

Bigger Leaner Stronger Michael Matthews Book Books

Michael Matthews

Bigger Leaner Stronger Michael Matthews,2017-07-29 Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body By Michael Matthews

Thinner Leaner Stronger Michael Matthews,2015-01-26 If you want to get muscular, lean, and strong as quickly as possible without steroids, good genetics, extreme dieting, or wasting ridiculous amounts of time in the gym . . . regardless of your age . . . you want to read this book.

The Year One Challenge for Men Michael Matthews,2016-07-19

Muscle for Life Michael Matthews,2024-12-03 Mike offers a realistic starting point and doable goals no matter where you are in your fitness journey. The principles in Muscle for Life are tried and true. Featuring in-depth guidelines for workouts at every skill level, plus [a] ... meal planning guide, Matthews offers encouragement no matter what your challenges are and answers any questions you may have. Whether you want to lower your cholesterol levels, reduce your risk of heart disease, eliminate aches and pains, or simply burn fat and build muscle, Mike's advice at the beginner, intermediate, and advanced levels offers actionable takeaways for everyone and every body type--

Bigger Leaner Stronger Michael Matthews,2014-12-11 Temp

The Beyond Bigger Leaner Stronger Challenge Michael Matthews,2015-01-16 ARE YOU READY TO SHATTER PLATEAUS AND SET NEW PRS?The Beyond Bigger Leaner Stronger Challenge is a workout journal companion to the bestselling book Beyond Bigger Leaner Stronger. The Beyond Bigger Leaner Stronger program is meant for intermediate and advanced weightlifters that are looking to take their training and physiques to the next level.This book contains a full year's worth of Beyond Bigger Leaner Stronger workouts, properly laid out so you can record and track your progress, as well as some of the author's favorite motivational quotes and recipes from his bestselling cookbooks, The Shredded Chef and Eat Green Get Lean.If you want to build extraordinary strength and muscle, while also staying lean, get started on the Beyond Bigger Leaner Stronger program today.

Networking for Nerds Alaina G. Levine,2015-05-13 Networking for Nerds provides a step-by-step guide to understanding how to access hidden professional opportunities through networking. With an emphasis on practical advice on how and why to network, you will learn how to formulate and execute a strategic networking plan that is dynamic, multidimensional, and

leverages social media platforms and other networking channels. An invaluable resource for both established and early-career scientists and engineers (as well as networking neophytes!), *Networking for Nerds* offers concrete insight on crafting professional networks that are mutually beneficial and support the advancement of both your career goals and your scholarly ambitions. “Networking” does not mean going to one reception or speaking with a few people at one conference, and never contacting them again. Rather, “networking” involves a spectrum of activities that engages both parties, ensures everyone’s value is appropriately communicated, and allows for the exploration of a win-win collaboration of some kind. Written by award-winning entrepreneur and strategic career planning expert Alaina G. Levine, *Networking for Nerds* is an essential resource for anyone working in scientific and engineering fields looking to enhance their professional planning for a truly fulfilling, exciting, and stimulating career. *Networking for Nerds* provides a step-by-step guide to understanding how to access hidden professional opportunities through networking. With an emphasis on practical advice on how and why to network, you will learn how to formulate and execute a strategic networking plan that is dynamic, multidimensional, and leverages social media platforms and other networking channels. An invaluable resource for both established and early-career scientists and engineers (as well as networking neophytes!), *Networking for Nerds* offers concrete insight on crafting professional networks that are mutually beneficial and support the advancement of both your career goals and your scholarly ambitions. “Networking” does not mean going to one reception or speaking with a few people at one conference, and never contacting them again. Rather, “networking” involves a spectrum of activities that engages both parties, ensures everyone’s value is appropriately communicated, and allows for the exploration of a win-win collaboration of some kind. Written by award-winning entrepreneur and strategic career planning expert Alaina G. Levine, *Networking for Nerds* is an essential resource for anyone working in scientific and engineering fields looking to enhance their professional planning for a truly fulfilling, exciting, and stimulating career.

Your Ultimate Body Transformation Plan: Get into the best shape of your life - in just 12 weeks Nick Mitchell, 2015-12-31 The 12-week plan for men to get into the best shape of their life. Burn fat, build muscle and get that ideal body.

