

Conoscere Ho Oponopono Ringrazia Perdona Ama

Take a moment to think hard about your relationships. The first one to come to mind may be with your partner or parents but there are many others in your life: relationships with your colleagues at work, your body, your past and future, your finances, even with the clutter still left in your closets. Many problems are relationship-related, and the good news is that you can heal all your relationship issues! With his best-selling title "Ho'oponopono", Ulrich Emil Duprée revealed a healing method for solving problems and conflicts by using the Hawaiian reconciliation ritual to forgive both ourselves and others. This is given even greater power when combined with the method of systemic family constellations. A constellation allows underlying conflicts to be aired and resolved. It helps us to experience love and inner peace through the feeling, deep in our hearts, that we are all interconnected.

The LetterBy Kathryn Hughes

Powerful yet concise, this revolutionary guide summarizes the Hawaiian ritual of forgiveness and offers methods for immediately creating positive effects in everyday life. Exploring the concept that everyone is deeply connected — despite feelings of singularity and separation — four tenets are disclosed for creating peace with oneself and others: I am sorry, Please forgive me, I love you, and Thank you. Offering practical exercises, this simple four-step system encourages readers to

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focus on difficult conflicts within personal relationships and heal the past. By addressing these issues, owning one's feelings, and accepting unconditional love, unhealthy situations transform into favorable experiences. The final chapters delve into love, relationships, health, career and healing the planet. What present is Santa leaving under the tree? Lift the flaps and find out. With surprises on every page, this charming board book is the perfect introduction to the magic of Christmas!

Orphaned by a tragic accident, 16-year-old Amalie set sail from America for a new life in England with her godmother where she becomes smitten by Lady Winford's handsome rouge grandson.

Collecting is a key function of museums. Its apparent simplicity belies a complexity of questions and issues which make all collecting imprecise and unrepresentative. This book exposes the many meanings of collections, the different perspectives taken by different cultures, and the institutional response to the collecting problem. One major concern is omission, whether this be determined by politics, professional ethics, the law or social agenda. How did curators collect during the war in Croatia? What were the problems of trying to collect the 'old' South Africa when the new one was born? Can museums collect from groups which seem to 'deviate' from society's norms? How has the function of museums affected the practices of international trade? Can museums collect successfully if collecting agenda are being set externally? Museums and the Future of Collecting encourages museums to

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move away from the collecting of isolated tokens; to move beyond the collecting policy and to understand more clearly the intellectual function of what they do. Here examples are given from Australia, Sweden, Canada, Spain, Britain and Croatia which provide this intellectual understanding and many practical tools for evaluating a future collecting strategy.

This book presents the powerful basics of the original Teachings of Abraham. Within these pages, you'll learn how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction (that which is like unto itself is drawn). You've most likely heard the saying "Like attracts like," "Birds of a feather flock together," or "It is done unto you as you believe" (a belief is only a thought you keep thinking); and although the Law of Attraction has been alluded to by some of the greatest teachers in history, it has never before been explained in as clear and practical terms as in this latest book by New York Times best-selling authors, Esther and Jerry Hicks. Learn here about the omnipresent Laws that govern this Universe and how to make them work to your advantage. The understanding that you'll achieve by reading this book will take all the guesswork out of daily living. You'll finally understand just about everything that's happening in your own life as well as in the lives of those you're interacting with. This book will help you to joyously be, do, or have anything that you desire!

Features real stories of women whose lives are transformed by a disease, organized by emotional and physical stages, and shows the power of the human

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spirit.

The Hawaiian Way to Put Things Back into Balance! A uniquely Hawaiian concept, ho'o (to do or make) plus pono (righteous, balanced, forgiven, alligned, proper) was once how every Hawaiian strived to live. It reflects our true spiritual essence, living in harmony with the community and 'ohana (family), and guided and protected by our kupuna (elders) and 'aumakua (ancestors; guardian angels). Lee's newest book shares stories sure to give you chills, as you learn about the wisdom and mana (power) of pre-contact Hawai'i.

