

Yoga Posturas Basicas Para Principiantes

Esta bella coleccion ilustrada agrupa las tecnicas y metodos mas populares y efectivos para todos aquellos lectores preocupados por la salud que desean mejorar tanto en su estado de animo como en su aspecto fisico.

Complete practical guide to the chakras, including color, activity, sounds, background information, and techniques for opening them and utilizing their force. A longtime bestselling title in Europe, this is the definitive text in the field. This Book Will Show You The Original Hand Positions From Dr.Usui`S Reiki Handbook. It Has Been Illustrated With 100 Photos To Make It Easier To Understand. The Hand Positions For A Great Variety Of Health Complaints Have Been Listed In Detail, Making It A Valuable Reference Work For Anyone Who Practices Reiki.

Winner at the 2013 Moonbeam Children's Book Awards The Magic Ball of Wool is a charming tale of friendship, generosity and kindness that will bring out the best in young readers by encouraging them to help others Guided Reading Level: L, Lexile Level: 930L

The 7 chakras located along your spine up to the crown of your head may be the biggest secret Western conventional health care is keeping from you. Bonus: Exclusive Gift Inside! In this book you'll discover How to Clear your Energetic Blockages, Radiate Energy and Finally heal yourself. What if I told you that your body had the ability to heal itself through the use of chakras -- unseen spinning wheels of energy that are found at crucial areas along your spine? If you've never heard of chakras before you may be a bit skeptical about their existence, let alone the health and natural influence they offer your body. This book will not only introduce you to these potent vortices of health and wholeness, but it'll also reveal the secrets that make rebalancing and awakening them seem like child's play.

An accessible resource to the structure and chemistry of the brain explains how its systems shape our perceptions, feelings, and behaviors, while outlining the author's theory of the dynamic interaction between the four major brain systems. Reprint. 25,000 first printing.

The groundbreaking bestseller that redefines intelligence and success Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel: whose relationships flourish, who are stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides you with a

deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, *Yoga Anatomy* will be an invaluable resource—one that allows you to see each movement in an entirely new light. With *Yoga Anatomy, Second Edition*, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

The shock method * The development of adaptation process during the long term sport activity * The "compensatory adaptation" * Current Adaptive Reserve of the human organism * The strategy to manage the adaptation in the training process * The specificity of protein synthesis in the adaptation process * The structural reconstructions during the adaptation process and the phenomenon of Supercompensation * Heterochronism of adaptive reconstructions * The function efficiency in a high - adapted organism * The optimal regime of adaptation * The phenomenon of immune defence decrease * The general schema of adaptation process during the sport activity * The practical aspects of the Adaptation Theory * The future developments of the use of Adaptation Theory in sport This book is a must have for any athlete or coach. Every topic is covered in almost 600 pages. * Strength and the muscular system * Philosophy of physical training * The muscle complex * Adaptation and the training effect * Sport specific strength training * Factors influencing strength production * The means of special strength training * The methods of special strength training * Organization of training * Strength training methods * Designing sports specific strength programs * Restoration and stress management * Combination of resistance methods * The use of testing * Overtraining * PNF as a training system * Models for structuring the annual training * Preparedness and the training load * Periodisation as a form of organization * Plyometric

Beautiful two colour gift package of B.K.S. Iyengar's yoga-based philosophy for life.

Se hallan aquí editados en un solo volumen tres libros del Profesor: "Sexo Psíquico", "Ataque Psíquico" y "Dinero Psíquico". Comprende una recapitulación y actualización de todas las técnicas parapsicológicas descubiertas y desarrolladas por el Profesor Herrou Aragón, más el agregado de otras nuevas. Los temas que comprende son los siguientes: Primera Parte: Sexo Psíquico. Segunda Parte: Ataque Psíquico. Tercera Parte: Dinero Psíquico.

The book studies the relation between the avant-garde and graphic humour in two critical historical periods: the Spanish Civil War (1936-1939) and the early years of the Cuban Revolution (1959-1961). It focuses on the so-called war magazines in Spain on the Republican side (No Veas, Trincheras, and L'Esquella de la Torratxa, among others) and the Francoist side (Vértice and La Ametralladora). In the part devoted to Cuba, the analysis covers the newspaper *Revolución* and the avant-garde humour magazine *El Pitirre*, which ran simultaneously to the cultural supplement *Lunes de Revolución* and shared the same fate when *Lunes* and *El Pitirre* were closed down in 1961. The book unveils the trajectory of the avant-garde graphic humour in both periods, when the political commitment progressively overshadowed the development of the aesthetic avant-garde. The special socio-political conjuncture posed ideological and aesthetic-conceptual challenges to graphic artists, establishing contact areas and influences between Spain and Cuba.

