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# What To Do When You Worry Too Much A Kids Guide To Overcoming Anxiety What To Do Guides For Kids R

Find out what happens to all of the poo at the zoo in this funny and factual picture book! There are so many different kinds of animals at the zoo, and they each make lots and lots (and sometimes LOTS!) of poo. So what do zoos do with all of that poo? This zany, fact-filled romp explores zoo poo, from cube-shaped wombat poo to white hyena scat, and all of the places it ends up, including in science labs and elephant-poo paper—even backyard gardens!

Illustrations and rhyming text present some of the things that children hold dear.

WINNER OF THE NOBEL PRIZE® IN LITERATURE

2013 In this series of interweaving stories, Munro recreates the evolving bond between two women in the course of almost forty years. One is Flo, practical, suspicious of other people's airs, at times dismayingly vulgar. the other is Rose, Flo's stepdaughter, a clumsy, shy girl who somehow leaves the small town she grew up in to achieve her own equivocal success in the larger world.

Whether you're changing jobs, joining a group, or moving to a new city, putting yourself out there in new situations is no picnic. Being forced to introduce yourself . . . Having to ask questions among strangers . . .

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Learning expectations of those around you--it's not fun for anyone! But when we let our worries stop us from getting familiar with our surroundings and learning the dos and don'ts of our new environment, we seriously hinder our progress, our joy, and the many exciting opportunities that await us. What to Do When You're New combines the author's research and firsthand experience from having to adjust to a job transfer to Japan with that of leading scientists to explain why we are so uneasy in new situations--and how we can learn to become more confident and successful newcomers. With practice, anyone can learn the necessary skills to learn how to:

- Overcome fears
- Make great first impressions
- Talk to strangers with ease
- Get up to speed quickly
- Connect with people wherever you go

Blending stories and insights with simple techniques and exercises, this invaluable guide for the introvert will get you out of your comfort zone and trying new things in no time.

From his early rise to fame to battles with his health, this revelatory memoir by legendary guitarist Peter Frampton celebrates the life of a rock icon. *Do You Feel Like I Do?* is the incredible story of Peter Frampton's positively resilient life and career told in his own words for the first time. His monumental album *Frampton Comes Alive!* spawned three top-twenty singles and sold eight million copies the year it was released (more than seventeen million to date), and it was inducted into the Grammy Hall of Fame in January 2020. Frampton was on a path to stardom from an early age, first as the lead singer and guitarist of the Herd and then as cofounder—along with Steve Marriott—of one of the first supergroups, Humble

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Pie. Frampton was part of a tight-knit collective of British '60s musicians with close ties to the Rolling Stones, the Beatles, and the Who. This led to Frampton playing on George Harrison's solo debut, *All Things Must Pass*, as well as to Ringo Starr and Billy Preston appearing on Frampton's own solo debut. By age twenty-two, Frampton was touring incessantly and finding new sounds with the talk box, which would become his signature guitar effect. Frampton remembers his enduring friendship with David Bowie. Growing up as schoolmates, crossing paths throughout their careers, and playing together on the Glass Spider Tour, the two developed an unshakable bond. Frampton also shares fascinating stories of his collaborative work with Harry Nilsson, Stevie Wonder, B. B. King, and members of Pearl Jam. He reveals both the blessing and curse of *Frampton Comes Alive!*, opening up about becoming the cover boy he never wanted to be, his overcoming substance abuse, and how he has continued to play and pour his heart into his music despite an inflammatory muscle disease and his retirement from the road.

Peppered throughout his narrative is the story of his favorite guitar, the Phenix, which he thought he'd lost in a fiery plane crash in 1980. But in 2011, it mysteriously showed up again—saved from the wreckage. Frampton tells of that unlikely reunion here in full for the first time, and why the miraculous reappearance is emblematic of his life and career as a quintessential artist.

