

Eric Thomas The Secret To Success

The Secret to Success When You Want to Succeed as Bad as You Want to Breathe The Secret to Success When You Want to Succeed as Bad as You Want to Breathe

"In the linked and tightly thematic stories [in this collection], Kispert explores deception, performance, and the uneasiness of reconciling a queer identity with the wider world, with characters who try to navigate that dissonance by acting like another person for someone else"--

"A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of *Option B*, *Originals*, and *Give and Take* "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of *Thrive* and *The Sleep Revolution* "I doubt anyone can read *Peak Performance* without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of *The Sports Gene* A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, *Peak Performance* combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, *Peak Performance* uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, *Peak Performance* uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, *Peak Performance* will teach you how.

Explores the full range of Eric R. Wolf's methods and concepts and pays tribute to his work in anthropology and history.

As seen in *The New York Times* -- discover what French women know about embracing that irresistible *joie de vivre* We all know that French women don't get fat. But their famous *je ne sais quoi* comes from more than just body type--something anyone can master: the old-fashioned art cultivating our inner beauty, confidence, and unique personal style, at any age. From savoring the everyday beauty around you to engaging in captivating conversations, playing dress-up, hosting impromptu dinner parties under the stars, and of course mastering the art of French flirting, the lively and inspiring lessons in this "syllabus" will help you rediscover your beautiful, fierce, romantic, engaging best self—to attract the best of everything into your life. Ready to embark on the adventure of your life? *Parisian Charm School* is in session....

Two Black, queer best friends face their last day together with an epic journey through Baltimore in this magnetic YA debut by celebrated cultural critic and bestselling author of *Here for It* R. Eric Thomas. With junior year starting in the fall, Harrison feels like he's on the precipice of, well, everything. Standardized testing, college, and the terrifying unknowns and looming pressures of adulthood after that—it's like the future wants to eat him alive. Which is why Harrison is grateful that he and his best friend, Linus, will face these things together. But at the end of a shift at their summer job, Linus invites Harrison to their special spot overlooking the city to deliver devastating news: He's moving out of state at the end of the week. To keep from completely losing it—and partially inspired by a cheesy movie-night pick by his Dad—Harrison plans a send-off à la *Ferris Bueller's Day Off* that's worthy of his favorite person. If they won't be having all the life-expanding experiences they thought they would, Harrison will squeeze them all into their last day together. They end up on a mini road trip, their first *Pride*, and a rooftop dance party, all while keeping their respective parents, who track them on a family location app, off their trail. Harrison and Linus make a pact to do all the things—big and small—they've been too scared to do. But nothing feels scarier than saying goodbye to someone you love.

The Grind is today's new textbook for success. It not only provides its readers with insight on achieving their goals, but further aims to bring about their peak levels of performance on a consistent basis. Three words can sum up the soul of this book: whatever it takes. This book features many in-depth examples of practices from some of the most prominent entities in the business world including Donald Trump, Sean Combs, Howard Schultz, David Geffen, Sam Walton, Russell Simmons, and many others who have achieved success. Along with characteristics such as hard work, dedication, attention to details, perseverance, *The Grind* includes groundbreaking unorthodox strategies to give the reader a competitive edge. Every person has the potential to become successful; the only limitation is the person's own self and the effort they are willing to contribute. It is solely a choice whether or not they will do what is necessary to position themselves for success, and this book is the definitive reference that will motivate and show readers how to do just that.

The contents of this message upon prayer should be read alike by preacher and teacher, evangelist and intercessor. Its pages contain an appeal to every "worker together with Christ," and stimulate the desire for prayer in the varied relationships of Christian life. The appeal deserves a wide circulation amongst members of Prayer Circles and Prayer Unions, and, indeed, amongst all who are looking for a revival of true religion in our land, and an exodus of ambassadors for Christ to heathen and Moslem populations. -- Albert A. Head.

