading—and get a head start on life. "An excellent resource for parents and educators interested in promoting literacy among children, with practical tips on how to make reading a fun, educational, and rewarding experience for children of all ages." —Stephen Green, Ph.D., child development specialist, Texas A&M University

Over 2 million copies sold worldwide *Let Me Tell You a Story* is a tender and delicate book about the search for happiness. Demián is highly strung young man, curious about the world and himself, but he has difficulty facing some of life's everyday problems, those concerning work, his love life, and relationships with friends and family. He is eager to know more about himself and to learn how to confront life with gusto and serenity. In short, he wants what all of us want: to

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be happy and fulfilled. Demián finds Jorge, an unconventional psychoanalyst who approaches Demián's dilemma in an unconventional way. Every day, Jorge tells Demián a story. At times they are classic fables, others modern stories, or folk tales, stories that have been revisited and reshaped by the analyst to help his young friend overcome his doubts and find happiness. They are, in short, stories that can help every one of us better understand ourselves, our relationships, and our fears.

"What's in a secret? A precocious little girl -- named Carlota -- has a secret to tell for the ages, but she's concocted a sweet game of telephone to let it travel through the neighborhood. As one messenger goes to the next, she realizes her secret has gotten a bit jumbled along the way" --

An innovative self-help program draws on a multitude of sources--including folktales, the Bible, Eastern philosophy, and the Torah--to explain how to overcome unhealthy behavior patterns by emphasizing the concept of "self-dependence" to promote self-awareness, personal happiness, independence, and successful relationships with others. Reprint. 20,000 first printing.

¿Quién es Claudia? En realidad, puede ser cualquiera de nosotros, una persona que intenta encontrar sentido a su existencia y enfrentar los numerosos desafíos que le impone la vida. Este libro está compuesto por los escritos que, durante mas de tres

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años de trabajo terapéutico, Jorge Bucay dedicó a sus pacientes. Con el tiempo, ellos mismos empezaron a compartir y distribuir estas cartas, hasta que, un día, y en vista del éxito que estaban teniendo, sugirieron a Bucay que las publicara. Con sus propios recursos y la ayuda de algunos buenos amigos, Jorge Bucay publicó este libro en 1986 con el título de Cartas para Claudia. En esta correspondencia imaginaria, Claudia, una amiga muy querida por el autor, es la destinataria de un correo revelador que despejará muchas de sus dudas sobre el autoconocimiento, el amor, la belleza de la vida y los secretos de la psicología. El libro se ha convertido ya en todo un clásico de la autoayuda. "Yo soy yo. Tu eres tu. Yo no estoy en este mundo para llenar todas tus expectativas. Y se que tu no estas en este mundo para llenar todas las mías. Porque yo soy yo y tu eres tu. Y cuando tu y yo nos encontramos es hermoso. Y, cuando encontrándonos, no nos encontramos, no hay nada que hacer". - La oración gestáltica de Fritz Perls, según Jorge Bucay

The second book in the Sarai Gonzalez illustrated chapter book series inspired by the life of eleven-year-old viral video sensation and social activist Sarai Gonzalez. When Sarai's best friend suddenly moves away, Sarai has to navigate school--and the unfriendly girls in the cafeteria--all by herself. When new girl Cristina moves to town, the teacher volunteers Sarai to show her around, but Sarai thinks Cristina is not at all like her. She never wants to play at recess, she's always got her head in a notebook and she's so shy! But when Cristina writes Sarai a spoken-word poem for her to recite at the

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class talent show, Sarai learns that sometimes winning teams are made from unlikely pairs! Inspired by the life of viral video sensation and social activist Sarai Gonzalez with the help of award-winning children's book author Monica Brown.

Tras habernos introducido casi sin en la filosofía gestáltica con 'Cartas para Claudia' y después de habernos llevado de la mano por los senderos mágicos de cuentos ancestrales con 'Recuentos para Demián'; el Dr. Jorge Bucay nos permite hoy publicar, por primera vez, estos de su propia inventiva. Ya no están a nuestro lado, ni el lúcido docente de 'Cartas..', ni el guía místico de 'Recuentos...'. En este libro, como claramente lo sugiere el cuento de la contratapa, sólo caben; el escritor, el lector y su propia interpretación.