Conoscere Ho'oponopono Ringrazia, perdona, ama Area51 Publishing

Africa's religious and artistic traditions constitute a primary example of its intellectual and cultural vitality. Artistic works play a vital role - especially where oral traditions dominate - in communicating ideas about the relationship between the human, spiritual and natural worlds. This work is a comparative study of Africa's visual and performing arts, concentrating on their geographical, material and gendered diversity, and focusing on the relation of these arts to African religion. The author combines ethnographic and art-historical methodology but does not assume any prior knowledge of African art or African religion. The text seeks a greater understanding of the philosophical and religious aspects of African art, thus challenging western

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perceptions of what is "important" in terms of artistic representation. This approach reveals the transformative capacities and multi-dimensionality of African art. The work also highlights the changes brought about by Christianity, Islam and the newer religious movements in post-colonial Africa.

You have never read a book like this before -- a book that comes along once in a lifetime to change lives forever. In the rain forests of Peru, an ancient manuscript has been discovered. Within its pages are 9 key insights into life itself -- insights each human being is predicted to grasp sequentially; one insight, then another, as we move toward a completely spiritual culture on Earth. Drawing on ancient wisdom, it tells you how to make connections among the events happening in your life right now and lets you see what is going to happen to you in the years to come. The story it tells is a gripping one of adventure and discovery, but it is also a guidebook that has the power to crystallize your perceptions of why you are where you are in life and to direct your steps with a new energy and optimism as you head into tomorrow.

The author presents a program explaining the four stages of awakening. He offers a step-by-step approach for finding and achieving one's goals and desires, as well as a path to complete mind, body, and spiritual transformation.

"Why would you want to deny that you possibly could

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be a Spirit intransigent, that you possibly could be more than your body, that you possibly could be more than what you have worked for all your life? And why would you want to deny that? Why would you not want to even consider it? Well, to deny that God lives within you is to deny that which is termed your ability for unlimited knowingness, your ability for unlimited love, your ability for unlimited power, your ability to manifest what was called in elder times the kingdom of heaven." - Ramtha

Two doctors offer a guide for terminal patients to help them take control of their final days and die with dignity. Knowing our rights to refuse treatment, and ways to bring death earlier if pain or distress cannot be alleviated, will spare us the frightening helplessness that can rob our last days of meaning and personal connection. Drs. Wanzer and Glenmullen clarify what patients should insist of their doctors, including the right to enough pain medication even if it shortens life. Everyone needs their wise and comforting advice. "Superb. . . . In clear, practical terms it explains what you can do to achieve the peaceful death everyone wants but too few people have." —Marcia Angell, MD, former editor of *The New England Journal of Medicine* "Wanzer was one of the first mainstream U.S. physicians to advocate openly both for the improvements in palliative care for all dying patients and for more choice about hastening death if suffering becomes

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intolerable. Those who want to learn more about all of their potential end-of-life options would do well to read this book.” —Timothy E. Quill, MD, author of *Death and Dignity: Making Choices and Taking Charge* “Important for both patients and clinicians.” —David S. Rosenthal, MD, Harvard Medical School, Past President, American Cancer Society “Anyone planning for end-of-life care will benefit from this book. Pearls of wisdom include discussion of the right to stop unwanted treatment . . . the need for hospice care to be started much earlier . . . and the proper dose of an analgesic being the amount necessary to relieve suffering patients’ pain.” —Choice

This fascinating and beautifully illustrated book on the work of Francis Bacon, one of the 20th century's greatest painters, takes an in-depth look at his trademark motif of figures imprisoned within ghostly frames. Arguably one of the most influential and original painters of the 20th century, Francis Bacon painted haunting portraits that employed themes of crucifixion, torment, and isolation. Incorporating the insights of *The Logic of Sensation*, French philosopher Gilles Deleuze's seminal criticism of Bacon's work, this volume highlights Bacon's approach to space as one of the defining forces of his work. By organizing the spatial and dramatic structure of his compositions with barely visible cubic or elliptical cages, his figures become trapped in a