A beautifully illustrated children's Bible for families to enjoy together. This collection of influential and inspiring stories from the Old and New Testaments helps children learn and interpret the messages and meanings of the Bible. Major events, including the Creation, the Nativity, and the Resurrection, are covered in depth and detail. The classic stories are retold in simple, accessible language for children, while beautiful illustrations bring the words to life. The book also introduces younger readers to sacred sites of religious significance, from the peak of Mount Sinai to the shores of the Sea of Galilee. Colorful photographs and illustrations of key people and places, together with geographical maps of locations in the Bible, provide fresh insight and aid understanding. Important quotations from the King James Bible are included with useful references to chapter and verse. This family favorite is a perfect gift for children and a continuing source of learning to return to time and time again.

From homeless high school dropout to one of the most sought after motivational speakers in the country, Eric Thomas has truly found the Secret 2 Success. In this, his debut autobiography, Eric shares that secret with the rest of the world. By chronicling his days sleeping in abandoned buildings in the unforgiving Detroit winters, to his rise as a successful husband, father, CEO, educator and motivational

speaker, Eric inspires the masses to reach greatness. In 2009 one of Eric's speeches entitled Secrets 2 Success surfaced on YouTube and quickly went viral reaching over 1 million views. It was the response to this video and the subsequent thousands of emails and phone call from viewers ranging from high school teachers and students, to professional athletes and CEO's of fortune 500 companies seeking Eric's advice on how to reach their maximum potential that ultimately led to the writing of this book. In the book, Eric not only details his struggles and successes, he also provides invaluable advice on how anyone can take their life from its current state to places they never dreamed imaginable.

For the past several years the Division of Applied Mathematics at Brown University has been teaching an extremely popular sophomore level differential equations course. The immense success of this course is due primarily to two factors. First, and foremost, the material is presented in a manner which is rigorous enough for our mathematics and applied mathematics majors, but yet intuitive and practical enough for our engineering, biology, economics, physics and geology majors. Secondly, numerous case histories are given of how researchers have used differential equations to solve real life problems. This book is the outgrowth of this course. It is a rigorous treatment of differential equations and their applications, and can be understood by anyone who has had a two semester course in Calculus. It contains all the material usually covered in a one or two semester course in differential equations. In addition, it possesses the following unique features which distinguish it from other textbooks on differential equations. A practical handbook for programming directors, this guide focuses on achieving specific objectives in today's modern, competitive environment. Radio Programming is designed to convey underlying principles and to assist the programmer in accomplishing specific objectives, without mandating exact implementation methods. Instead, it empowers station management and the PD to implement strategies that will work for the particular format and market niche. Radio Programming will be helpful for neophytes in programming, experienced programmers seeking further growth, air talent seeking to develop skills, and general managers trying to understand programming and effectively manage program directors without stifling creativity. It will also help general managers hire effective programmers. Eric Norberg is the editor and publisher of the Adult Contemporary Music Research Letter and a radio consultant. He has worked as a program director at several radio stations, as on-air talent and general manager, and has also operated a radio production company. For fourteen years he has written a weekly column on radio programming for The Gavin Report, a radio trade publication.

A beautiful gift edition of this instant classic exclusively for graduates, with a special letter from Eric Metaxas to those entering the next phase of life's journey. What makes a great man great? In *Seven Men*, New York Times bestselling author Eric Metaxas explores that most important of questions in through the captivating stories of some of the greatest men who have ever lived. How did George Washington resist the temptation to become the first king of America, and why did William Wilberforce give up the chance to be prime minister of England? What made Eric Liddell cast aside an almost certain Olympic gold medal? What enabled Jackie Robinson to surrender his right to fight back against racists, or Dietrich Bonhoeffer to jeopardize his freedom and safety to defy the Nazis? In this stirring and inspiring work, Eric Metaxas reclaims a long-lost sense of the heroic--the idea that certain lives are worthy of emulation. Get to know the seven men in this book, and your life will be immeasurably richer.

