

Balance Angies Extreme Stress Menders Volume 1

A fabulous selection of twenty removable and framable artworks from Kerby Rosane's bestselling ANIMORPHIA. An amazing coloring challenge featuring the strange and super-detailed images of artist Kerby Rosanes. Fans will be transported back to the beginning, with selections from Kerby's first extreme coloring book challenge, ANIMORPHIA. With this wondrous and intricate selection of animals from the oceans and skies, fans and newcomers alike have the chance to encounter birds, bats, fish, whales, and other creatures, all rendered in Kerby's signature, dazzling style. Kerby works in intricately detailed black and white line to create creatures, characters, patterns, and tiny elements to form massive compositions of mind-boggling complexity.

Mindfulness is the simple and powerful practice of training your attention. It's simple in that it's just about paying attention to what's happening here and now, and powerful because it can keep you from getting lost in thoughts about the future or past, which often generate more stress on top of the real pressures of everyday life. While learning to live in the moment, the joyful mindfulness exercises, meditations, coloring pages, and habit-breakers in this beautifully designed and illustrated book will challenge your powers of observation, investigation, and cultivation while bringing new awareness to your senses, thoughts, and emotions. I Am Here Now inspires readers to explore the world with greater curiosity and find moments of mindfulness in everyday life, while unleashing your creativity along the way.

“Our favorite coloring book company.” – The Skimm The runaway bestseller, as featured in TIME Magazine, the New York Times, USA Today and publications around the world! Features over 35 detailed patterns, lovingly reproduced with industry-leading quality. Heavyweight, artist-grade paper and perforated edges provide an unmatched coloring experience and allows for experimentation with different media.

Relaxing scenery & Mandala Kids Coloring Book Amazing Mix Beautiful & Wonderful & Amazing Relaxing Scenery & Mandalas 100 Pages For Stress Relieving Fun & Relaxing Kids coloring Book Best Gift For Whose lover Relaxing Scenery & Mandala Coloring Book Best Gift For Whose love Mandala & Geometric Coloring Book Best Gift For Friend, Sister, Brother, Son, Daughter, or Any Whose Unicorn & Mandala . author learn, mandala coloring book, author central jade summer author, author central thaneeya mcardle author, coloring book, adult coloring book, high-quality extra-thick perforated paper, author central mantracraft author, fun easy, resists bleed, author central stefania miro author, author central papeterie bleu author, adults mandalas stress relieving mandala designs, adults relaxation, author central jason hamilton author, cindy elsharouni author, kids big mandalas, relaxation book, activities page find, author central joy tree games, activities author, amazing patterns, relaxing coloring pages, adult relaxation coloring pages, author central

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viktoriya yakubouskaya author, dreams art, ultimate coloring book, balance angie's extreme stress menders, author central angie grace author, intricate mandalas, detailed mandalas, stress relief, mandala coloring book color, relax create, stress relieving beautiful mandala designs, author central emilie summer author, creative haven magical mandalas coloring book, alberta hutchinson author creative haven author, good vibes coloring book coloring, author central marty noble author, adults adult coloring book mandalas, patterns stress relieving designs, relaxation fun, calm sarah jane carter coloring books, author central sarah jane carter author, mindful mandalas, kaleidoscope wonders color art, author, coloring, book, teresa, goodridge, books, cafe, creative, haven, country, adult, summer, featuring, beautiful, dot, barlowe, debbie, macomber, scenes, evlyn, liza, peter, copeland, favoreads, jade, wine, island, life, cabin, color, dover, illustrator, spring, forest, find, exotic, calm, peaceful, relaxing, vacation, america, paint, art, national, parks, nature, world, home, visit, inspiring, books read, search results, author learn, author central teresa goodridge author, author central coloring book cafe author, adult coloring book, island life coloring book, tropical bird, flower designs, adult coloring book | calm, peaceful scenery relaxing coloring books, adults featuring fun, easy coloring pages, beautiful landscape lovely house beautiful garden, author central evlyn liza author, dot barlowe author, cabin life coloring book, beautiful wildlife designs, color dover art coloring book, author central dot barlowe author, copeland illustrator › visit amazon's peter, copeland page find, author central peter, copeland illustrator, debbie macomber, author central debbie macomber author, country spring inspiring coloring book, hand-drawn illustrations featuring, country inspirational coloring book, author central favoreads author, magical forest, enchanted forest animals cute fantasy scenes, beautiful flower designs, author central jade summer author, true colors creative haven coloring books, wine country coloring book, charming illustrations, wine lovers, books read, search results, author learn, coloring books, coloring book, amazing patterns, adult coloring book, fun easy, relaxing coloring pages, author central jade summer author, good vibes coloring book coloring, high-quality extra-thick perforated paper, resists bleed, author central thaneeya mcardle author, author central mantracraft author, garden designs, dr angela porter author, adult coloring book stress relieving patterns, girls cute animals relaxing colouring book, author central art therapy coloring author, karen chen author, cindy elsharouni author, author central thomas kinkade author, f*ck zen, f*ck journals, author central monica sweeney author, creative haven dream doodles, ahrens author › visit amazon's kathleen, ahrens