The New York Times best-selling sequel to "Surely You're Joking, Mr. Feynman!" One of the greatest physicists of the twentieth century, Richard Feynman

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possessed an unquenchable thirst for adventure and an unparalleled ability to tell the stories of his life. "What Do You Care What Other People Think?" is Feynman's last literary legacy, prepared with his friend and fellow drummer, Ralph Leighton. Among its many tales—some funny, others intensely moving—we meet Feynman's first wife, Arlene, who taught him of love's irreducible mystery as she lay dying in a hospital bed while he worked nearby on the atomic bomb at Los Alamos. We are also given a fascinating narrative of the investigation of the space shuttle Challenger's explosion in 1986, and we relive the moment when Feynman revealed the disaster's cause by an elegant experiment: dropping a ring of rubber into a glass of cold water and pulling it out, misshapen.

I show up bright against the sky. I swoop and swoosh and flutter by. What can I be? What do you see? Stephen Krensky's clever, rhyming text entices young readers to guess which endangered species are hiding beneath the flaps! From a panda bear to a monarch butterfly, each spread features text and flaps which hint at the animal's identity, until finally it is revealed by lifting the flap. Composed of 100% recycled material, this playful and interactive new title is both entertaining and environmentally friendly!

The Great Gatsby (1925) is a novel by F. Scott Fitzgerald. Published at the height of Fitzgerald's career as a leading writer of American fiction, The Great Gatsby was reviewed poorly by contemporary critics, but has since been recognized as a groundbreaking work for its vision of American decadence and decay. Adapted into

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several influential films and adored by generations of readers and writers, *The Great Gatsby* is not only Fitzgerald's crowning achievement, but one of the finest novels ever written. Nick Carraway is a young veteran and Yale graduate who moves to New York in search of work. He rents a bungalow on Long Island next door to the extravagant mansion of Jay Gatsby, a magnanimous millionaire with a mysterious past. There, he reconnects with his distant cousin Daisy and her husband Tom Buchanan, a flagrant philanderer who brings Nick to the city in order to spend time with Myrtle, his impoverished mistress. Soon, he receives an invitation to a party at the Gatsby mansion, where he gets terribly drunk and meets his neighbor, who swears they served together in the Great War. As time goes by, the two begin a tenuous friendship bolstered by stories of the war and a mutual fondness for alcohol. When Nick discovers that Gatsby and Daisy have a complicated history with one another, he starts to question not only the nature of his neighbor's kindness, but his own desire to make it big in New York. *The Great Gatsby* is a tragic tale of ambition and romance set in the Roaring Twenties, a decade born from war and lost to economic disaster. With a beautifully designed cover and professionally typeset manuscript, this new edition of F. Scott Fitzgerald's *The Great Gatsby* is a classic work of American literature reimaged for modern readers.

A guide to effectively communicating with teenagers by the bestselling authors of *The Self-Driven Child* If you're a parent, you've had a moment--maybe many of them--when you've thought, "How did that conversation

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go so badly?" At some point after the sixth grade, the same kid who asked "why" non-stop at age four suddenly stops talking to you. And the conversations that you wish you could have--ones fueled by your desire to see your kid not just safe and healthy, but passionately engaged--suddenly feel nearly impossible to execute. The good news is that effective communication can be cultivated, learned, and taught. And as you get better at this, so will your kids. William Stixrud, Ph.D., and Ned Johnson have 60 years combined experience talking to kids one-on-one, and the most common question they get when out speaking to parents and educators is: What do you say? While many adults understand the importance and power of the philosophies behind the books that dominate the parenting bestseller list, parents are often left wondering how to put those concepts into action. In *What Do You Say?*, Johnson and Stixrud show how to engage in respectful and effective dialogue, beginning with defining and demonstrating the basic principles of listening and speaking. Then they show new ways to handle specific, thorny topics of the sort that usually end in parent/kid standoffs: delivering constructive feedback to kids; discussing boundaries around technology; explaining sleep and their brains; the anxiety of current events; and family problem-solving. *What Do You Say?* is a manual and map that will immediately transform parents' ability to navigate complex terrain and train their minds and hearts to communicate ever more successfully.