What is your emotional fingerprint? Why are some people so quick to recover from setbacks? Why are some so attuned to others that they seem psychic? Why are some people always up

and others always down? In his thirty-year quest to answer these questions, pioneering neuroscientist Richard J. Davidson discovered that each of us has an Emotional Style, composed of Resilience, Outlook, Social Intuition, Self-Awareness, Sensitivity to Context, and Attention. Where we fall on these six continuums determines our own “emotional fingerprint.” Sharing Dr. Davidson’s fascinating case histories and experiments, *The Emotional Life of Your Brain* offers a new model for treating conditions like autism and depression as it empowers us all to better understand ourselves—and live more meaningful lives.

Asana Prana Yama Mudra Bandha is recognised internationally as one of the most systematic yoga manuals today. Since its first publication by the Bihar School of yoga in 1969 it has been reprinted seventeen times and translated into many languages. It is the main reference text used by Yoga teachers and students of Bihar Yoga or Satyananda Yoga within the International Yoga Movement, and many other traditions as well. This comprehensive text provides clear illustrations, step by step directions and details of chakra awareness. It guides the practitioner or teacher from the simplest to the most advanced practices of hatha yoga system. This edition successfully brings the exposition of yoga practices to the standard of a university text.

An accessible guide on the history, anatomy and philosophy behind yoga, showing how yoga students can develop and grow their personal practice. By offering students and teacher trainees guidance on how to move on to the next stage in their learning, this practical companion helps to deepen their understanding of holistic yoga practice. Including insights from renowned yoga professionals, including Lizzie Lasater, Andrew McGonigle, Graham Burns, Tarik Dervish and more, this book offers practical ways to hone yoga skills and knowledge. Covering everything from how to use your breath and the different styles of yoga, to what to expect from yoga teacher training, this is an essential handbook for all students and trainee teachers of yoga.

Intermittent Fasting 101 “Finally a plan that works and that I can live with... I'm leaning up faster than any other method I've tried” – Dustin Want a simple and sustainable way to lose fat, build muscle, increase your energy and feel like a new man? And do you want an approach that delivers the results at an accelerated rate and doesn't involve dieting? Well, let me introduce Intermittent Fasting The most sustainable and easy to adopt fitness approach that will get you in the best shape of your life. Loved by celebrities such as Hugh Jackman, Beyoncé, Benedict Cumberbatch and Ben Affleck - Intermittent Fasting is the key to getting lean quickly and easily. But what is Intermittent Fasting? You will be happy to know it's not a diet – it's a new approach to eating. Intermittent Fasting is simply the process of cycling between periods in which you eat with periods that you don't eat. These short fasting windows cause your body to produce a multitude of hormonal responses. These responses produce incredible benefits and results. But what are the benefits? Well, here's just a few incredible examples... - Shred Fat (without dieting or limiting the foods you can eat) - Build Lean Muscle Rapidly - Increase Your Energy Levels - Heighten Your Testosterone & Growth Hormone Production - Improve Your Cognitive Functioning Strategically fasting is one of the most powerful ways to get in shape and stay healthy as it is based on scientific evidence not “bro-science.” Have you ever tried to get in shape before and failed? If you have, don't despair. The problem with most diets is that they put too many limitations on what you can eat. Intermittent fasting is the opposite of this... you don't need to make any major changes to your diet to reap the rewards. So what are you waiting for? Dive into the book now and learn everything you need to know about Intermittent Fasting - I take you through every single step in this simple, easy to follow guide for beginners. **BONUS:**The book also comes with two awesome free gifts, so don't forget to grab them!

"Do you feel sluggish, mentally exhausted, or disconnected from life? Whether you want to (1) increase your strength and flexibility (2) relieve pain and prevent

injury, or (3) reduce stress and become happier, then keep reading to discover how to easily do this with the best yoga positions of all time!"--Amazon.