Pattern artist Angie Grace brings you 50 more fabulous original coloring designs suitable for adults and older children. In this volume you'll find a whimsical collection of doodletastic geometric patterns that twist, turn, wiggle and weave - featuring mesmerizing motifs and spectacularly spiffy swirly symmetry! Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy!)

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A perfect blend of snazzy style and creative pattern, Angie Grace brings you 50 original coloring designs suitable for adults and older children. In this volume you'll find fabulous filigrees, twisty twirly symmetry and whimsical floral inspired pinwheels and swirls. Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy!)

Relaxing scenery & Mandala Adults Coloring Book Amazing Mix Beautiful & Wonderful & Amazing Relaxing Scenery & Mandalas 100 Pages For Stress Relieving Fun & Relaxing Adult coloring Book Best Gift For Whose lover Relaxing Scenery & Mandala Coloring Book Best Gift For Whose love Mandala & Geometric Coloring Book Best Gift For Friend, Sister, Brother, Son, Daughter, or Any Whose Unicorn & Mandala . author learn, mandala coloring book, author central jade summer author, author central thaneeya mcardle author, coloring book, adult coloring book, high-quality extra-thick perforated paper, author central mantracraft author, fun easy, resists bleed, author central stefania miro author, author central papeterie bleu author, adults mandalas stress relieving mandala designs, adults relaxation, author central jason hamilton author, cindy elsharouni author, kids big mandalas, relaxation book, activities page find, author central joy tree games, activities author, amazing patterns, relaxing coloring pages, adult relaxation coloring pages, author central viktoriya yakubouskaya author, dreams art, ultimate coloring book, balance angie's extreme stress menders, author central angie grace author, intricate mandalas, detailed mandalas, stress relief, mandala coloring book color, relax create, stress relieving beautiful mandala designs, author central emilie summer author, creative haven magical mandalas coloring book, alberta hutchinson author creative haven author, good vibes coloring book coloring, author central marty noble author, adults adult coloring book mandalas, patterns stress relieving designs, relaxation fun, calm sarah jane carter coloring books, author central sarah jane carter author, mindful mandalas, kaleidoscope wonders color art, author, coloring, book, teresa, goodridge, books, cafe, creative, haven, country, adult, summer, featuring, beautiful, dot, barlowe, debbie, macomber, scenes, evlyn, liza, peter, copeland, favoreads, jade, wine, island, life, cabin, color, dover, illustrator, spring, forest, find, exotic, calm, peaceful, relaxing, vacation, america, paint, art, national, parks, nature, world, home, visit, inspiring, books read, search results, author learn, author central teresa goodridge author, author central coloring book cafe author, adult coloring book, island life coloring book, tropical bird, flower designs, adult coloring book | calm, peaceful scenery relaxing coloring books, adults featuring fun, easy coloring pages, beautiful landscape lovely house beautiful garden, author central evlyn liza author, dot barlowe author, cabin life coloring book, beautiful wildlife designs, color dover art coloring book, author central dot barlowe author, copeland illustrator › visit amazon's peter, copeland page find, author central peter, copeland illustrator, debbie macomber, author central debbie macomber author, country spring inspiring coloring book, hand-drawn illustrations featuring, country inspirational coloring book,

