9 Heads A Guide To Drawing Fashion Nancy Riegelman

"This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron "Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield NATIONAL BESTSELLER • An award-winning psychologist reveals the hidden power of our inner voice and shows how to harness it to combat anxiety, improve physical and mental health, and deepen our relationships with others. "A masterpiece."—Angela Duckworth, bestselling author of Grit • Malcolm Gladwell, Susan Cain, Adam Grant, and Daniel H. Pink's Next Big Idea Club Winter 2021 Winning Selection One of the best new books of the year—The Washington Post, BBC, USA Today, CNN Underscored, Shape, Behavioral Scientist, PopSugar • Kirkus Reviews, Publishers Weekly, and Shelf Awareness starred reviews Tell a stranger that you talk to yourself, and you're likely to get written off as eccentric. But the truth is that we all have a voice in our head. When we talk to ourselves, we often hope to tap into our inner coach but find our inner critic instead. When we're facing a tough task, our inner coach can buoy us up: Focus—you can do this. But, just as often, our inner critic sinks us entirely: I'm going to fail. They'll all laugh at me. What's the use? In Chatter, acclaimed psychologist Ethan Kross explores the silent conversations we have with ourselves. Interweaving groundbreaking behavioral and brain research from his own lab with real-world case studies—from a pitcher who forgets how to pitch, to a Harvard undergrad negotiating her double life as a spy—Kross explains how these conversations shape our lives, work, and relationships. He warns that giving in to negative and disorienting self-talk—what he calls "chatter"—can tank our health, sink our moods, strain our social connections, and cause us to fold under pressure. But the good news is that we're already equipped with the tools we need to make our inner voice work in our favor. These tools are often hidden in plain sight—in the words we use to think about ourselves, the technologies we embrace, the diaries we keep in our drawers, the conversations we have with our loved ones, and the cultures we create in our schools and workplaces. Brilliantly argued, expertly researched, and filled with compelling stories, Chatter gives us the power to change the most important conversation we have each day: the one we have with ourselves.

Now celebrating the 42nd anniversary of The Hitchhiker's Guide to the Galaxy, soon to be a Hulu original series! "Douglas Adams is a terrific satirist."—The Washington Post Book World Facing annihilation at the hands of the warlike Vogons? Time for a cup of tea! Join the cosmically displaced Arthur Dent and his uncommon comrades in arms in their desperate search for a place to eat, as they hurtle across space powered by pure improbability. Among Arthur's motley shipmates are Ford Prefect, a longtime friend and expert contributor to The Hitchhiker's Guide to the Galaxy; Zaphod Beeblebrox, the three-armed, two-headed ex-president of the galaxy; Tricia McMillan, a fellow Earth refugee who's gone native (her name is Trillian now); and Marvin, the moody android. Their destination? The ultimate hot spot for an evening of apocalyptic entertainment and fine dining, where the food speaks for itself (literally). Will they make it? The answer: hard to say. But bear in mind that The Hitchhiker's Guide deleted the term "Future Perfect" from its pages, since it was discovered not to be! "What's such fun is how amusing the galaxy looks through Adams's sardonically silly eyes."—Detroit Free Press

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of I Am the Messenger, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with The Diary of a Young Girl by Anne Frank." —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

How to Survive Your Freshman Year (6th edition) is the perfect send-off gift for college-bound high school graduates. This revamped edition of America's #1 college advice guide includes new advice from hundreds of college students from around the country, alongside the best timeless advice from earlier editions. This ultimate "insider's guide" to college life helps entering freshmen navigate the challenging transition to college life. In addition, the book features expert advice from college advisers and administrators, mental health professionals and others.

Uva's Guide To Cranes, Dollies, and Remote Heads is a comprehensive guide to all the latest equipment-what it is, how to use it and where to find it. This new book is designed to provide the more experienced professional with a streamlined reference to the equipment without the how-to information beginners require. Like the Grip Book 2E, it lists standards and features of all the different types of equipment covered, and with the recent explosion of new equipment introduced into the film industry this reference is invaluable! As a reference guide, Uva's Guide To Cranes, Dollies and remote heads provides must-have information for a larger group of film professionals. Producers, directors, and DPs, and others responsible for securing equipment for a project will consider this an indispensable tool that will become an industry standard.

A guide for data managers and analyzers shares guidelines for identifying patterns, predicting future outcomes, and presenting findings to others; drawing on current research in cognitive science and learning theory while covering such additional topics as assessing data quality, handling ambiguous information, and organizing data within market groups. Original.