From the moment the Author hustles Howard out of bed and into the kitchen to make breakfast, we know we're on a literary adventure like no other. The Author wants her story; Howard wants to understand who he is and what he's done with his one wild and precious life. By turns comic, poignant, lacerating and profound, HELPING HOWARD probes the complex and ever-changing nature of love, and seeks to understand, in the deepest way possible, the ties that bind. Schloss has written a remarkable story; hers is a nimble, inventive and wholly original voice. -Kitty Zeldis, author of Not Our Kind What a gorgeous novel! Romantic, deeply humane, astonishingly clever and moving - this is a love story between author and character that continually makes one gasp, even as it delivers great truths. Thank you, Sally Schloss, for writing it. -Bonnie Friedman,

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bestselling author of *Writing Past Dark* In Sally Schloss's insightful and engrossing novel, an Author writes a novel while regularly checking in with its real-life titular character. Howard is a kind and singularly tolerant man who has greatly compromised himself within his marriage. He nervously waits as the Author unveils each new phase of his life. Their ongoing conversation affords Howard-and the reader-a unique chance to see how his choices have at once enriched and undermined him. Schloss's writing is meticulous. -Patricia Grossman, author of *Radiant Daughter*. For those of you who delve into transactional dynamics as a profession this book is a fascinating must read. The characters engage in the all too typical tendencies of repeating the same patterns of behavior, thoughts, and feelings with their inevitable undesirable outcomes. The book sympathetically dramatizes how these underlying negative core beliefs affect these characters' lives over the course of their thirty-five-year marriage. -Robert Pazulinec Ed.D. Licensed Psychologist --- *Helping Howard* explores the fraught lifetime marriage of a straight older man, his younger gay wife, and the daughter that survives them. An anti-romantic romance, this book tells the tale of The Author who awakens Howard into consciousness in order to become her accomplice in figuring out what happens next. Their ongoing dialogue pushes the story forward through quarrelsome, humorous, psychological cliffhangers. Playing with, and exposing, the creative process adds another dimension to the narrative as The Author creates a relationship with her main character, which in turn, reflects on who she is. *Helping Howard* is about people

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struggling with understanding their own barriers to achieving and sustaining intimacy. It's a complex story of human longing and unmet desire.

Victor Moldes is an outstanding psychiatry student, looking to test his knowledge on patients. He is given a job at the prestigious Beira Verde Clinic in Galicia, near the Portuguese border, and handed a patient, Laura Novo, who is capable only of writing her name on blank sheets of paper. Slowly he draws her out of herself and she agrees to tell him her story, how she left Madrid in order to work on her thesis and escape a difficult relationship that was going nowhere. Her return to the land where she grew up, to stay in a guest house run by a schoolteacher she had fallen passionately in love with when she was a teenager, has fatal consequences. Her presence in the remote area of Terra Cha awakens the Great Beast, who up until that moment had been slumbering in the depths of the earth. Once awake, the Great Beast has one year to achieve its objective. Dr Moldes finds himself drawn into a conflict he is barely able to understand, let alone control, and, having finally pieced together the fragments of the narrative, he is in a race against time to save his patient. Agustin Fernandez Paz is Galicia's best-selling children's author. He has been nominated for both the Hans Christian Andersen Award and the Astrid Lindgren Memorial Award. In 2008 his book of stories "Nothing Really Matters in Life More Than Love" won the Spanish National Prize for Literature. Other titles in the series Galician Wave include: "Dove and Cut Throat" by Fina Casalderrey, "The Painter with the Hat of Mallows" by Marcos Calveiro and "Dragal I:

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"The Dragon's Inheritance" by Elena Gallego Abad.