Get ready to moo, baa, and beep with the #1 New York Times bestselling *Little Blue Truck* in this interactive

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sound book!

A "riveting and illuminating" Bill Gates Summer Reading pick about how and why some nations recover from trauma and others don't (Yuval Noah Harari), by the Pulitzer Prize-winning author of the landmark bestseller *Guns, Germs, and Steel*. In his international bestsellers *Guns, Germs and Steel* and *Collapse*, Jared Diamond transformed our understanding of what makes civilizations rise and fall. Now, in his third book in this monumental trilogy, he reveals how successful nations recover from crises while adopting selective changes -- a coping mechanism more commonly associated with individuals recovering from personal crises. Diamond compares how six countries have survived recent upheavals -- ranging from the forced opening of Japan by U.S. Commodore Perry's fleet, to the Soviet Union's attack on Finland, to a murderous coup or countercoup in Chile and Indonesia, to the transformations of Germany and Austria after World War Two. Because Diamond has lived and spoken the language in five of these six countries, he can present gut-wrenching histories experienced firsthand. These nations coped, to varying degrees, through mechanisms such as acknowledgment of responsibility, painfully honest self-appraisal, and learning from models of other nations. Looking to the future, Diamond examines whether the United States, Japan, and the whole world are successfully coping with the grave crises they currently face. Can we learn from lessons of the past? Adding a psychological dimension to the in-depth history, geography, biology, and anthropology that mark all of

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Diamond's books, *Upheaval* reveals factors influencing how both whole nations and individual people can respond to big challenges. The result is a book epic in scope, but also his most personal yet.

Describes what obsessive-compulsive disorder is and how it works, and teaches young readers techniques to reduce and overcome it through writing and drawing activities and self-help exercises and strategies.

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents"--Provided by publisher.

Two children cook food for their friends and learn about the science of heat, and how energy transfers to cook food.

A book that fundamentally changes how neuroscientists and psychologists categorize sensations and understand the origins and significance of human feelings *How Do You Feel?* brings together startling evidence from neuroscience, psychology, and psychiatry to present revolutionary new insights into how our brains enable us to experience the range of sensations and mental states known as feelings. Drawing on his own cutting-edge research, neurobiologist Bud Craig has identified an area deep inside the mammalian brain—the insular cortex—as the place where interoception, or the processing of bodily stimuli, generates feelings. He shows how this crucial pathway for interoceptive awareness gives rise in humans to the feeling of being alive, vivid perceptual feelings, and a subjective image of the sentient self

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across time. Craig explains how feelings represent activity patterns in our brains that signify emotions, intentions, and thoughts, and how integration of these patterns is driven by the unique energy needs of the hominid brain. He describes the essential role of feelings and the insular cortex in such diverse realms as music, fluid intelligence, and bivalent emotions, and relates these ideas to the philosophy of William James and even to feelings in dogs. *How Do You Feel?* is also a compelling insider's account of scientific discovery, one that takes readers behind the scenes as the astonishing answer to this neurological puzzle is pursued and pieced together from seemingly unrelated fields of scientific inquiry. This book will fundamentally alter the way that neuroscientists and psychologists categorize sensations and understand the origins and significance of human feelings.

Finding a career path that you're passionate about can be difficult—but it doesn't have to be! With this bestselling guide, learn how to find a fulfilling career that fits your personality. *Do What You Are*—the bestselling classic that has helped more than a million people find truly satisfying work—is now updated for the modern workforce. With the global economy's ups and downs, the advent of astonishing new technology, the migration to online work and study, and the ascendancy of mobile communication, so much has changed in the American workplace since this book's fifth edition was published in 2014. What hasn't changed is the power of Personality Type to help people achieve job satisfaction. This updated edition, featuring 30% new material, is

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especially useful for millennials and baby boomers who are experiencing midlife career switches, and even those looking for fulfillment in retirement. This book will lead you through the step-by-step process of determining and verifying your Personality Type. Then you'll learn which occupations are popular with each Type, discover helpful case studies, and get a full rundown of your Type's work-related strengths and weaknesses. Focusing on each Type's strengths, Do What You Are uses workbook exercises to help you customize your job search, get the most out of your current career, obtain leadership positions, and ensure that you achieve the best results in the shortest period of time.