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Portable art therapy for the over-worked and over-stimulated adult, *Color Me Stress-Free* offers 100 coloring templates for grown-ups looking to reduce stress and tension in a demanding digital age.

The difficulties in determining the quality of information on the Internet--in particular, the implications of wide access and questionable credibility for youth and learning.

The life-changing international bestseller reveals a set of simple yet powerful mindfulness practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. Mindfulness promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. Based on Mindfulness-Based Cognitive Therapy (MBCT), the book revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence—in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the Universities of Cambridge and Toronto. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio meditations to help guide you through the process. You'll be surprised by how quickly these techniques will have you enjoying life again.

By popular request, pattern artist Angie Grace brings you this special edition roomier and gentler companion volume to her popular book *Balance* (Angie's Extreme Stress Menders Volume 1). This book features a close-up look at the central circular design motif and is drawn with high visibility lines and larger coloring spaces - perfect for use with crayons and wide tipped markers by colorists of all ages and experience levels. Angie's Gentle Mood Menders series lets you enjoy your favorite Extreme Stress Mender designs when the demands in your life make it difficult to fit in long coloring sessions or to color tiny spaces. Relaxingly roomy, these designs are also ideal for coloring artists who like to personalize their coloring art even further using shading or tangle-style ink pattern techniques.

Go on a Color Quest unlike any other! Unearth hidden gems in this color-by-number book, including a mighty lion camouflaged beneath dots, a peacock prancing amidst hexagons, or a turtle masked by squares. Perforated pages let you pull them out for decorating, framing, or gift

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giving.

Thirty illustrations feature dynamic combinations of interlocking floral designs, rendered in the distinctive style of Islamic art. Colorists and crafters alike will be inspired by the hypnotic appeal of these original motifs.

CULTURAL AGILITY Succeeding in today's global economy requires organizations to acquire, develop, and retain professionals who can operate effectively around the world, irrespective of country or culture. More than ever before, organizations need a pipeline of professionals who possess cultural agility—the ability to quickly, comfortably, and successfully work in cross-cultural and international environments. Filled with illustrative examples from a wide range of organizations, including the Peace Corps, the U.S. military, and many Fortune 500 companies, *Cultural Agility* offers business leaders and human resource professionals a step-by-step guide for creating and implementing highly effective, cutting-edge talent management practices to increase cross-cultural competence throughout their organizations. Validated through several years of her research and practice, Paula Caligiuri outlines the “Cultural Agility Competency Framework.” This framework sets the foundation for the strategic talent management practices organizations need to effectively build a pipeline of culturally agile professionals, such as how to attract, recruit, and select professionals with cultural agility or those with the greatest propensity to readily develop cultural agility. *Cultural Agility* also provides guidance for creating organizational cultures and HR systems to support the development of a workforce that is culturally agile. For example, international assignments are commonly enlisted as a means of developing global leaders, but these have proven to be only partially effective for building cultural agility. Caligiuri offers training and development practices that organizations can use in a learning system to continually build professionals' cross-cultural competencies, including specific recommendations for designing truly developmental international assignments. This book is a must-have resource for human resource professionals and all business leaders who know that the key to their organizations' success in today's complex global economy is their culturally agile human talent.

