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Present American Rust Cell Biology by the Numbers My
Heart Grows Wide Within Me How to Fix a Broken Heart
Lavender & Linen Cardiology Explained The Founder's
Dilemmas

Living life to the full in a small French village In
Escaping, Henrietta taylor quitted Australia with her
two young children and settled in a small village in the
south of France, where she became the proprietor of two
charming holiday cottages. Lavender and Linen finds
Henrietta older and a little wiser, though still
struggling to make sense of her unorthodox life. Should
she stay in France, where the locals are odd, business

is erratic, but the scenery is stunning? Will she ever resolve her relationship with Latin Ray or should she see what develops with her dashing and attentive ?new neighbour? Humorous and clear-eyed, Lavender and Linen is an irresistible story of a life gone almost right.

'An utterly delightful memoir' West Australian NOW A SHOWTIME ORIGINAL TV SERIES • A "bold, absorbing novel" (The New York Times Book Review) of the lost American dream, the acts of friendship, loyalty, and love that arise from its loss, and two young men, bound to their hometown, who crave an escape. "Powerful . . . gripping . . . in the tradition that stretches from Ernest Hemingway to Cormac McCarthy."—The Washington Post NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • The Washington Post • Economist •Pittsburgh Post-Gazette • Newsweek • Kansas City Star • Idaho Statesman

Left alone to care for his aging father after his mother dies by suicide and his sister escapes to Yale, Isaac English longs for a life beyond his hometown, a beautiful but economically devastated Pennsylvania steel town. But when he finally sets out to leave for good, accompanied by his temperamental best friend, former high school football star Billy Poe, they are caught up in a terrible act of violence that changes their lives forever. Evoking John Steinbeck's novels of restless lives during the Great Depression, American Rust takes us into the contemporary American heartland at a moment of profound unrest and uncertainty about the future. It is a dark but lucid vision, a moving novel about the bleak realities that battle our desire for transcendence and the power of love and friendship to redeem us. Debi Novotny has put together a treasured collection of photographs starring heart shapes found growing in nature! Perfect for readers of all ages who see love in unexpected places. She hopes this book will inspire kids and adults to search for hearts, too! We'd love to see where you find little hidden hearts!

#wheredoheartsgrow Travel is the only thing you can buy that makes you richer Travel opens our minds to the world; it helps us to embrace risk and uncertainty, overcome challenges and understand the people we meet and the places we visit. But what happens when we arrive home? How do our experiences shape us? The Kindness of Strangers explores what it means to be vulnerable and to be helped by someone we've never met before. Someone who could have walked past, but chose not to. This is a collection of stories by accomplished travellers and adventurous souls like Sarah Outen, Benedict Allen, Ed Stafford and Al Humphreys, who have completed daring journeys through challenging terrain. Each has a story to tell of a time when they were vulnerable, when they were in need and a kind stranger came to their rescue. These are stories that make our hearts grow, stories that will restore our faith in the world and remind us that, despite what the media says, the world isn't a scary place - rather, it is filled with Kind Strangers just like us.

Northern Cheyenne Dog Soldier Standing Cloud fights against the white man's expansion into his people's homeland. Well bred young Army wife Anah Hoffman Moore is fascinated by a language and culture far different from her own. How they meet and fall in love is set in a troubling time in the western territories of America, when Manifest Destiny rapidly encroached upon the culture of the native inhabitants. Anah turns to laudanum in the wake of a violent attack on herself, and the deaths of her husband and their young child, and is subsequently led, by an old army scout who has befriended her, to the winter camp of a small band of Cheyenne, where she finds solace for a season. She leaves there and becomes a translator for Red River War prisoners being taken to Ft. Marion on Florida's Northern Atlantic coast. It is there Standing Cloud first becomes acquainted with Anah, whom he and his fellow prisoners call "the Sweet Grass Woman" for her

story-telling abilities. While on a supervised outing of prisoners they become caught up in a hurricane, and find themselves cast up on a Sea Isle off the coast of Georgia, where they are sheltered by a community of emancipated slaves. Apart from their respective cultures they begin a romantic idyll. Their bond strengthens, but as the summer turns to autumn Cloud becomes restive, haunted by his brothers still imprisoned, so they return to the fort. Back at Ft. Marion they continue a relationship, of necessity clandestine. When the notice comes for the men's release, remanding them to their respective reservations, Cloud chooses a different path. Anah finds that he has left in the night with only a note and a promise that he will return for her. She expects his imminent return, but a few months pass with no word. An unexpected discovery changes Anah's life, and she eventually heads West, determined to start her own Indian School, one that respects and embraces their native customs. Despite success, she yearns for Standing Cloud's return. *My Heart Grows Wide Within Me*, set in the 1870's, tells of shattered lives on the western frontier during the Indian Wars. The historical novel contains visions, dreams, stories, legends, vignettes, journal entries and well-known figures from the era, achieving emotional truths that transcend place and time. This Volume of the series *Cardiac and Vascular Biology* offers a comprehensive and exciting, state-of-the-art work on the current options and potentials of cardiac regeneration and repair. Several techniques and approaches have been developed for heart failure repair: direct injection of cells, programming of scar tissue into functional myocardium, and tissue-engineered heart muscle support. The book introduces the rationale for these different approaches in cell-based heart regeneration and discusses the most important considerations for clinical translation. Expert authors discuss when, why, and how heart muscle can be salvaged.