Deskbound Kelly Starrett, Glen Cordoza, 2016-04-26 Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting literally shortens your life. Your chair is your enemy, and it is murdering your body. In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the *New York Times* and *Wall*

Street Journal bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life. You will learn how to:

- Easily identify and fix toxic body positions
- Eradicate back, neck, and shoulder pain
- Mitigate carpal tunnel syndrome forever
- Organize and stabilize your spine and trunk
- Walk, hinge, squat, and carry with peak skill
- Perform daily body maintenance work using fourteen mobility templates for resolving pain and increasing range of motion

Whether your goal is to maximize your performance in or out of the workplace, lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

Science of Strength Training Austin Current, 2021-05-04 Is it time to lose weight, gain muscle, and speed up your metabolism? Discover the hard science needed to perfect each exercise and build your strongest body – at home or in the gym. Packed with research that supports the notion that bodyweight exercises help you reach your weight and fitness goals, this simple to follow guide also gives you valuable insight into how nutrition and exercise can improve your health. Inside the pages of this strength training book, you'll discover:

- The physiology and benefits of strength training
- Workout plans for beginners, enthusiasts, and personal trainers
- The hard dietary science that debunks common myths and important information to properly fuel your body
- Depictions of 33 exercises: how to do them, common mistakes, and the benefits of each

Work towards your strength goals In this book, Author Austin Current takes readers through the science of strength training, weight loss, nutrition, and overall health. The book looks at why many people fear strength training, why they shouldn't, and how they can incorporate it into their daily lives. Filled with CGI artwork and science-backed information, this exercise book will help you transform your body and improve your well-being. Not only that, but this title also includes full workout plans and over 100 individual exercises. You'll learn how your muscles engage at each stage, how to do movements properly and without injury, and it shows you different variations for home and gym. This book is also packed with nutritional information and includes dietary advice for vegans and vegetarians. Discover more in the series DK's Science of series dives into the science of various types of exercises such as weight training, running, and yoga. Each book discusses the benefits of the specific type of workout and how you can transform your outlook about health and fitness.

How The Book Works The first section — human physiology — introduces you to the wonder that is skeletal muscle and the mechanisms that underpin strength training's demands on the body. It will help you understand how muscles work and grow, and how the resistance work stimulates muscles to develop strength and size, alongside its positive impacts on bones and connective tissue. It also explains how the body powers muscular work and shows you how to calculate your own daily macronutrient requirements. Lastly, you're given an overview of the benefits to the brain, and the crucial role it plays in attitude and mental health. The second section — strength exercises — is devoted to a comprehensive collection of strength training exercises to perform,

along with many variations offered to compliment your available training equipment, personal preferences, and level of challenge — at home or in the gym. Each exercise displays the muscles being used throughout the movement with detailed instruction on how to achieve proper form and technique; common mistakes are covered, too. The third section — preventing injury — explores common injuries related to resistance training, with explanations on how to avoid them and how to return to training if you do suffer an injury. A consistent and structured routine, including a proper warm-up, prepares the body for work, and the various mobility exercises and stretches given will help you tune in to how your body is responding to the training. The final section — how to train — outlines everything you need to know about the variables of effective strength training, such as training volume and fatigue management. Whether you want to build muscle, strength, or endurance, you'll find an easy-to-follow program to suit, as well as alternatives for those wanting to workout more often. Then programs form the base of your training and can be adjusted in the months and years to come.