Mix Mandala & Flower | Coloring Book For Adults Flower & Mandala Coloring Book Design Original 50 Beginner-Friendly & Relaxing Mandala Floral, Rose, Art Activities on High-Quality Extra-Thick Perforated Paper that Resists Bleed Through (Coloring Is Fun). Best Gift For Your Friend, Mother, Brother, Daughter, Son, Grand Mother, Grand Father Or For You.author, coloring, book, jade, summer, books, adult, visit, stefania, miro, happy, mantracraft, adults, mandala, flowers, mandalas, amazon's, page, find, colorit, creative, haven, tip, top, animals, thaneeya, mcardle, johanna, basford, jason, hamilton, stress, relieving, designs, sasha, o'hara, charla, bond, relaxation, design, originals, fun, easy, irreverent, flower, beginner-friendly, world, floral, adventure, bouquets, books read, search results, author learn, author central jade summer author, coloring book, adult coloring book, fun easy, author central mantracraft author, mandala coloring book, coloring books, garden designs, high-quality extra-thick perforated paper, resists bleed, author central thaneeya mcardle author, floral adventure, author central johanna basford author, author central happy coloring author, author central jason hamilton author, amazing patterns, relaxing coloring pages, author central stefania miro author, thick artist quality paper hardback covers, spiral binding, kids coloring book, relaxing mandalas, boys girls, ultimate coloring book treasury relax recharge, design originals pages, beautiful one-side-only designs, extra-thick perforated paper, spiral lay-flat binding, valentina harper author thaneeya mcardle author, dr angela porter author, author central sasha o'hara author, cindy elsharouni author, fucking awesome, motivating swear word coloring book, author central charla bond author, creative haven magical mandalas coloring book, alberta hutchinson author creative haven author, lions elephants owls horses dogs cats, adults mandalas stress relieving mandala designs, adults relaxation, author, coloring, book, mandalas, adult, jade, summer, happy, mandala, visit, mantracraft, adults, stress, stefania, miro, books, amazon's, colorit, beautiful, page, find, jess, volinski, sarah, jane, carter, relieving, designs,

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Balance (Angie's Extreme Stress Menders Volume 1)Createspace Independent Pub

Colorists around the world treasure the calm and relaxation they've found while coloring Balance, Angie Grace's first title in her Extreme Stress Mender series. Centered brings you 50 brand new whimsically intricate and exquisite circular Angie designs to explore. Stroke by stroke, shade by shade, tension and worries fade away as you transform Angie's beautiful black and white lines into your own unique, personal and beautiful keepsake art piece. This book has been drawn for connoisseur colorists and is suitable for adults and older children coloring with fine tipped markers, colored pencils or brush tipped markers. 50 delightfully detailed original designs are printed on one side of the page.

A perfect blend of detail, pattern and whimsy, Angie Grace brings you 50 original coloring designs suitable for adults and older children. In this volume you'll find repeating motifs, kaleidoscope inspired symmetry and delightfully doodled doily curves and swirls. Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy!)

Mandala & Geometric Kids Coloring Book Amazing Mix Mandala & Geometric 60 Pages For Stress Relieving Fun & Relaxing Kids coloring Book Best Gift For Whose love Mandala & Geometric Coloring Book Best Gift For Friend, Mother, Father, Sister, Brother, Grand Mother, Grand Father, Son , Daughter, Boy fiend, Girlfriend or Any Whose Love Mandala & Geometric.author, coloring, book, mandalas, mandala, summer, happy, adult, visit, mantracraft, jade, thaneeya, mcardle, stefania, miro, books, adults, stress, amazon's, page, find, jess, volinski, sarah, jane, carter, relieving, designs, jason, hamilton, viktoriya, yakubouskaya, joy, tree, games, activities, angie, grace, creative, haven, emilie, kameliya, angelkova, beautiful, relaxation, pages, meditation, fun, easy, flowers, books read, search results, author learn, coloring book, author central mantracraft author, mandala coloring book, adult coloring book, author central jade summer author, high-quality extra-thick perforated paper, author central thaneeya mcardle

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Coloring time is calming time! Best selling coloring book artist Angie Grace invites you to relax and explore the intricate and exquisite world of stress mending circular whimsical art. Stroke by stroke, shade by shade, tension and worries fade away as you transform Angie's beautiful black and white lines into your own unique, personal and beautiful keepsake art piece. This book has been drawn for connoisseur colorists and is suitable for adults and older children coloring with fine tipped markers, colored pencils or brush tipped markers. 50 delightfully detailed original designs printed on one side of the page.