The ?CrossFit Level 1 Training Guide? is the essential resource for anyone who's interested in improving health and fitness. Written primarily by CrossFit Inc. founder Greg Glassman beginning in 2002, this bible of functional training explains exactly how CrossFit movements and methodologies can help you or your clients dramatically improve health and become measurably fitter. Fitness professionals will find proven teaching progressions, detailed programming guidance and precise coaching strategies in addition to extensive discussion about the responsible and successful application of the CrossFit methodology with clients of any level. Athletes of all abilities will learn how to move properly and safely, how to start training, how to create and modify workouts and movements appropriately, and how to eat to achieve fitness and aesthetic goals. Movements covered in detail with full-color photos and learning progressions: Squat, front squat, overhead squat, press, push press, jerk, deadlift, sumo deadlift high pull, medicine-ball clean, snatch, GHD sit-up, hip and back extension, pull-up, thruster, muscle-up, snatch. Supported by decades of research, this manual contains a detailed lifestyle plan that has been used by both coaches and individuals to: Gain muscle and improve bone density. Lose fat. Improve body composition. Improve and optimize nutrition. Lower blood pressure. Reduce symptoms of chronic disease. Improve strength and conditioning. Improve overall athletic performance and general physical preparedness. Improve sport-specific performance. Improve performance in CrossFit: The Sport of Fitness. Avoid injury. Improve each of CrossFit's 10 General Physical Skills: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. This guide is designed for use in conjunction with the two-day CrossFit Level 1 Trainer Course that is a prerequisite to opening a CrossFit affiliate, but this guide can also be used as a standalone resource by coaches and fitness enthusiasts alike. The ?CrossFit Level 1 Training Guide? is the key to a lifetime of health and fitness. This self-help guide shows the reader step-by-step how to perform at their peak while gaining emotional and financial freedom, attaining leadership and self-confidence, and winning the confidence of others. It should enable the reader to gain the knowledge and courage to remake themselves.

Looks at fifty-five fundamental poses from an anatomical perspective to describe their function in the practice of hatha yoga.

Los trastornos mentales producen sintomas en el cuerpo? los problemas fisicos afectan a la salud mental? Gran cantidad de sintomas fisicos o corporales aparecen frecuentemente en trastornos psiquiatricos revelando la estrecha interaccion existente entre el cuerpo y la mente. Las personas con trastornos de la conducta alimentaria necesitan una atencion multidimensional para responder a los diferentes aspectos que engloban dichos trastornos. La insatisfaccion corporal, la percepcion distorsionada del propio cuerpo, la incapacidad para

identificar sensibilidades internas (ej. hambre y saciedad), el rechazo hacia regiones corporales específicas (muslos, caderas y estomago) y el estado general de ineffectividad física y baja autoestima son características comunes que presentan los pacientes con anorexia nerviosa. Enfrentarse al propio cuerpo y al contacto corporal con otras personas suele vivirse como algo negativo. La Fisioterapia en salud mental ofrece una metodología de tratamiento que ha mostrado efectividad y es actualmente aplicada en los centros sanitarios de muchos países europeos (Suecia, Noruega, Dinamarca, Bélgica, etc.)."

A unique reference work from the foremost writer on Yoga today, THE YOGA TRADITION surveys the 5,000-year history of Hindu, Buddhist, Jain, and Sikh Yoga, featuring full and partial translations of numerous key scriptures and over 200 illustrations. It is considered the CLASSIC text on Yoga practice and history. Describes the fundamental techniques and maneuvers of karate and illustrates nineteen different forms

"Allende can spin a yarn with the grace of a poet."—Entertainment Weekly AN INSTANT NEW YORK TIMES BESTSELLER, NOW WITH A NEW DEAR READER LETTER From the New York Times bestselling author of *A Long Petal of the Sea* and *The House of the Spirits*, an enthralling and suspenseful coming-of-age story about a teenage girl who must unravel the mysteries of her past in order to save herself. Nineteen-year-old Maya Vidal grew up in a rambling old house in Berkeley with her grandmother Nini—a force of nature whose formidable strength helped her build a new life after she emigrated from Chile in 1973—and Popo, an African-American astronomer and professor whose solid, comforting presence helps calm the turbulence of Maya's adolescence. When Popo dies of cancer, Maya comes undone and turns to drugs, alcohol, and petty crime. When she becomes lost in the dangerous underworld of Las Vegas, Maya becomes caught in the crosshairs of deadly warring forces. Her one chance for survival is Nini, who helps her escape to a remote island off the coast of Chile. Here, Maya tries to make sense of the past to discover the truth about her life and her family, and embarks on her greatest adventure: a journey of self-discovery and forgiveness.