The book represents a valuable resource for stem cell researchers, cardiologists, bioengineers, and biomedical scientists studying cardiac function and regeneration.

Talk about unlucky sevens. An hour ago, seventeen-year-old, seven months pregnant Novalee Nation was heading for California with her boyfriend. Now she finds herself stranded at a Wal-Mart in Sequoyah, Oklahoma, with just \$7.77 in change. But Novalee is about to discover hidden treasures in this small Southwest town--a group of down-to-earth, deeply caring people willing to help a homeless, jobless girl living secretly in a Wal-Mart. From Bible-thumping blue-haired Sister Thelma Husband to eccentric librarian Forney Hull who loves Novalee more than she loves herself, they are about to take her--and you, too--on a moving, funny, and unforgettable journey to . . . Where the Heart Is. #1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, "If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection." In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. *Atlas of the Heart* draws on this research, as well as on Brown's singular skills as a storyteller, to show us how accurately naming an experience doesn't give the

experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, “I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves.” The first in a new series of “see + read M books” presenting eye-catching, creative designs, and die-cut pages to teach children colors, caring, and other golden rule lessons in this bright and beautiful board book. There’s no better way to share love and learning with your little one than time spent on your lap with a colorful book. My Heart Grows illustrates the wonderful ways to give and receive love, from hugging and playing to sharing and helping, all while watching the book’s heart grow! Updated to include the escapades of the last 16 years of the “queen of the groupies,” this rollicking, piquant, and sometimes heartbreaking follow-up to “I’m With the Band” documents Pamela Des Barres’ struggles with postmodern marriage and motherhood. Covering the middle-passage years of the baby-boom generation, this biography portrays a hilarious, inspiring tussle with life’s adventures and adversities, from acting with Sylvester Stallone and dancing with Bob Dylan to making ends meet by rooming with struggling celebrities and selling cosmetics. For all its famous names and insider lore, this is a survivor’s story--about the anguish of coping with loved ones’ addictions, suffering divorce and loss, and the joys and terrors of raising a gifted son--told with grace, charm, and a generous sense of humor. Grow your heart three sizes and get in on all of the Grinch-mas cheer with this special edition of the beloved holiday classic, How the Grinch Stole Christmas, featuring a 3-D cover that allows you to actually SEE the magic of the holiday season as the Grinch’s heart grows and grows! This eye-catching edition of Dr. Seuss’s beloved holiday classic features a huge lenticular 3-D inset on the

cover that when moved shows the Grinch's heart growing three sizes, and his frown turning into a smile! Available for a limited time only, this is the perfect gift for Dr. Seuss fans of all ages-and a must-have for collectors. Whether in the hands of a child, or artfully displayed on a coffee table, this very special edition of *How the Grinch Stole Christmas!* will bring huge smiles to the faces of all who see it! 'HOW TO FIX A BROKEN HEART PROVIDES THE VALIDATION, COMFORT AND HOPE ANYONE WHO IS HEARTBROKEN DESPERATELY NEEDS.' ESTHER PEREL, BESTSELLING AUTHOR OF *THE STATE OF AFFAIRS AND MATING IN CAPTIVITY* Every one of us has or will have our heart broken at some point in our lives. Heartbreak, whether it comes in the form of romantic love or through loss, is universal, yet we know so little about how to deal with it. Psychologist Dr Guy Winch imagines how different our lives and our society would be if we paid more attention to this unique emotional pain. Heartbreak can last for days, weeks, months and even years. Yet while we wouldn't expect someone to go to work or function well with a broken limb, heartbroken people are expected to function in their lives, despite the emotional pain they feel. *How to Fix a Broken Heart* argues that if we don't understand how heartbreak works, we won't be able to heal it and we are likely to make it worse, which we do, and regularly. Dr Winch reveals how and why heartbreak impacts our brain and our behaviour in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to problem solve and to function. Recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Dr Winch offers a toolkit on how to handle and cope with a broken heart and how to, eventually, move on. 'A great read for anyone going through heartbreak, anyone trying to help