This high quality, hardbound notebook features 125 pages with front/back, side/three quarter view fashion figures; 19 pages detailed fashion drawing and design information; more than 400 'flat' drawings of men's garments and accessories; step-by-step 'how to draw' diagrams for all major garments; hairstyles, face, eyes, hands, poses, male v female; how to draw the garments on the figure. --Wrap around band on cover.

Using research in neurobiology, cognitive science and learning theory, this text loads patterns into your brain in a way that lets you put them to work immediately, makes you better at solving software design problems, and improves your ability to speak the language of patterns with others on your team.

Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his

car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of Into the Wild. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interst that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, Into the Wild is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page.

Althea Tomlinson returns to Egypt to clear her archaeologist father's name of a scandal that drove him to his death Twelve-year-old twins Nick and Eryn and their robot stepsiblings, Jackson and Ava, try to save humanity from killer robots.

The instant #1 New York Times bestseller. In time for the twentieth anniversary of 9/11, master storyteller Alan Gratz (Refugee) delivers a pulse-pounding and unforgettable take on history and hope, revenge and fear -- and the stunning links between the past and present. September 11, 2001, New York City: Brandon is visiting his dad at work, on the 107th floor of the World Trade Center. Out of nowhere, an airplane slams into the tower, creating a fiery nightmare of terror and confusion. And Brandon is in the middle of it all. Can he survive -- and escape? September 11, 2019, Afghanistan: Reshmina has grown up in the shadow of war, but she dreams of peace and progress. When a battle erupts in her village, Reshmina stumbles upon a wounded American soldier named Taz. Should she help Taz -- and put herself and her family in mortal danger? Two kids. One devastating day. Nothing will ever be the same.

The story of Pecola Breedlove profiles an eleven-year-old African-American girl growing up in an America that values blue-eyed blondes and the tragedy that results from her longing to be accepted.

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively. The publication of the King James version of the Bible, translated between 1603 and 1611, coincided with an extraordinary flowering of English literature and is universally acknowledged as the greatest influence on English-language literature in history. Now, world-class literary writers introduce the book of the King James Bible in a series of beautifully designed, small-format volumes. The introducers' passionate, provocative, and personal engagements with the spirituality and the language of the text make the Bible come alive as a stunning work of literature and remind us of its overwhelming contemporary relevance.

This up-to-date text demonstrates with clarity and precision, the beginning, middle, and advanced techniques for marker rendering for the fashion industry. Its focus and approach demystify the rendering process in simple, easy to follow step-by-step instructions-with specific examples that encourage practice and student confidence in either media of choice. A fundamental format builds on skill and proficiency, and it contains a gradual, natural progression of style into more complex and detailed techniques.

"A concise, insightful and sophisticated guide to maintaining humane values in an age of new machines."—The New York Times Book Review "While we need to rewrite the rules of the twenty-first-century economy, Kevin's book is a great look at how people can do this on a personal level to always put humanity first."—Andrew Yang You are being automated. After decades of hype and sci-fi fantasies, artificial intelligence is leaping out of research labs and into the center of our lives. Automation doesn't just threaten our jobs. It shapes our entire human experience, with Al and algorithms influencing the TV shows we watch, the music we listen to, the beliefs we hold, and the relationships we form. And while the age-old debate over whether automation will destroy jobs rages on, an even more important question is being ignored: How can we be happy, successful humans in a world that is increasingly built by and for machines? In Futureproof: 9 Rules for Humans in the Age of Automation, New York Times technology columnist Kevin Roose lays out a hopeful, pragmatic vision for how we can thrive in the age of Al and automation. He shares the secrets of people and organizations that have survived previous waves of technological change, and explains what skills are necessary to stay ahead of today's intelligent machines, with lessons like • Be surprising, social, and scarce. • Resist machine drift. • Leave handprints. • Demote your devices. • Treat Al like a chimp army. Roose rejects the conventional wisdom that in order to succeed in the Al age, we have to become more like machines ourselves—hyper-efficient, data-driven workhorses. Instead, he says, we should focus on being more human, and doing the kinds of creative, inspiring, and meaningful things even the most advanced robots can't do.