Fit Is the New Skinny Michael Matthews, 2012-09-12 If you want a no-BS “crash course” in building lean muscle, losing fat, and getting healthy...eating foods you love...and doing workouts you actually enjoy...then you want to read this book. I have good news for you: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to starve yourself with super low-calorie diets to lose weight and keep it off. In fact, this is how you ruin your metabolism and ensure that any weight lost will come back with a vengeance. You don't need to spend hundreds of dollars per month on worthless supplements or fat loss pills. You don't need to constantly change up your exercise routines to “confuse” your muscles. I'm pretty sure that muscles lack cognitive abilities, so this approach is a good way to just confuse you instead. You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get lean and toned. (How many flabby treadmillers have you come across over the years?) You don't need to obsess over eating clean to get ripped, and you don't need to completely abstain from cheat foods while getting down to single-digit body fat percentages. Those are just a few of the harmful lies and myths that keep women from ever achieving the toned, lean, strong, and healthy bodies they truly desire. The bottom line is you CAN achieve that “Hollywood babe” body without having your life revolve around it. In this book you'll learn things like... How “flexible dieting” works and how you can use it to finally free yourself from the dietary prisons many people confine themselves to. A simple solution to “metabolic damage” that easily and painlessly speeds your metabolism back up to where it should be. The “deadly” training mistakes most people make once their “newbie gains” are spent and how to avoid this pitfall. The most effective exercises for building and strengthening every major muscle group in your body. A “paint by numbers” workout program that will force your body to build muscle and get and stronger. What type of cardio you should do to maximize fat loss, how much is enough, and how much is too much. A no-BS guide to supplements that will show you what works, what doesn't, and what's just outright fraudulent. And a whole lot more! Imagine...just a few weeks from now...finally seeing progress in the mirror and in the gym... Imagine enjoying the

added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day... The bottom line is getting toned, lean, and strong isn't nearly as complicated as the fitness industry wants you to believe. This book makes it simple. Scroll up, download this free eBook now, and begin your journey to a fitter, stronger, and healthier you!

Your Best Body at 40+ Jeff Csatari, Editors of Men's Health Magazi, 2010-03-02 Discover the secrets to the fittest, healthiest, wealthiest years of your life! The decade of your 40s is the crucial decade--the greatest opportunity you'll ever have to shed pounds, build new muscle, and discover a leaner, fitter, happier you. Revolutionary new science shows that you can build and maintain your best body ever--and outlive, outwit, and outlast men half your age--if you tap into the special powers of you in your prime. That's why we've created **Your Best Body at 40+**, your step-by-step guide to meaningful and lasting changes that will sculpt your body and prepare you for the prime of your life. Looking and feeling 10 years younger is within your grasp! Here's what you can expect to gain in as little as 4 weeks: • You will build muscle and lose up to 15 pounds of flab. • We'll tell you why it's easier now than ever! • You will strip away stress and reduce your risk for age-related health problems. • High cholesterol, diabetes, high blood pressure--they're preventable, even reversible, say our experts! • You will look trimmer in your face and waist within 12 days! • Just get to know the 10 foods you should eat every day. • You will feel energetic and athletic, and you'll look better than you did in your 30s. • All it will cost you is 20 to 30 minutes a day! • You will have the best sex of your life, and more of it! • Discover the secret sexual powers of the 40+ male body and how to unleash yours! • You will be happier, achieve greater success, and sleep more restfully than you ever imagined! • Employ the mind-centering breathing trick before every important moment. Packed with tons of useful advice; no-gym, no-crunches workouts; tasty recipes with fat-fighting superfoods; plus a troubleshooter's reference guide to body maintenance and repair, **Your Best Body at 40+** is the ultimate handbook for reinventing your life.

The Year of No Nonsense Meredith Atwood, 2019-12-17 In the vein of *Girl, Wash Your Face* and *How to Stop Feeling Like Sh*t*, a practical guide to acknowledging and getting rid of the nonsense and bs in your life Exhausted and overworked lawyer, triathlete, wife, and mom Meredith Atwood decided one morning that she'd had it. She didn't take her kids to school. She didn't go to work. She didn't go to the gym. When she pulled herself out of bed hours later than she should have, she found a note from her husband next to two empty bottles of wine and a stack of unpaid bills: You need to get your sh*t together. And that's what Meredith began to do, starting with identifying the nonsense in her life that was holding her back: saying yes too much, keeping frenemies around, and more. In *The Year of No Nonsense*, Atwood shares what she learned, tackling struggles with work, family, and body image, and also willpower and time management. Ultimately, she's the tough-as-nails coach /slash/ best friend who shares a practical plan for identifying and getting rid of your own nonsense in order to move forward and live an authentic, healthy life. From recognizing lies you believe about yourself and your abilities, to

making a nonsense list and developing a no nonsense blueprint, this book walks you through reclaiming yourself with grit and determination, step by step. With targeted, practical chapters to help you stop feeling stuck and get on with your life, The Year of No Nonsense is equal parts girlfriend and been-there-done-that. The best part? Like any friend, she helps you get to the other side.