There is a lot to love about each one of us . . .

Chipmunk loves his cheeks . . . They help him blow kisses. Giraffe loves his neck . . . It helps him touch the stars. Octopus loves his tentacles . . . They help him give the best hugs. Everyone has something that makes them unique, and there is a lot to love about each one of us! Debut creator Karen Lechelt's unique art style brings these charming animals to life. We are all special in our own way. What do you love about you?

A bilingual English and Spanish board book edition of Bill Martin and Eric Carle's classic picture book *Baby Bear, Baby Bear, What Do You See?* / *Oso bebé, oso bebé, ¿qué ves ahí?* *Baby Bear, Baby Bear, What Do You See?* is the final collaboration from this bestselling author-illustrator team. Young readers will enjoy *Baby Bear's* quest to find Mama,

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and they'll revel in identifying each of the native North American animals that appear along the way. The central focus on the special bond between Mama and baby makes a fitting finale to a beloved series. *Oso bebé, oso bebé, ¿qué ves ahí?* es la última colaboración del equipo autor-ilustrado más vendido. Los lectores jóvenes disfrutarán la aventura de Oso Bebé en búsqueda de Mamá, y se divertirán identificando cada uno de los animales nativos a Norte América que aparecen en el camino. El enfoque en la conexión especial entre Mamá y bebé hacen de este libro un final perfecto para una serie tan adorada.

Several animals describe the world from their point of view, and the lark, flying above, sees that they are all partially correct.

Children discover that they can like the same things and still be different. On board pages.

"Celebrating 50 colorful years with Brown Bear"--Cover.

From Caldecott Honor-winning team Steve Jenkins and Robin Page comes an early introduction to one of young readers' favorite places: the zoo! Going to the zoo is so exciting! You might see penguins swimming underwater, snakes sunning in the reptile house, or giraffes eating leaves out of high trees.

You might even see people at the zoo, ones just like you! But what do those people do? Caldecott Honor-winning team Steve Jenkins and Robin Page

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introduce young readers to the people who keep zoo animals safe, healthy, and happy, even though they aren't in the wild habitats they've evolved for. From cuddling a baby kangaroo to trimming elephant toenails to playing soccer with a rhino, zookeepers work hard and do some pretty wacky things to take care of the incredible animals we see. So, what would you do if you were in the zookeeper's shoes? Turn the page and find out!

\*From the 'anti-guru' author of the smash hit *The Life-Changing Magic of Not Giving a F\*\*k* and the New York Times bestseller *Get Your Sh\*t Together* \* In *The Life-Changing Magic of Not Giving a F\*\*k*, our favourite 'anti-guru' Sarah Knight unleashed the power of saying no. In *Get Your Sh\*t Together*, she prioritised the sh\*t you need and want to do so you can achieve your hopes and dreams. Now she's back, doubling down on your happiness with her latest message: *You Do You*. Being yourself should be the easiest thing in the world. Yet instead of leaning in to who we are, we fight it, listening too closely to what society tells us. *You Do You* helps you shake off those expectations, say f\*\*k perfect, start looking out for number one and keep on with your badass self. From career and finances to relationships and family, lifestyle and health, Sarah Knight rips up the rulebook. Writing about her mistakes and embarrassments in her own personal quest to 'do me' - because nobody gets everything

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right all day, every day - Sarah Knight shows why you can and should f\*\*k up and teaches you to let yourself off the hook, bounce back and keep standing tall. What everyone is saying about Sarah Knight: 'The anti-guru' Observer 'I love Knight' Sunday Times 'Life-affirming' Lucy Mangan, Guardian 'Genius' Vogue

A nose for digging? Ears for seeing? Eyes that squirt blood? Explore the many amazing things animals can do with their ears, eyes, mouths, noses, feet, and tails in this interactive guessing book, beautifully illustrated in cut-paper collage, which was awarded a Caldecott Honor. This title has been selected as a Common Core Text Exemplar (Grades K-1, Read Aloud Informational Text).