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kind of invisible room. This sense of confinement creates a direct, unsettling impression on the viewer, and further emphasizes the painter's dark vision. This book features stunning reproductions of 40 large-scale paintings, including *Study for a Portrait* (1952), *Chimpanzee* (1955), *Three Studies of the Male Back* (1970), and *Sand Dune* (1983) as well as a selection of rarely exhibited works on paper. This book also contains a series of essays that explore the range of variation in Bacon's use of isolating constructions over a period of nearly 50 years, as well as the nature of his painting technique and compositions.

Originally published in French in 1997 and appearing here in English for the first time, David Lapoujade's *William James: Empiricism and Pragmatism* is both an accessible and rigorous introduction to James's thought and a pioneering rereading of it. Examining pragmatism's fundamental questions through a Deleuzian framework, Lapoujade outlines how James's pragmatism and radical empiricism encompass the study of experience and the making of reality, and he reopens the speculative side of pragmatist thought and the role of experience in it. The book includes an extensive afterword by translator Thomas Lamarre, who illustrates how James's interventions are becoming increasingly central to the contemporary debates about materialist ontology, affect, and epistemology that strive to bridge the gaps among science studies, media studies, and religious studies.

The Soprano Sorceress, the first novel in New York Times bestselling author L. E. Modesitt, Jr.'s epic fantasy series the

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Spellsong Cycle about a singer and music instructor at Iowa State University who gets far more than she expected when she is magically transported to the world of Erde. On Erde, Anna Marshall is no longer just a professional singer. In this world, song is magic, making Anna a sorceress, potentially the strongest in Erde. Here, a wrong note can mean death to a sorcerer, but Anna's lifetime of training means she can sing more powerfully and precisely than anyone else. Her power does not go unnoticed and makes her a target. To survive, Anna must learn enough song-magic and understand this new world. The Spellsong Cycle The Soprano Sorceress The Spellsong War Darksong Rising The Shadow Sorceress Shadowsinger Other series by this author: The Imager Portfolio The Saga of Recluce The Corean Chronicles The Ghost Books The Ecolitan Matter At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The ultimate myth-busting nutrition bible. Registered dietitians Rosie Saunt and Helen West are the founders of The Rooted Project, set up to translate the latest research direct to your plate, and make evidence-based nutrition accessible and engaging. In this book, they explore everything from the danger of anecdotal evidence and unsubstantiated 'facts' about food to the real science behind the nutrients we consume every day. They explain why there's nothing to be feared from fat or carbs, or - for the vast majority of us - the much-maligned gluten, as well as probing the murky depths of the diet industry to explore the latest links between diet culture and weight stigma. They take a deep-dive into gut health, look at the emerging science of the connection between food and mood and examine differences between allergies and intolerances. This book is both a reference guide and a narrative to relish: it debunks the myths that dominate the food and wellness industry and offers the right

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tools and knowledge to allow readers to take control of their own health. Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health and pop science.

BONUS: This edition contains a *The Blue Notebook* discussion guide and an excerpt from James A. Levine's *Bingo's Run*. An unforgettable, deeply affecting debut novel, *The Blue Notebook* tells the story of Batuk, a precocious fifteen-year-old girl from rural India who is sold into sexual slavery by her father. As she navigates the grim realities of Mumbai's Common Street, Batuk manages to put pen to paper, recording her private thoughts and writing fantastic tales that help her transcend her daily existence. Beautifully crafted, surprisingly hopeful, and filled with both tragedy and humor, *The Blue Notebook* shows how even in the most difficult situations, people use storytelling to make sense of and give meaning to their lives.

The ancient wisdom of Hawai'i has been guarded for centuries -- handed down through lines of kinship to form the tradition of Huna. Dating back to the time before the first missionary presence arrived in the islands, the tradition of Huna is more than just a philosophy of living -- it is intertwined and deeply connected with every aspect of Hawaiian life.