The aesthetic nature and purposes of computer culture in the contemporary world are investigated in this book. Sean Cubitt casts a cool eye on the claims of cybertopians, tracing the globalization of the new medium and enquiring into its effects on subjectivity and sociality. Drawing on historical scholarship, philosophical aesthetics and the literature of cyberculture, the author argues for a genuine democracy beyond the limitations of the free market and the global corporation. Digital arts are identified as having a vital part to play in this process. Written in a balanced and penetrating style, the book both conveniently summarizes a huge literature and sets a new agenda for research and theory.

Eric Thomas is a famous American motivational speaker, author and minister. He is popularly known for his motivational speeches. He was born on 3rd September 1970 in Chicago, Illinois in the United States of America. He is currently 48 years. Eric Thomas was born in Chicago, Illinois and raised in Detroit, Michigan, both the United States of America.

The cruel fate of the Princes in the Tower is one of the most fascinating—and most troubling—of all England's historical murder mysteries. But what was the truth behind the deaths of the young Edward V and his brother, Dickon, taken from their mother, Elizabeth Woodville, King Edward IV's beautiful widow, and their guardian, Anthony Woodville? And what about the man who would become King Richard III? In a brilliant feat of historical daring, the acclaimed author of *The Mathematics of Love* reimagines the tragedy of the youngest victims of the Wars of the Roses. Through the voices of Elizabeth, Anthony, and Una—a historian who herself knows grief, betrayal, and secret love—Emma Darwin re-creates the lethal power struggles into which the boys were born, their heart-wrenching imprisonment, and the ultimate betrayal of their innocence.

Pecos Bill is a cowboy who was raised by wild animals, once roped a whole herd of cattle at one time, and invented Texas chili. Learn more about this wild cowboy.

American History volume 1 surveys the broad sweep of American history from the first Native American societies to the end of the Reconstruction period, following the Civil War. Drawing on a deep range of research and years of classroom teaching experience, Thomas S. Kidd offers students an engaging overview of the first half of American history. The volume features illuminating stories of people from well-known presidents and generals, to lesser-known men and women who struggled under slavery and other forms of oppression to make their place in American life. The role of Christianity in America is central in this book. Americans' faith sometimes inspired awakenings and the search for an equitable society, but at other times it justified violence and inequality. Students will come away from American History volume 1 better prepared to grapple with the challenges presented by the history of America's founding, the problem of slavery, and our nation's political tradition.

Any student wishing to solve problems via mathematical modelling will find that this book provides an excellent introduction to the subject.

Amazing photographs accompanied by bite-sized chunks of information! Learn all about the amazing world of elephants, how they are under threat and what is being done to protect them. From designing your food truck and identifying your market to establishing a business plan and determining the operational concerns of a mobile business, this comprehensive guide provides down-to-earth advice on every aspect of setting up and running a food truck business. Learn all about overcoming the hurdles facing the mobile food vendor, the legal aspects of food safety, menu planning, setting up your home-based headquarters, and navigating the catering industry. Whatever your plans, each chapter can help you experience the satisfaction of establishing and building your own home-based food truck business and reaching opening day! Look for useful charts and worksheets throughout the book, including: Preferred Vendor Checklist Start-Up Cost Worksheets Sample Operational Weekly Schedule 7878Outfitting your mobile kitchenAttracting customersNavigating operations concernsUnderstanding legal aspects and food safetyBuilding your menu

A NEW YORK TIMESBESTSELLER "Valerie has been one of Barack and my closest confidantes for decades... the world would feel a lot better if there were more people like Valerie blazing the trail for the rest of us."--Michelle Obama "The ultimate Obama insider" (The New York Times) shares her journey at a pivotal moment in American history When Valerie Jarrett interviewed

a promising young lawyer named Michelle Robinson in July 1991 for a job in Chicago city government, neither knew where that meeting might take them. Jarrett would go on to become a trusted friend and advisor to Michelle and Barack Obama -- and one of the most visible, influential African-American women of the twenty-first century. Now, in her forthright and optimistic memoir, Jarrett shares her experience as a mother, daughter, and woman who's experienced the magic that happens once we cast aside any unrealistic expectations of a perfect life or a perfect outcome. In *Finding My Voice*, she offers a galvanizing testament to the power in staying open to a change in course and an embrace of the uncomfortable. Only then, she argues, can we move forward together and truly learn to value--and listen to--our own voices.

a beautifully illustrated, three-dimensional Victorian doll's house book is comprised of individual foldout sections, movable figures, and clever paper engineering to ensure that tables pop up from the floor and bookcases spring from the walls.