Facing self-denial, justifications, and both real and imagined obstacles, the thought process of Bucay becomes an invitation to look at reality as it is so we can make our own decisions. These letters address love, responsibility, happiness, losses, death, and the grieving process to a fictional character. This format allows the reader to know a direct and intimate Bucay, a close and comprehensive Bucay, through the imaginary Claudia utilizing simple but profound words of deep meaning. These words speak to us regarding fundamental aspects of human beings. They are reflections that pass through the sieve of personal experiences that link with the common experiences, perplexities, and questions of the average individual.

A mighty ruler discovers someone in his kingdom has more power than himself. But when the king sets out to destroy this fearsome enemy, a humble magician, the tables are turned, and an unexpected journey begins. In this beautifully illustrated story with a timeless message, a feared and cruel king learns of a wise magician in his kingdom who is rumored to be even more powerful than himself. The magician can predict the future, and even worse, he is more popular than the fearsome king. Jealous and insecure, the enraged king plots to destroy this "enemy." But, being a magician, he has a trick up his sleeve that saves his own

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life and the king's. With help from an unexpected friend, the king transforms from a feared and brutal monarch to a beloved leader. Enduring messages about the power of wisdom and compassion are conveyed in a classic storytelling style and outstanding, original artwork.

Tarot Card Combinations is a unique, comprehensive, and highly practical presentation of interpreting the tarot that has helped thousands master the ancient divination. Dorothy Kelly's easy-to-understand approach shares everything one needs to know to unlock the story presented when the cards are drawn. Like other tarot reading guides, basic tarot definitions of the major and minor arcana are included, as well as explanations of basic layout, and how to interpret upright and reversed cards. What makes this book unique is Kelly's presentation of cards in endless combinations, revealing how the cards relate to each other and endowing each card with richer meaning and more subtle nuances than when considered alone. Beginners will learn the basics and be presented with an easy to follow organic system of learning to interpret the cards. Intermediate practitioners can build on what they already know and for advanced readers, Tarot Card Combinations will provide new insight and food for thought. With illustrations showing 2, 3, 4, and 5 card combinations of cards in the popular Waite deck, Tarot Card Combinations is as beautiful as it is informative. Reading

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tarot cards one after another never reveals the rich meaning of cards considered together. Use Tarot Card Combinations to unlock the depth and meaning of stories revealed in the tarot.

The book focuses on identifying your own leadership strengths to get success. Leadership is never easy. But thankful, something else is also true. Everyone of us has the potential to be a leader every day. Many people still have a narrow understanding of what leadership really is. But the fact of the matter is that leadership doesn't begin and end at the very top. It is every bit as important, perhaps more important, in the place most of us live and work. The leadership techniques that will work best for you are the ones you nurture inside. The best selling book on Human relations.

Raising Jess is the powerful story of one family's survival when faced with adversity. Written with compassion, honesty, and humor, it tells of a family changed forever by the birth of a child with special needs, and their courageous decision to choose hope. "I was twenty-four years old and about to deliver my first child. Oh, and I also had the chickenpox." So begins the story of a first-time mom who learns her infant daughter has severe, multiple disabilities. Facing the challenges of caring for her daughter, marriage struggles, and the question of having more children, Vickie Rubin gives a glimpse into the world of her family

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and transformation while *Raising Jess*. This beautiful, gripping memoir will delight and leave you wanting more. Vickie Rubin, M. S. Ed., received the Children's Guild Community Recognition Award for her extraordinary contributions to the community of children with special needs and their families. As Manager of the Early Childhood Direction Center for Kaleida Health and Project Director of the Western New York State Education Department ECDC program, Rubin was a frequent guest speaker at colleges and universities. Rubin is a regular contributor to the *Buffalo News*, a Pulitzer Prize-winning journal. She pens a popular blog, *Vickie's Views* (<https://vickierubin.com/>) where she posts inspiring stories of everyday life. *Raising Jess: A Story of Hope* is her first book. What readers say about Vickie Rubin's writing: · Beautifully written...and heartwarming. · It never ceases to enlighten, educate, and encourage me. It leaves me wanting more every time. Her writing never fails to validate my feelings. · Love her stories of life. · I'm in tears again. What an emotional story and, of course, informative, and educational.

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