Blending ancient Hawaiian wisdom with modern practicality, Serge Kahili King imparts the philosophy behind the beliefs, history, and foundation of Huna. More important, King shows readers how to use Huna philosophy to attain both material and spiritual goals. To those who practice Huna, there is a deep understanding about the true nature of life -- and the real meaning of personal power, intention, and belief.

Through exploring the seven core principles around which the practice revolves, King passes onto readers a timeless and powerful wisdom.

The manual consists of the story of Dr. Hayashi including

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unpublished photos and main exercises of the Hayashi Reiki system.

Praise For Zero Limits "This riveting book can awaken humanity. It reveals the simple power of four phrases to transform your life. It's all based in love by an author spreading love. You should get ten copies of it----one for you and nine to give away. It's that good." ---- Debbie Ford, New York Times bestselling author of The Dark Side of the Light Chasers "I love this book! I feel it will be the definitive personal-change/self-help book for at least a generation and viewed as a watershed event by historians. There is real potential for this book to start a movement that will end war, poverty, and the environmental devastation of our beloved planet." ---- Marc Gitterle, MD, www.CardioSecret.com "This book is like a stick of dynamite, and the moment you start reading, the fuse is lit. It blows away all the complex and confusing success paradigms of the past and reveals a refreshing and clear path to transform your life with just one simple step. As you explore Zero Limits with Vitale, be prepared for a journey that is both challenging and inspiring beyond anything you've imagined." ---- Craig Perrine, www.MaverickMarketer.com "There are more than 6 billion different manifestations of human existence on the planet?and only one of us here. In Zero Limits, Vitale has captured the truth that all great spiritual, scientific, and psychological principles teach at the most fundamental level. Boil it all down to the basics and the keys are quite simple---- the answer to all life's challenges is profound love and gratitude. Read this book; it's a reminder of the truth and ability you already possess." ---- James Arthur Ray, philosopher and bestselling author of Practical Spirituality and The Science of Success "Wow! This is the best and most important book Vitale has ever written!" ---- Cindy Cashman, www.FirstSpaceWedding.com "I couldn't put it down. This

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book elegantly sketches what I've learned and learned about in twenty-one years of personal study, and then it takes it to the next level. If you're looking for true peace along with 'the good stuff,' then this book is for you." ---- David Garfinkel, author of Advertising Headlines That Make You Rich "Zero Limits is Vitale's adventure into the most mind-altering reading experience of your life." ---- Joseph Sugarman, President, BluBlocker Sunglasses, Inc.

Sappho Marchal's fine line drawings present the myriad details of ornament and costume depicted on the stone reliefs of Angkor Wat with a clarity that could not be captured, even then, on film.

The paperback edition of Joe Vitale's inspiring guide to attracting wealth, health, happiness, and more Now available in paperback, inspirational author Joe Vitale's *The Key* finally reveals the secret to attracting anything you want from life—money, happiness, professional success, love, or anything else. This book goes beyond Vitale's bestselling book *The Attractor Factor* and the mega-hit movie *The Secret* to reveal a powerful and effective way to get more out of every aspect of your life. If you know you can achieve more, but can't seem to make it happen, *The Key* reveals the psychological and unconscious limitations that are holding you back. You'll learn ten proven ways to stop sabotaging yourself and align your conscious and subconscious minds. This book gives you all the personal insight you need to unlock secret doors within yourself and open new opportunities and possibilities in your life. From Joe Vitale, bestselling author of *The Attractor Factor*, *Zero Limits*, and *Life's Missing Instruction Manual* Gives you the guidance and advice you need to unlock your full potential in life Offers practical help for dealing with problems with your job, finances, and any other aspect of your life If you want to be the best you can be, no matter what you do, this book is *The Key* to unlocking a better, more

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successful you.