New York Times bestselling author, superstar comedian, and Hollywood box office star Kevin Hart turns his immense talent to the written word by writing some words. Some of those words include: the, a, for, above, and even even. Put them together and you have a "hilarious but also heartfelt" (Elle) memoir on survival, success, and the importance of believing in yourself. The question you're probably asking yourself right now is: What does Kevin Hart have that a book also has? According to the three people who have seen Kevin Hart and a book in the same room, the answer is clear: A book is compact. Kevin Hart is compact. A book has a spine that holds it together. Kevin Hart has a spine that holds him together. A book has a beginning. Kevin Hart's life uniquely qualifies him to write this book by also having a beginning. It begins in North Philadelphia. He was born an accident, unwanted by his parents. His father was a drug addict who was in and out of jail. His brother was a crack dealer and petty thief. And his mother was overwhelmingly strict, beating him with belts, frying pans, and his own toys. The odds, in short, were stacked against our young hero. But Kevin Hart, like Ernest Hemingway, J.K. Rowling, and *Chocolate Droppa* before him, was able to defy the odds and turn it around. In his literary debut, he takes us on a journey through what his life was, what it is today, and how he's overcome each challenge to become the man he is today. And that man happens to be the biggest comedian in the world, with tours that sell out football stadiums and films that have collectively grossed over \$3.5 billion. He achieved this not just through hard work, determination, and talent. "Hart is an incredibly magnetic storyteller, on the page as he is onstage, and that's what shines through [in this] genial, entertaining guide to a life in comedy" (Kirkus Reviews).

This invaluable "mentor in your pocket" by three dynamic and successful black female executives will help all black women, at any level of their careers, play the power game—and win. Rich with wisdom, this practical gem focuses on the building blocks of true leadership—self-confidence, effective communication, collaboration, and courage—while dealing specifically with stereotypes (avoid the Mammy Trap, and don't become the Angry Black Woman) and the perils of self-victimization (don't assume that every challenge occurs because you are black or female). Some leaders are born, but most leaders are made—and *The Little Black Book of Success* will show you how to make it to the top, one step at a time.

Named a Best Political Book of the Year by *The Atlantic* In the tradition of Notorious RBG, a lively, beautifully designed, full-color illustrated celebration of the life, wisdom, wit, legacy, and fearless style of iconic American Congresswoman Maxine Waters. "Let me just say this: I'm a strong black woman, and I cannot be intimidated. I cannot be undermined. I cannot be thought to be afraid of Bill O'Reilly or anyone."—Maxine Waters To millions nationwide, Congresswoman Maxine Waters is a hero of the resistance and an icon, serving eye rolls, withering looks, and sharp retorts to any who dare waste her time on nonsense. But behind the Auntie Maxine meme is a seasoned public servant and she's not here to play. Throughout her forty years in public service and eighty years on earth, U.S. Representative for California's 43rd district has been a role model, a crusader for justice, a game-changer, a trailblazer, and an advocate for the marginalized who has long defied her critics, including her most vocal detractor, Donald J. Trump. And she's just getting started. From her anti-apartheid work and support of affirmative action to her passionate opposition to the Iraq War and calls to hold Trump to account, you can count on Auntie Maxine to speak truth to power and do it with grace and, sometimes, sass. As ranking member of the House Financial Services Committee and one of the most powerful black women in America, she is the strong, ethical voice the country has always needed, especially right now. *Reclaiming Her Time* pays tribute to all things Maxine Waters, from growing up in St. Louis "too skinny" and "too black," to taking on Wall Street during the financial crisis and coming out on top in her legendary showdowns with Trump and his cronies. Featuring inspiring highlights from her personal life and political career, beloved memes, and testimonies from her many friends and fans, *Reclaiming Her Time* is a funny, warm, and admiring portrait of a champion who refuses to stay silent in the face of corruption and injustice; a powerful woman who is an inspiration to us all.