Discover a world of celebrations! This entertaining book introduces kids to 14 holidays, from Brazilian carnival, Chinese New Year, Bastille Day, and the Cherry Blossom Festival to Purim, Holi, Eid al-Fitr, Day of the Dead, and Halloween. As in the popular What's On Your Plate?, each spread showcases a different holiday, offering background, cultural context, vocabulary words, photographs, and instructions for festive projects.

What do you say when: you bump into a crocodile on a crowded city street? a nice gentleman introduces you to a baby elephant? the Queen feeds you so much spaghetti that you don't fit in your chair anymore? This is the funniest book of manners you'll

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Love asks different creatures, objects, and ideas what they know and each responds with quiet observations of how they shape and view their world. Weimaraners portray different occupations, including doctor, firefighter, and waiter. Labeled photographs introduce words associated with each job.

Eric Carle's familiar illustrations of brown bear, red bird, yellow duck and the other endearing animals from his classic creation parade across the pages of this great interactive board book. As each page is turned, a new animal and its colour are introduced, accompanied by Bill Martin's singsong, rhyming question-and-response text to read aloud or listen to. There are sliding doors throughout the book, which children will just love to open, so they can discover what the next animal in this engaging story will be.

'Gets right to the heart of what makes us what we are. Read it!' Angela Saini, author of *Inferior and Superior: The Return of Race Science* The popular science equivalent of *Who Do You Think You Are?* Popular science master Brian Clegg's new book is an entertaining tour through the science of what makes you you. From the atomic level, through life and energy to genetics and personality, it explores how the billions of particles which make up you – your DNA, your skin, your memories – have come to be. It starts with the present-day reader and follows a number of trails to discover their origins: how the

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atoms in your body were created and how they got to you in space and time, the sources of things you consume, how the living cells of your body developed, where your massive brain and consciousness originated, how human beings evolved and, ultimately, what your personal genetic history reveals.

An illustrated selection of answers to the title's question, submitted online and collected by Ben Nemtin, Dave Lingwood, Duncan Penn and Jonnie Penn, collectively known as The Buried Life and featured in the MTV reality television series of the same name. Some answers include essays relating how the online submissions were accomplished. Also included are brief essays on how the four young men accomplished some of their lists' tasks and their experiences helping others complete their lists.

A sheep wearing a fluffy jacket, a zebra in striped pajamas, and a penguin looking dapper in a classic suit, are just some of the pictures in this book which teaches toddlers the importance of getting dressed. Describes positive character traits such as fairness, honesty, and respect and presents ways of developing them through various activities.

This is the story of a persistent problem and the child who isn't so sure what to make of it. The longer the problem is avoided, the bigger it seems to get. But when the child finally musters up the courage to face it, the problem turns out to be something quite different than it

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appeared. What Do You Do With a Problem? is a story for anyone, at any age, who has ever had a problem that they wished would go away. It's a story to inspire you to look closely at that problem and to find out why it's here. Because you might discover something amazing about your problem... and yourself.

"Neigh!" said a horse. "Quack!" said a duck. "Beep!" said the friendly Little Blue Truck. Little Blue Truck is a joyful cacophony of animal and truck sounds that will have youngsters beeping and quacking—and begging for one more go-round! Along the way, readers see that it pays to be kind to our animal friends . . . if we show a friendly respect to others, we're more likely to get help when we're, say, stuck in the muck in a truck. Jill McElmurry's gouache illustrations of wild-eyed farm animals and country roads are warm and wonderful, suiting the cheerfully rhyming text to a T. Beep!