Con questo ebook conoscerai l'essenza di Ho'oponopono, una tecnologia rivoluzionaria che permette di attivare un processo di pulizia interiore che permette a chiunque, assumendosi la piena responsabilità di ciò che accade, di raggiungere la totale libertà di gestire in maniera consapevole la propria vita. Ho'oponopono è semplice e incredibilmente miracoloso perché ti dà la consapevolezza che puoi realmente cambiare il mondo attraverso il lavoro su te stesso, a partire da te stesso. La potenza e l'essenza di questo strumento sta proprio nella sua semplicità e nella sua praticità, che si limita nel ripetere incessantemente un mantra composto di quattro parole, Grazie, Mi dispiace, Perdonami, Ti amo!, partendo dal presupposto che è importante accogliere ogni cosa, indipendentemente da come la percepiamo, con Gratitudine, Perdono e Amore, perché non esistono problemi, solo opportunità.

The Master Key System is a personal development book by Charles F. Haanel. The book describes many New Thought beliefs such as the law of attraction, creative visualization and man's unity with God, and teaches the importance of truth, harmonious thinking and the ability to concentrate. The Book that will not only leave you 'feeling' good, but also 'thinking' good. In The Master Key System, presented as a series of twenty-four lessons, delivered to students, Charles Haanel discusses everything from how to feel healthy to how to become wealthy. Using precise logic and a consistent, common-sense frame-work, Haanel shows us how to achieve that what we most desire. Used as thus instructed "The Master Key" will make of the reader a greater, better personality, and equipped with a new power to achieve any worthy personal purpose and a new ability to enjoy life's beauty and wonder.

If you enjoyed the classic novel Christy and the bestselling

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Mitford series, then you'll love Beautiful on the Mountain, a real-life tale about serving God in unlikely circumstances. In 1977, Jeannie Light left her fine plantation home amid heartbreak and came to Graves Mill, a tiny hamlet in the Blue Ridge Mountains. Alone in an utterly new kind of life, Jeannie was determined to find the courage to make a fresh start. To Jeannie's surprise, she found herself called upon by her new neighbors to open the old, deteriorated country church, a place that had once united the fractured community of mountain folk. With no training, and no small amount of trepidation, she undertook the task. And as she embarked on an unforeseen series of adventures, from heartbreaking to hilarious, Jeannie would learn more than she ever expected about faith, loving your neighbor, and doing the work that God sets in front of you. Because sometimes, God calls us to go where there is no path . . . and leave a trail.

ARE YOU READY TO BREAK FREE OF LIMITATIONS AND EXPERIENCE MIRACLES? The world burned on fire with inspiration when bestselling author Dr. Joe Vitale revealed the four phrases of Ho'oponopono – a Hawaiian healing spirituality of profound wisdom and power – in his globally successful book, Zero Limits. Now he shares The Fifth Phrase, the most powerful healing and cleaning statement of all. Along the way, he also shares new secrets, insights and methods for faster results, deeper awakening and a life of magic and miracles. The practice of Ho'oponopono guides you through the journey of life with the tools you need to rid yourself of hindrances and open yourself up to infinite possibilities. Don't let your unconscious mind undermine your efforts. You have more control over it than you ever suspected. With his unique and successful method, Joe Vitale will change the way you think and help you achieve more in life than you ever thought possible. You will learn: • The Four Phrases of Ho'oponopono • How to develop Your

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Own Phrases for Greater Spiritual Growth • Advanced Cleaning Methods • Higher-Level Healing Philosophies • The Fifth Phrase, Joe Vitale's most advanced clearing phrase of all, revealed for the first time This promises to be the most illuminating book so far on the power of transformation. Just reading it will enrich, entertain and enlighten. Joe Vitale is a spiritual teacher best known for his appearance in the movie *The Secret* and as the bestselling author of *The Attractor Factor* and *Zero Limits*.