YogaEdimat Libros

Kundalini Yoga as taught by Yogi Bhanjan® "The Kundalini is known as the nerve of the soul. This is to be awakened. Your soul is to be awakened. When soul gets awakened, there remains nothing... If your soul is awakened, what else do you need?" - Yogi Bhanjan. Kundalini Yoga is an oral tradition dating back hundreds if not thousands of years. In the early 1970's, when this ancient technology was being presented, students would patiently wait to hear from fellow students and teachers what Yogi Bhanjan had just taught. Students took notes, made drawings and passed them on... In a certain sense it was revolutionary that this sacred, once secret science was being recorded and distributed. Never, in history, had this been done before. It was very exciting when a Kriya-write up, manual or a "Beads of Truth"-magazine became available and when the Meditation Manual for Intermediate Students was published and distributed, it was a revelation. So many amazing Kriyas! It felt like as long as one had this manual, one

could practice Kundalini Yoga for the rest of the life. It was like having the security of a treasure that would never diminish or get old. This wonderful book: KRIYA - Yoga Sets, Meditations & Classic Kriyas contains many of the Kriyas from the Meditation Manual for Intermediate Students as well as many previously unpublished Kriyas from that era. Some of the models in the book are children of original student-teachers of Yogi Bhajan... You will enjoy these effective and powerful Kundalini Yoga Kriyas. By practicing them, you can uplift yourself and inspire yourself to try some of these again and again! KRIYA - Yoga Sets, Meditations & Classic Kriyas from the Early Teachings of Yogi Bhajan contains: Challenging physical Kundalini Yoga Kriyas from the 1970s and 1980s More than 100 Meditations, including Visualizations, Praanayams, Silent Meditations, and Meditations with Mantra Includes Material from the Meditation Manual for Intermediate Students, K.R.I.Y.A., Under the Blue Skies, and more!

"Hatha Yoga Pradipika" by Swami Swatmarama. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten or yet undiscovered gems of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Obesity is not a disease; it is simply an imbalance in your system that can be cured with the help of simple and effective yogic techniques. This book provides a comprehensive and straightforward account of the process of losing weight and then maintaining it.

Yoga is not a fad. It has been around in the United States for over a hundred years and has a history of approximately five millennia. It is clearly here to stay. Yoga has brought health and peace of mind to millions of people. It can do the same for you. The benefits of Yoga are many. When adopted as a lifestyle, Yoga extends over the entire day. Find out how this can be done and why Yoga is so often loved by people who are interested in becoming more fit and flexible. Looking for stress relief Seeking to live a more peaceful and joyful life Yoga For Dummies guides you slowly, step by step, into the treasure house of Yoga. And it is a fabulous treasure house! You will find out how to unlock your body's extraordinary potential and enlist your mind to do so, and in the process strengthen your mind as well. This book covers the following topics and more: Five basic approaches to Yoga Selecting a Yoga class Practicing Yoga safely The mechanics of Yogic breathing Classic foundational postures Exercises to target problem areas Putting together your personal routine Yoga for special situations The focus on this book is on Hatha (pronounced haht-ha) Yoga, which is that branch of Yoga that works primarily with the body through postures, breathing exercises, and other similar techniques. When necessary, the book provides helpful photos or illustrations to help you better understand the exercises or postures. One author (Georg Feuerstein) is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it. The other author (Larry Payne) has a thriving practice as a Yoga teacher in Los Angeles, where he teaches and responds to his clients' specific health challenges. In this book, their combined 55 years of experience have merged to create a reliable and user-friendly introductory book that can also serve you as a beginner's reference work on an ongoing basis.