Metroflex Powerbuilding Basics Josh M. Bryant, Brian Dobson, 2014-02-06 Tired of busting your butt in the gym without seeing the benefits of your hours of toil? For less than half the price of a personal training session at a corporate box gym, you can unlock the secrets of the two most successful Metroflex Gym trainers. Josh Bryant and Brian Dobson have put their heads together to bring you their closely guarded training secrets in an easy to understand format. Metroflex Gym, in the heart of Arlington, Texas, is the breeding ground to scores of bodybuilding and strength champions including Ronnie Coleman and Branch Warren. Both of whom have trained under the tutelage of Josh or Brian. Not only does this book contain over 50 different routines and 170 exercises that Josh and Brian have used to build champions, but it also gives you the tools necessary to build and execute your own program. You will learn how to incorporate strongman training, interval fat-loss conditioning, and assistance exercises into your workouts. Whether you are a novice bodybuilder, elite powerlifter, or just want to gain some muscle, this 300+ page book will benefit your training. You will see how old school training methodologies can be combined with cutting edge techniques to create a bigger, more powerful you.

The Shredded Chef Michael Matthews, 2016-09-30 If you want to build a body you can be proud of without starving or depriving yourself of all the foods you actually like...then you want to read this book.

Fitness Science Explained Michael Matthews, 2020-07-22

Peak 40 Dr. Marc Bubbs, 2021-05-20 Work smarter, not harder. The first guide to truly holistic health and fitness for those in their 40s From Tom Brady to Serena Williams, Tiger Woods and Roger Federer athletes are increasingly peaking later in their careers. Let Dr Marc Bubbs be your personal trainer in this accessible guide— aimed exclusively at those in their 40s. Create a customized program that works for YOU—from diet, to sleep, type of training and mindset, this book has all the tools you need. Peak 40 is for anyone wanting to rediscover the best version of themselves coming into their 40s. Author Dr Marc Bubbs is a performance nutritionist with a portfolio of professional and Olympic athletes - but he is also the dad of three girls, all under 7! Dr. Bubbs is here with you, in the eye of the mid-life storm, and he has created the ultimate book to help you through it. For fans of Joe Wicks and Michael Mosley, Dr. Bubbs offers simple, evidence-based and time-efficient strategies to help you reignite your energy and passion. His realistic, grown-up and non-judgemental approach is to explain the effect some food groups and lack of exercise and sleep have on our body. The information presented is easy to digest and he offers advice that can be tailored to your body and personality type. In his expert opinion, small changes such as ‘not eating after 8pm for five out of seven days’ can have a big impact on weight loss and positive mood. Rather than

eliminating certain food groups like fats and carbohydrates, he looks at ‘turning the dial’ on them depending on individual needs. If life has become too sedentary, he provides ways to increase suppleness so that you can start to reintroduce movement into your life without causing pain. Guiding us through the myriad of confusion lifestyle messages, Dr. Bubbs teaches us: How to increase flexibility How to train with achy joints, knees, back, shoulders... Whether a plant-based diet is right How to maintain bone health Whether to lift weights Who should do HIIT (and who shouldn’t) The importance of glucose control in your diet Advice on dealing with anxiety and low mood How to set realistic expectations [Bubbs] dives into the nutrition and science—where it’s been and where it’s heading.—Zack Bitter, world record-holding ultra marathoner, as heard on The Joe Rogan Experience Dr. Bubbs's advice on nutrition, health, and recovery for peak performance has been a game changer!—Kevin Pangos, point guard, Barcelona FC Basketball