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The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

Excited to start your women's wear design project and willing to skip tedious figure drawing routine? Here is your solution: a figure sketchbook with all figures professionally designed, preprinted, ready for sketching and intended for women's wear fashion projects. What makes this sketchbook special? Proportions of fashion models in the book are more relevant to high fashion and inspired by runway models look. If you are sketching for a high-fashion women's wear line drawing with this sketchbook will help you to stay in style. What is in the sketchbook? Ten fashion figures All figures are 12 heads tall fashion design proportions for a more streamlined look Single (one per page) figures as well as groups of two and three figures per page arrangements All templates are on one side of the page. Reversed side is blank Light grey color for easy sketching over the figures faces on the templates are slightly darker than figures, so you do not have to draw faces if you do not want to Three-quarter, front, back and side views included Mild movement and still poses How to use this sketchbook? This book a sketchbook. It is not a book "about fashion drawing". It is a book for drawing in it. Draw your sketches directly in the book Draw right over the figures. Use grey figure as an underdrawing Use pencil or marker (if you are sketching using a marker it will be a good idea to place an extra sheet of paper under the page of the book you are coloring to prevent ink from bleeding through the page) Who should use this sketchbook? Women's wear fashion and clothing designers Students working on women's wear fashion projects Anyone who have fashion ideas for women's clothing and need support in its picturing Women's wear fashion design drawing is easier and more enjoyable with the Women's Wear Fashion Illustration Templates

A "sublimely creepy" psychological thriller from #1 New York Times bestselling author Colleen Hoover (Tarryn Fisher, New York Times bestselling author). Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night her family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her.

A Tale of Two Cities (1859) is a historical novel by Charles Dickens, set in London and Paris before and during the French Revolution. The novel tells the story of the French Doctor Manette, his 18-year-long imprisonment in the Bastille in Paris and his release to live in London with his daughter Lucie, whom he had never met. The story is set against the conditions that led up to the French Revolution and the Reign of Terror.

NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation. 'Ulysses' is a novel by Irish writer James Joyce. It was first serialised in parts in the American journal 'The Little Review' from March 1918 to December 1920, and then published in its entirety by Sylvia Beach in February 1922, in Paris. 'Ulysses' has survived bowdlerization, legal action and bitter controversy. Capturing a single day in the life of Dubliner Leopold Bloom, his friends Buck Mulligan and Stephen Dedalus, his wife Molly, and a scintillating cast of supporting characters, Joyce pushes Celtic lyricism and vulgarity to splendid extremes. An undisputed modernist classic, its ceaseless verbal inventiveness and astonishingly wide-ranging allusions confirm its standing as an imperishable monument to the human condition. It takes readers into the inner realms of human consciousness using the interior monologue style that came to be called stream of consciousness. In addition to this psychological characteristic, it gives a realistic portrait of the life of ordinary people living in Dublin, Ireland, on June 16, 1904. The novel was the subject of a famous obscenity trial in 1933, but was found by a U.S. district court in New York to be a work of art. The furor over the novel made Joyce a celebrity. In the long run, the work placed him at the forefront of the modern period of the early 1900s when literary works, primarily in the first two decades, explored interior lives and subjective reality in a new idiom, attempting to probe the human psyche in order to understand the human condition. This richly-allusive novel, revolutionary in its modernistic experimentalism, was hailed as a work of genius by W.B. Yeats, T.S. Eliot and Ernest Hemingway. Scandalously frank, wittily erudite, mercurially eloquent, resourcefully comic and generously humane, 'Ulysses' offers the reader a lifechanging experience. Publisher: General Press

The definitive refutation to the argument of The Bell Curve. When published in 1981, The Mismeasure of Man was immediately hailed as a masterwork, the ringing answer to those who would classify people, rank them according to their supposed genetic gifts and limits. And yet the idea of innate limits—of biology as destiny—dies hard, as witness the attention devoted to The Bell Curve, whose arguments are here so effectively anticipated and thoroughly undermined by Stephen Jay Gould. In this edition Dr. Gould has written a substantial new introduction telling how and why he wrote the book and tracing the subsequent history of the controversy on innateness right through The Bell Curve. Further, he has added five essays on questions of The Bell Curve in particular and on race, racism, and biological determinism in general. These additions strengthen the book's claim to be, as Leo J. Kamin of Princeton University has said, "a major contribution toward deflating pseudo-biological 'explanations' of our present social woes."

From New York Times bestselling author Margaret Peterson Haddix comes the first book in a "crisp, intriguing, and thought-provoking" (Booklist, starred review) new series about twins who are on a quest to discover the secrets being kept by their new family. Nick and Eryn's mom is getting remarried, and the twelve-year-old twins are skeptical when she tells them their lives won't change much. Well, yes, they will have to move. And they will have a new stepfather, stepbrother, and stepsister. But Mom tells them not to worry. They won't ever have to meet their stepsiblings. This news puzzles Nick and Eryn, so the twins set out on a mission to find out who these kids are—and why they're being kept hidden.