NEW YORK TIMES BESTSELLER - Thought leader, visionary, philanthropist, mystic,

and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy. Praise for Sadhguru and Inner Engineering "Contrarian and consistent, ancient and contemporary, Inner Engineering is a loving invitation to live our best lives and a profound reassurance of why and how we can."--Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* "I am inspired by Sadhguru's capacity for joy, his exuberance for life, and the depth and breadth of his curiosity and knowledge. His book is filled with moments of wonder, awe, and intellectual challenge. I highly recommend it for anyone interested in self-transformation."--Mark Hyman, M.D., director, Cleveland Clinic Center for Functional Medicine, and New York Times bestselling author "Inner Engineering is a fascinating read of Sadhguru's insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos."--Deepak Chopra

All of the essential information you need from the world's foremost medical physiology textbook - right in your pocket! Dr. John E. Hall's *Pocket Companion to Guyton and Hall Textbook of Medical Physiology*, 13th Edition, reflects the structure and content of the larger text, helping you recall and easily review the most essential, need-to-know concepts in physiology. Efficiently review key concepts thanks to a concise, at-a-glance format. Carry the same authoritative, useful knowledge that readers of Guyton have come to trust - right in your pocket. Easily locate more in-depth discussions inside the parent text with abundant cross-references and a parallel chapter organization. New science from the 13th edition of the text keeps you up to date. eBook version included! For the first time, you can access the entire book online or offline across all devices with the Student Consult eBook! Delivers the salient points from the parent text in a manner that is ideal for rapid comprehension of the core concepts in Physiology

The aim of this book is to study certain meditation methods followed not only by religious traditions or metaphysical movements that are still alive nowadays like Advaita Vedanta, Kabbalah (within the Jewish tradition), Christianity or Islam (particularly Sufism), but also practiced by other currents or schools that, even though already gone, significantly influenced the West. This is the case of Neoplatonism or Stoicism, whose influence was felt by ancient and medieval Christianity, or Greco-Egyptian Hermetism, which played an important role in the European cultural Renaissance from the 15th century on. A special consideration has been given to Christian tradition, introducing some of the most representative authors of recollection and their meditation methods. Este libro tiene por finalidad el estudio de ciertos métodos de meditación seguidos no solo por tradiciones religiosas o movimientos metafísicos que continúan vivos actualmente como el vedanta advaita, la cábala (en la tradición judía), el cristianismo o el islám (particularmente el sufismo), sino practicados también por otras corrientes o escuelas que, aunque ya desaparecidas, influyeron significativamente en Occidente. Es el caso del neoplatonismo o del estoicismo cuya influencia se dejó sentir en el cristianismo antiguo y medieval, o del hermetismo greco-egipcio que tuvo un papel destacado en el Renacimiento cultural europeo a partir del siglo XV. Especial consideración se ha dado a la tradición cristiana mostrando algunos de los autores más representativos del recogimiento y de su método de meditación.

The basic book about the controversial philosophy known as behaviorism, written by its leading exponent. Bibliography, index.

YOGA is considered uniquely instrumental in the search for self realisation, and through it the realisation of God. The author, who has mastered the subtle techniques of this art, has presented it in book form, showing a variety of ?sanas known for their physical and curative values, Pr?n?y?ma with its Bandhas and Dhy?na or meditation. The ?sanas in the book are divided into various sections dealing with simple standing positions, forward bends, lateral movements backward extensions of the spine, correct breathing techniques during the performance of the ?sanas and also the effects of the ?sanas on the body, nerves and mind. The author has included simple steps for advancing from a purely physical plane to a higher level of consciousness. Almost all the illustrations in the book are her own.

Explores the deep, internal work necessary for the effective practice of tai chi • Reveals the Taoist principles that gave birth to the Yang-style tai chi forms • Shows how tai chi can circulate powerful healing energies through the body Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown. The Inner Structure of Tai Chi explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

Follows the progress of a hungry caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep, only to

emerge as a beautiful butterfly. Read by the author.

"The definitive work by B.K.S. Iyengar, the world's most respected yoga teacher. B.K.S. Iyengar has devoted his life to the practice and study of yoga. It was B.K.S. Iyengar's unique teaching style, bringing precision and clarity to the practice, as well as a mindset of 'yoga for all', which has made it into the worldwide phenomenon it is today. 'Light on Yoga' is widely called 'the bible of yoga' and has served as the source book for generations of yoga students around the world. It is the classic text for all serious students of yoga." --Publisher description.

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