This book contains original designs created to help you relax and enjoy your creativity. The detailed images are hand drawn featuring a collage that is globally inspired by folk art, architecture and iconic symbols like mandalas. The inspiration was creatively collected by author Mary Tanana as she traveled the world working professionally with a variety of countries and cultures The

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Mandala symbol represents wholeness, a cosmic diagram reminding us of our relation to infinity, extending beyond and within our bodies and minds. The mandala appears to us in all aspects of life, the Earth, the Sun, the Moon and more obviously the circles of life encompassing friends, family and communities. This coloring book for adults offers a diverse palate where you can express your emotions, feelings and moods with color. Bring each design to life with tonal color, multi-color and colors that are meaningful to your heritage. Most of all, just have fun enjoying the stress free expression of coloring. Connect with Mary on Instagram and Twitter using the hashtag #colorlikecrazy to share your colored pages or for inspiration to get started. All 60 designs are on the front of the pages, so there is not problem if your markers bleed through the paper to the other side.

Books in the Color Magic series meld the youthful spontaneity of coloring with the sophisticated composition of mandalas and garden patterns for a relaxing artistic experience that anyone can enjoy. Coloring encourages the imaginative hobbyist to take a break from the daily routine to create something simple yet exquisite. And the beautiful images in these books, when complete, are ideal for decorating, framing, and gift-giving. In Mandala Magic, the soothing patterns of mandalas will inspire creativity.

Best selling whimsy artist Angie Grace (Angie's Patterns, Angie For Crayons & Wide Tipped Markers and Angie's Coloring Journals) gets even more extreme in her latest wonderfully unique and exquisitely elegant coloring book series. Lose yourself in the perfect fusion of devious details, fanciful form and breathtakingly beautiful balance. This book has been drawn for connoisseur colorists and is suitable for adults and older children coloring with fine tipped markers, colored pencils or brush tipped markers. 50 intricate original designs printed on one side of the page.

Pattern artist Angie Grace brings you 50 gloriously graceful garden inspired coloring design patterns suitable for adults and older children. In this volume you'll find fabulous frilly flowers and playfully perplexing posies, all presented in Angie's unique and whimsical pattern art style. Artwork is printed on one side of the page only and has been drawn with marker artists and colored pencil fans in mind. (Crayon artists, keep your sharpener handy – or visit Angie's author page to find her special edition Flowers companion books that contain drawings sized perfectly for crayons and wide tipped markers.)

Breathe deeply and drift gently into the calming world of Angie's Extreme Stress Menders. Colorists around the world treasure the peaceful sense of wellbeing they've discovered while coloring Angie Grace's bestsellers Balance and Centered. Breathe brings you 50 brand new whimsically intricate and exquisite circular Angie designs to explore and enjoy. Stroke by stroke, shade by shade, tension and worries fade away as you transform Angie's beautiful black and white lines into your own unique, personal and beautiful keepsake art piece. This book has been drawn for connoisseur colorists and is suitable for adults and older children coloring with fine tipped markers, colored pencils or brush tipped markers. 50 delightfully detailed original designs are printed on one side of the page.