This is the first in a series of notebooks from 9 Heads Media designed for fashion students and professionals. It is a high quality hard bound notebook containing 114 pages printed with outlines of women fashion croquis in front and three-quarter views, ideal for creating quick fashion sketches. It also contains 30 pages packed with illustrations by Nancy Riegelman and her team of illustrators, including approximately 400 'flats' of a range of women's garments, details and accessories, along with sequential diagrams of how to draw the main garments in the women's wardrobe. 9 Heads Notebook: Women is an invaluable tool for students and professionals alike and also provides a short cut to beginning to draw fashion an ideal gift for a young person wishing to begin to explore and develop her skills in the field. It is an ideal accompaniment to 9 Heads: A Guide to Drawing Fashion by Nancy Riegelman.

It is published to coincide with "Colors for Modern Fashion" and it is necessary to discuss some of the aspects of the new book to understand the changes in this one. This new edition of "9 Heads" is the re-statement of the author's approach to

the subject of black and white drawings, incorporating the most developed thinking and views, both in terms of what the end product should look like, and how best to achieve it. "9 Heads" also presents a different style of finished drawing, one where figures are usually more fleshed-out and where garment fabrics are more rendered than in the drawings of the previous edition. This edition has been extended in scope as that together with "Colors for Modern Fashion" the two books constitute all the elements of modern fashion drawing from Beginners through to Advanced. In-depth treatment in men's fashion. More serious treatment of children's fashion. Completely revised and expanded chapter on drawing clothing on the figure. New chapter on fabrics shows how to make drawings so the fabrics can be identified from the drawing. New appendix with hundreds of flats of modern garments. Quality of the drawing is far higher than the other books on the market. Ideal for those who have no previous formal training in drawing and who have a need to learn the basics of fashion drawing quickly.

The Pulitzer Prize and Drama Critics Circle Award winning play. A Streetcar Named Desire is the tale of a catastrophic confrontation between fantasy and reality, embodied in the characters of Blanche DuBois and Stanley Kowalski. Fading southern belle Blanche DuBois is adrift in the modern world. When she arrives to stay with her sister Stella in a crowded, boisterous corner of New Orleans, her delusions of grandeur bring her into conflict with Stella's crude, brutish husband Stanley Kowalski. Eventually their violent collision course causes Blanche's fragile sense of identity to crumble, threatening to destroy her sanity and her one chance of happiness.

'9 Heads' is a clear and comprehensive guide to the fundamentals of fashion drawing in black and white. It demonstrates that drawing can be learned by the application of a set of rules and guidelines, together with commitment and practice. The first of its kind, FACE FASHION, 1/e shows how to draw the sleek, youthful, glamorous look of the fashion face. Unlike fine arts books, this text goes beyond traditional drawing techniques and emphasizes the differences between the natural face and the fashion face. Throughout it explains why the fashion face is an integral part of fashion drawing and how to use it to draw attention to the fashion garments. With unique chapters on hair, makeup, and accessories, this book details how to draw the fashion face so it enhances the style, tone, and aesthetics of the garments themselves. The Emily Post Institute, the most trusted brand in etiquette, tackles the latest issues regarding how we interact along with classic etiquette and manners advice in this updated and gorgeously packaged edition. Today's world is in a state of constant change. But one thing remains year after year: the necessity for good etiquette. This 19th edition of Emily Post's Etiquette offers insight and wisdom on a variety of new topics and fresh advice on classic conundrums, including: Social media Living with neighbors Networking and job seeking Office issues Sports and recreation Entertaining at home and celebrations Weddings Invitations Loss, grieving, and condolences Table manners While they offer useful information on the practical—from table settings and introductions to thank-you notes and condolences—the Posts make it clear why good etiquette matters. Etiquette is a sensitive awareness of the feelings of others, they remind us. Ultimately, being considerate, respectful, and honest is what's really important in building positive relationships. "Please" and "thank you" do go a long way, and whether it's a handshake, a hug, or a friend request, it's the underlying sincerity and good intentions behind any action that matter most.

9 Heads' is a clear and comprehensive guide to the fundamentals of fashion drawing in black and white. It demonstrates that drawing can be learned by the application of a set of rules and guidelines, together with commitment and practice. The ultimate companion to unlock what lurks Inside No. 9 Welcome, reader, to the experience of a lifetime: a behind-the-scenes tour of the remarkable Bafta award-winning series. This show-by-show guide reveals the genesis of each episode's idea through to the scripting, casting, design, direction, and production - where you'll have access to the minds and imaginations of creators Reece Shearsmith and Steve Pemberton. Filled with the show's dark humour and behind-the-scenes photographs, production stills, mood boards and concept drawings, you'll find yourself delighted and disturbed in equal measure. Every episode from the first five series will be covered by interviews with key creatives and discussion of the inspiration and creation behind every moment. Are you ready to step through the door marked No. 9? Copyright: 3003efdc340ff99fde681db893bc3086