A Guide to Flexible Dieting Sonia Wings,2021 See if this sounds familiar: you’ve just started a new diet, certain that it’s going to be different this time around and that it’s going to work. You’re cranking along, adjust to the new eating (and exercise) patterns and everything is going just fine. For a while.Then the problem hits. Maybe it’s something small, a slight deviation or dalliance. There’s a bag of cookies and you have one or you’re at the mini mart and just can’t resist a little something that’s not on your diet. Or maybe it’s something a little bit bigger, a party or special event comes up and you know you won’t be able to stick with your diet. Or, at the very extreme, maybe a vacation comes up, a few days out of town or even something longer, a week or two. What do you do?Now, if you’re in the majority, here’s what happens: You eat the cookie and figure that you’ve blown your diet and might as well eat the entire bag. Clearly you were weak willed and pathetic for having that cookie, the guilt sets in and you might as well just start eating and eating and eating.Or since the special event is going to blow your diet, you might as well eat as much as you can and give up, right? The diet is obviously blown by that single event so might as well chuck it all in the garbage. Vacations can be the ultimate horror, it’s not as if you’re going to go somewhere special for 3 days (or longer) and stay on your diet, right? Might as well throw it all out now and just eat like you want, gain back all the weight and then some.What if I told you that none of the above had to happen? What if I told you that expecting to be perfect on your diet was absolutely setting you up for failure, that being more flexible about your eating habits would make them work better? What if I told you that studies have shown that people who are flexible dieters (as opposed to rigid dieters) tend to weigh less, show better adherence to their diet in the long run and have less binge eating episodes?What if I told you that deliberately fitting in ‘free’ (or cheat or reward) meals into your diet every week would make it work better in the long run, that deliberately overeating for 5-24 hours can sometimes be a necessary part of a diet (especially for active individuals), that taking 1-2 weeks off of your diet to eat normally may actually make it easier to stick with in the long run in addition to making it work better.I can actually predict that your response is one of the following. Some may think I’m making the same set of empty promises that every other book out there makes. But I have the data and

real-world experience to back up my claims. Or, maybe the idea of making your diet less strict and miserable is something you actively resist. I've run into this with many dieters; they seem to equate suffering and misery with success and would rather doom themselves to failure by following the same pattern that they've always followed rather than consider an alternate approach. Finally, maybe what little I wrote above makes intuitive sense to you and you want to find out more. Regardless of your reaction to what I've written, I already have your money so you might as well read on. I should probably warn you that this isn't a typical diet book. You won't find a lot of rah-rah or motivational types of writing, there are no food lists and no recipes. There are thousands of other books out there which fit that bill if that's what you want but this isn't it.

Thinner Leaner Stronger Michael Matthews, 2012-10-01 If you want to be toned, lean, and strong as quickly as possible without crash dieting, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements...regardless of your age... then you want to read this book. In this book you're going to learn something most women will never know: The exact formula of exercise and eating that makes losing 10-15 pounds of fat and replacing it with lean, sexy muscle a breeze and it only takes 8-12 weeks. This book reveals things like -The 5 biggest fat loss myths & mistakes that keep women overweight, frustrated, and confused. -The real science of healthy fat loss that makes losing 1-2 lbs of fat per week not only easy, but guaranteed. -The HORRIBLE lies women are told about how to tone and shape their bodies, and what you REALLY need to do to have sexy, lean curves. -How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. -The carefully-selected exercises that deliver MAXIMUM results for your efforts. This is how you quickly get a firm, round butt, toned legs, a flat stomach, and sculpted arms. -A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. -How to get lean while still indulging in the cheat foods that you love every week like pasta, pizza, and ice cream. -And a whole lot more! The bottom line is you CAN achieve that Hollywood babe body without having your life revolve around it no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. SPECIAL BONUS FOR READERS! With this book you'll also get a free 75-page bonus report from the author called The Year One Challenge. In this bonus report, you'll learn exactly how to exercise, eat, and supplement to make the most of your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most women make in three, four, or even five (seriously!). Buy this book now and begin your journey to a thinner, leaner, and stronger you!

Bigger Leaner Stronger Matthews Michael, 2015 If you want to build muscle, lose fat, and look great as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements ... regardless of your age ... then you want to read this book.

Bigger Leaner Stronger Michael Matthews Book Books : Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Bigger Leaner Stronger Michael Matthews Book Books Introduction

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studying or referencing. When it comes to accessing Bigger Leaner Stronger Michael Matthews Book Books books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Bigger Leaner Stronger Michael Matthews Book Books books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access

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