NATIONAL BESTSELLER * Read with Jenna Book Club Pick as Featured on Today * From the creator of *Eric Reads the News*, a heartfelt and hilarious memoir-in-essays about growing up seeing the world differently, finding unexpected hope, and experiencing every awkward, extraordinary stumble along the way. "Pop culture-obsessed, Sedaris-level laugh-out-loud funny . . . [R. Eric Thomas] is one of my favorite writers."--Lin-Manuel Miranda, *Entertainment Weekly* FINALIST FOR THE LAMBDA LITERARY AWARD * NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY *TEEN VOGUE* AND ONE OF THE BEST BOOKS OF THE YEAR BY *O: The Oprah Magazine* * NPR * *Marie Claire* * *Men's Health* R. Eric Thomas didn't know he was different until the world told him so. Everywhere he went--whether it was his rich, mostly white, suburban high school, his conservative black church, or his Ivy League college in a big city--he found himself on the outside looking in. In essays by turns hysterical and heartfelt, Thomas reexamines what it means to be an "other" through the lens of his own life experience. He explores the two worlds of his childhood: the barren urban landscape where his parents' house was an anomalous bright spot, and the Eden-like school they sent him to in white suburbia. He writes about struggling to reconcile his Christian identity with his sexuality, the exhaustion of code-switching in college, accidentally getting famous on the internet (for the wrong reason), and the surreal experience of covering the 2016 election for *Elle* online, and the seismic changes that came thereafter. Ultimately, Thomas seeks the answer to these ever more relevant questions: Is the future worth it? Why do we bother when everything seems to be getting worse? As the world continues to shift in unpredictable ways, Thomas finds the answers to these questions by reenvisioning what "normal" means and in the powerful alchemy that occurs when you at last place yourself at the center of your own story. Here for it will resonate deeply and joyfully with everyone who has ever felt pushed to the margins, struggled with self-acceptance, or wished to shine more brightly in a dark world. Stay here for it--the future may surprise you.

In a world without political freedom, personal freedom and precious little faith in anything comes a mysterious man in a white porcelain mask who fights political oppressors through terrorism and seemingly absurd acts. It's a gripping tale of the blurred lines between ideological good and evil. The inspiration for the hit 2005 movie starring Natalie Portman and Hugo Weaving, this amazing graphic novel is packaged with a collectable reproduction of the iconic "V" mask.

#1 New York Times Bestseller Oprah's Book Club Selection The "extraordinary . . . monumental masterpiece" (Booklist) that changed the course of Ken Follett's already phenomenal career—and begins where its prequel, *The Evening and the Morning*, ended. "Follett risks all and comes out a clear winner," extolled *Publishers Weekly* on the release of *The Pillars of the Earth*. A departure for the bestselling thriller writer, the historical epic stunned readers and critics alike with its ambitious scope and gripping humanity. Today, it stands as a testament to Follett's unassailable command of the written word and to

his universal appeal. The Pillars of the Earth tells the story of Philip, prior of Kingsbridge, a devout and resourceful monk driven to build the greatest Gothic cathedral the world has known . . . of Tom, the mason who becomes his architect—a man divided in his soul . . . of the beautiful, elusive Lady Aliena, haunted by a secret shame . . . and of a struggle between good and evil that will turn church against state and brother against brother. A spellbinding epic tale of ambition, anarchy, and absolute power set against the sprawling medieval canvas of twelfth-century England, this is Ken Follett's historical masterpiece.