Unicorn & Mandala Kids Coloring Book Amazing Mix Cute & Beautiful & Wonderful & Amazing Unicorns & Mandalas 50 Pages For Stress Relieving Fun & Relaxing Kids coloring Book Best Gift For Whose lover Unicorn & Mandala Coloring Book Unicorn & Mandala Best Gift For Whose love Mandala & Geometric Coloring Book Best Gift For Friend, Sister, Brother, Son, Daughter, or Any Whose Unicorn & Mandala .author, coloring, unicorn, book, books, unicorns, girls, kids, jade, summer, activity, ages, 4-8, silly, bear, beautiful, slayer, hoots, visit, amazon's, dylanna, press, magical, hopscotch, jess, volinski, broderick, johnson, creative, make, ideas, dot, search, fantasy, majestic,

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Samman Technical Coaching is an approach to Agile training that focuses on technical questions concerning how code is written. It is a highly effective way of increasing agility in your software development organization. The first part of the Samman method involves the coach working in an ensemble with development teams, programming in their production codebase. This hands-on mentoring is accompanied by daily "learning hour" sessions for mastering particular techniques. In this book you will discover how to put Samman into practice, improve your coding procedures and how you collaborate. It is a practical guide for aspiring and experienced coaches looking for fresh ideas and new ways of teaching Agile. It is both challenging and fun for developers and coaches alike.

Mandala & Geometric Adults Coloring Book Amazing Mix Mandala & Geometric 60 Pages For Stress Relieving Fun & Relaxing Adults coloring Book Best Gift For Whose love Mandala & Geometric Coloring Book Best Gift For Friend, Mother, Father, Sister, Brother, Grand Mother, Grand Father, Son , Daughter, Boy fiend, Girlfriend or Any Whose Love Mandala & Geometric.author, coloring, book, mandalas, mandala, summer, happy, adult, visit, mantracraft, jade, thaneeya, mcardle, stefania, miro, books, adults, stress, amazon's, page, find, jess, volinski, sarah, jane, carter, relieving, designs, jason, hamilton, viktoriya, yakubouskaya, joy, tree, games, activities, angie, grace, creative,

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Our lives become busier with each passing day, and as technology escalates, so does our access to work, obligations, and stress. Constant stimulation and expectation have left us burnt out and distanced from the present moment. "Now" has become something that happens online, not in the space and time that we physically occupy. Color Me Calm is a guided coloring book designed for harried adults. Art therapist Lacy Mucklow and artist Angela Porter offer up 100 coloring templates all designed to help you get coloring and get relaxed. Organized into seven therapeutically-themed chapters including Mandalas, Water Scenes, Wooded Scenes, Geometric Patterns, Flora & Fauna, Natural Patterns, and Spirituality - the book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into satisfying, creative accomplishment. Part of the international bestselling Color Me series, Color Me Calm is the perfect way step back from the stress of everyday life, color, and relax! Don't forget to try Color Me Happy and Color Me Stress-Free!

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With each development in technology, our lives become more complicated. We move through our days in a blur of emails, text messages, and social networking. This non-stop stimulation has left us stressed-out and distanced from the joys of the present moment. Art therapist Lacy Mucklow and artist Angela Porter offer a simple and satisfying solution to this disconnect from reality. Featuring over 100 joyful coloring templates, Color Me Happy is a guided coloring book designed for busy adults. Organized into therapeutically-themed chapters, this book examines the benefits of putting pencil to paper and offers adults an opportunity to channel their anxiety into joyful creative accomplishment. Part of the international bestselling Color Me series, Color Me Happy is the perfect way to step back from the chaos of everyday life, color, and feel happy! Don't forget to try Color Me Calm and Color Me Stress-Free!

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More than 30 fanciful full-page illustrations depict the wisest of birds in lush, tapestry-like settings. Covered with flowers, paisleys, and other fun-to-color patterns, these adorable owls are posed against vivid backgrounds brimming with intricate designs. Pages are perforated and printed on one side only for easy removal and display. Specially designed for experienced colorists, Owls and other Creative Haven® adult coloring books offer an escape to a world of inspiration and artistic fulfillment. Each title is also an effective and fun-filled way to relax and reduce stress.

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