Serge Kahili King brings his unique style to the problems of making relationships work in an entertaining and informative way. Full of fascinating demonstrations and practical techniques, the book is divided into three parts: fundamentals that affect all relationships, your relationships with yourself, and how to heal relationships with everyone else. This book won't change your life, but if you use it, your life will change. If you want to learn how to write stored procedures and triggers for Microsoft SQL Server, *Code Centric: T-SQL Programming with Stored Procedures and Triggers* is the book for you. You'll learn real-world coding and how to build non-trivial applications. All of the examples covered in the book are available for download, making it easier to work through over 5,000 lines of sample code. While there is extensive coverage of the new functionality in SQL Server 2000—such as UDFs (user-defined functions)—you can use this book effectively for virtually any version of SQL Server 6.x, 7.0, or 2000.

Understanding the Dreams You Dream: Biblical Keys for Hearing God's Voice in the Night not only provides insight into your dreams and life, but also includes a comprehensive dictionary of dream symbols! You will be guided through the complex world of dreams by a minister with decades of experience receiving, understanding, and interpreting dreams of his own and for others. I have received many helpful

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messages from God through dreams. In addition to being helped through my own dreams, I have seen many other people obtain help and comfort by using their dreams as an aid to healing in pastoral counseling. —Ira Milligan Through Scripture-based meditation, much can be understood about your dreams, but many Christians don't know how to meditate. This problem is addressed in three different ways: • Specific, detailed directions are given on how and upon what to meditate. • Personal examples of dreams from the author's own experiences. • Practical dictionary of symbol definitions is included. This book presents both normal and not-so-normal dream situations. You will learn that to apply only one type of dream interpretation to all dreams is restricting each symbol to only one possible definition, which is incorrect. And you will learn how to tell the difference between a dream from God—and those from evil sources. The first practical guide to applying the ancient healing art of Hawaiian shamanism to our modern lives. Uniquely suited for use in today's world, Hawaiian shamanism follows the way of the adventurer, which produces change through love and cooperation—in contrast to the widely known way of the warrior, which emphasizes solitary quests and conquest by power. Now, even if you can't get out into the wilderness or undertake a long apprenticeship with a shaman, you can learn to practice the art of shamanism. You'll learn how to: —Interpret and change your dreams —Heal yourself, your relationships, and the environment —Cast the shaman stones to foretell the future —Design and perform powerful rituals —Shapechange —Make vision quests to other realities And more.

Sometimes all you need is a good friend to help you be

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brave. Ella has a surprise for Penguin—glow-in-the-dark stickers! But to see the stickers glow, Ella and Penguin must be in the dark. And the dark is so . . . dark! If only they could see the stickers glow in the light—but that won't work. Soon Ella and Penguin find out that if they stick together, they can face anything. Megan Maynor's sweet and lively text, paired with Rosalinde Bonnet's irresistible illustrations, will have readers clamoring for more Ella and Penguin.

One winter's night, Molly Ershaw rescues a newborn baby from the snow and changes two families forever. The tiny girl grows into a beautiful and gifted young woman. Although devoted to Molly, whom she believes is her grandmother. Amy has far-reaching ambitions. She longs to move beyond ribbon-weaving to designing hats and clothes. Her talent is recognised by Samuel Forrester, owner of famous hat factories and shops. But Samuel is a haunted man with secrets in his past that torture him and his family. Amy's dreams seem to be coming true but caught between two worlds, she must choose where her heart truly belongs.

“Reality is experience, and experience is reality,” says Hawaiian shaman Serge King, speaking of Huna, the esoteric tradition in which he was reared. King emphasizes that all of us have the ability to shift from one world to another. The difference is that shamans do it purposefully, while the rest of us are unaware of it. He trains us to engage in the process consciously in order to expand our human potential. Among books on Huna, this one is unique for offering actual practices for changing our reality to create the life we want. In a user-friendly,

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conversational style, King's chapters explain the four worlds of a shaman and basic Huna principles. Then, citing case studies, he guides us in how to change reality in each of the four worlds, bringing in ESP, telepathy, the perception of auras, telekinesis, dreaming, magical flight, and, finally, soul retrieval and the great power of healing. "It sounds simple," says King, "and it is. The most difficult part is to accept the simplicity, because that means changing one's idea about what reality is. And that's what this book is all about."

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