A recent Gallup poll in the US found that 70% of those in work didn't enjoy their job. In his latest book, John C. Parkin brings the power of saying "F\*\*k It" to the subject of doing what we love. In this highly entertaining and motivational book, John sets out to prove that when we do what we love, we're actually more likely to be happier, healthier, wealthier, and more successful. He addresses the significant blocks that people experience when they consider doing what they love, including: "Doing what you love is for time off, not work", "Doing what I love would be selfish", "I just don't know what I love" and "I could never make a living from doing what I love". Through no-nonsense ideas, fascinating facts and motivating calls to action, John brings us from pessimism

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to inspiration, so that our thoughts become powered by "F\*\*k it, I can't waste any more of my life", "F\*\*k it, I will find a way to make this work", "F\*\*k it, I will do what I love". F\*\*k It: Do What You Love is not just a book: it's a step-by-step map to get every single person to spend their precious time on this planet doing what they love. "When Barbara Jordan talked, we listened." —Former President of the United States, Bill Clinton

Congresswoman Barbara Jordan had a big, bold, confident voice—and she knew how to use it! Learn all about her amazing career in this illuminating and inspiring picture book biography of the lawyer, educator, politician, and civil rights leader. Even as a child growing up in the Fifth Ward of Houston, Texas, Barbara Jordan stood out for her big, bold, booming, crisp, clear, confident voice. It was a voice that made people sit up, stand up, and take notice. So what do you do with a voice like that? Barbara took her voice to places few African American women had been in the 1960s: first law school, then the Texas state senate, then up to the United States congress. Throughout her career, she persevered through adversity to give voice to the voiceless and to fight for civil rights, equality, and justice. New York Times bestselling author Chris Barton and Caldecott Honoree Ekua Holmes deliver a remarkable picture book biography about a woman whose struggles and mission continue to inspire today.

The first English translation of the classic Japanese novel that has sold over 2 million copies -- a childhood favorite of anime master Hayao Miyazaki (*Spirited Away*, *My Neighbor Totoro*, *Howl's Moving Castle*), with an

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Introduction by Neil Gaiman. First published in 1937, Genzabur? Yoshino's *How Do You Live?* has long been acknowledged in Japan as a crossover classic for young readers. Academy Award-winning animator Hayao Miyazaki has called it his favorite childhood book and announced plans to emerge from retirement to make it the basis of his final film. *How Do You Live?* is narrated in two voices. The first belongs to Copper, fifteen, who after the death of his father must confront inevitable and enormous change, including his own betrayal of his best friend. In between episodes of Copper's emerging story, his uncle writes to him in a journal, sharing knowledge and offering advice on life's big questions as Copper begins to encounter them. Over the course of the story, Copper, like his namesake Copernicus, looks to the stars, and uses his discoveries about the heavens, earth, and human nature to answer the question of how he will live. This first-ever English-language translation of a Japanese classic about finding one's place in a world both infinitely large and unimaginably small is perfect for readers of philosophical fiction like *The Alchemist* and *The Little Prince*, as well as Miyazaki fans eager to understand one of his most important influences. A puzzle, a work of art, and a collection of classic American songs, all in an innovative book by one of the world's foremost contemporary artists. Every page of this book is filled with secret code. It seems like Chinese calligraphy, but it's not. It seems like you can't read it, but you can. Once the pieces of the puzzle start falling into place, you will understand it all. And some of it may even strike you as strangely familiar . . . Twelve

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traditional American songs, such as "Take Me Out to the Ball Game" and "Yankee Doodle," as well as five classic songs from Chinese culture, are written here in artist Xu Bing's unique "square word calligraphy," which uses one-block words made of English letters. From a distance, these pieces are beautiful but unintelligible art. Up close, they are a mystery just waiting to be solved—like the fine art version of "Magic Eye." For readers ages 7 and up, *Look! What Do You See?* is perfect for long car rides or coded notes to friends. Incredibly intricate and visually engaging, this is a book that children and adults will return to again and again.

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