It's no secret that these hard times have been even harder for the Black community. Approximately 35 percent of African Americans had no measurable assets in 2009, and 24 percent of these same households had only a motor vehicle. Dennis Kimbro, observing how the weight of the continuing housing and credit crises disproportionately impacts the African-American community, takes a sharp look at a carefully cultivated group of individuals who've scaled the heights of success and how others can emulate them. Based on a seven year study of 1,000 of the wealthiest African Americans, *The Wealth Choice* offers a trove of sound and surprising advice about climbing the economic ladder, even when the odds seem stacked against you. Readers will learn about how business leaders, entrepreneurs, and celebrities like Bob Johnson, Spike Lee, L. A. Reid, Herman Cain, T. D. Jakes and Tyrese Gibson found their paths to wealth; what they did or didn't learn about money early on; what they had to sacrifice to get to the top; and the role of discipline in managing their success. Through these stories, which include men and women at every stage of life and in every industry, Dennis Kimbro shows readers how to:

- Develop a wealth-generating mindset and habits
- Commit to lifelong learning
- Craft goals that match your passion
- Make short-term sacrifices for long-term gain
- Take calculated risks when opportunity presents itself

The story, based on fact, chronicles the life of a hedge, how it grew, its resources and wildlife, and how its life continued through the ages until it was destroyed by modern times

This Book Covers A Wide Range Of Topics In Statistics With Conceptual Analysis, Mathematical Formulas And Adequate Details In Question-Answer Form. It Furnishes A Comprehensive Overview Of Statistics In A Lucid Manner. The Book Provides Ready-Made Material For All Inquisitive Minds To Help Them Prepare For Any Traditional Or Internal Grading System Examination, Competitions, Interviews, Viva-Voce And Applied Statistics Courses. One Will Not Have To Run From Pillar To Post For Guidance In Statistics. The Answers Are Self-Explanatory. For Objective Type Questions, At Many Places, The Answers Are Given With Proper Hints. Fill-In-The-Blanks Given In Each Chapter Will Enable The Readers To Revise Their Knowledge In A Short Span Of Time. An Adequate Number Of Multiple-Choice Questions Inculcate A Deep Understanding Of The Concepts. The Book Also Provides A Good Number Of Numerical Problems, Each Of Which Requires Fresh Thinking For Its Solution. It Will Also Facilitate The Teachers To A Great Extent In Teaching A Large Number Of Courses, As One Will Get A Plethora Of Matter At One Place About Any Topic In A Systematic And Logical Manner. The Book Can Also Serve As An Exhaustive Text.

"This is where you change your course from a life of disappointments, failures, broken promises, selfish ambitions and mediocrity to one of self-fulfilling accomplishments. Greatness Is Upon You is composed of 24 tried and tested principles from my own life..." p. 4.

"An inspiring and powerful success guide." ESSENCE Author and entrepreneur Dennis Kimbro combines best-selling author Napoleon Hill's law of success with his own vast knowledge of business, contemporary affairs, and the vibrant culture of Black America to teach you the secrets to success used by scores of black Americans, including: Spike Lee, Jesse Jackson, Dr. Selma Burke, Oprah Winfrey, and many others. The result is inspiring, practical, clearly written, and totally workable. Use it to unlock the treasure you have always dreamed of--the treasure that at last is within your reach.

John Dewey was America's greatest public philosopher. A prolific and influential writer for both scholarly and general audiences, he stands out for the remarkable breadth of his contributions. Dewey was a founder of a distinctly American philosophical tradition, pragmatism, and he spoke out widely on the most important questions of his day. He was a progressive thinker whose deep commitment to democracy led him to courageous stances on issues such as war, civil liberties, and racial, class, and gender inequalities. This book gathers the clearest and most powerful of Dewey's public writings and shows how they continue to speak to the challenges we face today. An introductory essay and short introductions to each of the texts discuss the current relevance and significance of Dewey's work and legacy. The book includes forty-six essays on topics such as democracy in the United States, political power, education, economic justice, science and society, and philosophy and culture. These essays inspire optimism for the possibility of a more humane public and political culture, in which citizens share in the pursuit of lifelong education through participation in democratic life. *America's Public Philosopher* reveals John Dewey as a powerful example for scholars seeking to address a wider audience and a much-needed voice for all readers in search of intellectual and moral leadership.

Shallow Thoughts of a Struggling Soul depicts and mirror-reflects the many feelings, thoughts, and experiences Eric Thomas Sr. has undergone. The book can be fully understood by the mass majority and minority.

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