someone go through heartbreak, or anyone who simply wants to understand humans better' Tim Urban, creator of Wait But Why? The Founder's Dilemmas examines how early decisions by entrepreneurs can make or break a startup and its team. Drawing on a decade of research, including quantitative data on almost ten thousand founders as well as inside stories of founders like Evan Williams of Twitter and Tim Westergren of Pandora, Noam Wasserman reveals the common pitfalls founders face and how to avoid them. Acclaimed creator of The Word Collector, Happy Dreamer, Say Something, and Be You, #1 New York Times bestseller Peter H. Reynolds breaks new ground in this ultimate gift book format perfect for readers of every age. A poetic, universal, and joyful celebration of how we feel about the most beloved people in our lives -- we love them BY HEART! I love every smile, every blink, I love you by heart. I love your toes, your head, your nose, I love you by heart. Celebrated, bestselling creator Peter H. Reynolds brings to life this ode to unconditional love with a delightful and poetic tribute to the rare and beautiful love that binds us together. From the intimate and unbridled love parents and caregivers have for their little ones, to the tremendous love of a lifelong friendship, and the boundless love of a grandparent -- this is a heartfelt message to share with the people we cherish; like a song we have known all our lives, we love them by heart. Peter H. Reynold's whimsical and charming art conveys this deep expression of love with humor, tenderness, and heart. Love You by Heart is the perfect gift for Valentine's Day and any day of the year and will become a bookshelf staple. Just right for new and expectant parents, baby showers, birthdays, graduations, and anytime you want to share a most heartfelt message of L-O-V-E! This book covers the latest information on the anatomic features, underlying physiologic mechanisms, and treatments for diseases of the heart. Key chapters

address animal models for cardiac research, cardiac mapping systems, heart-valve disease and genomics-based tools and technology. Once again, a companion of supplementary videos offer unique insights into the working heart that enhance the understanding of key points within the text. Comprehensive and state-of-the-art, the Handbook of Cardiac Anatomy, Physiology and Devices, Third Edition provides clinicians and biomedical engineers alike with the authoritative information and background they need to work on and implement tomorrow's generation of life-saving cardiac devices. An alphabet board book that introduces the ABCs and ROYGBVs in vibrant rainbow colors to engage young eyes and encourage verbal and visual literacy. Glints of rainbow holographic foil make this a truly special book to behold! From Michael Arndt, award-winning graphic designer and author of the M books: see + read board book series, comes rAinbowZ—a new, mesmerizing alphabet and color primer for kids. Introducing a variety of food and objects, all in the colors of the spectrum, rAinbowZ engages young eyes and makes verbal and visual literacy fun. Fascinating for babies, this board book is an exciting, exuberant, and educational tool that can be used over and over again. Research centering on blood flow in the heart continues to hold an important position, especially since a better understanding of the subject may help reduce the incidence of coronary arterial disease and heart attacks. This book summarizes recent advances in the field; it is the product of fruitful cooperation among international scientists who met in Japan in May, 1990 to discuss the regulation of coronary blood flow. One of the most time-consuming tasks in clinical medicine is seeking the opinions of specialist colleagues. There is a pressure not only to make referrals appropriate but also to summarize the case in the language of the specialist. This book explains basic physiologic and pathophysiologic

mechanisms of cardiovascular disease in a straightforward manner, gives guidelines as to when referral is appropriate, and, uniquely, explains what the specialist is likely to do. It is ideal for any hospital doctor, generalist, or even senior medical student who may need a cardiology opinion, or for that ma. EVERY SUPERHERO NEEDS TO START SOMEWHERE... Dale Sampson is used to being a nonperson at his small-town Midwestern high school, picking up the scraps of his charismatic lothario of a best friend, Mack. He comforts himself with the certainty that his stellar academic record and brains will bring him the adulation that has evaded him in high school. But when an unthinkable catastrophe tears away the one girl he ever had a chance with, his life takes a bizarre turn as he discovers an inexplicable power: He can regenerate his organs and limbs. When a chance encounter brings him face to face with a girl from his past, he decides that he must use his gift to save her from a violent husband and dismal future. His quest takes him to the glitz and greed of Hollywood, and into the crosshairs of shadowy forces bent on using and abusing his gift. Can Dale use his power to redeem himself and those he loves, or will the one thing that finally makes him special be his demise? The Heart Does Not Grow Back is a darkly comic, starkly original take on the superhero tale, introducing an exceptional new literary voice in Fred Venturini. From the author of *The Proper Care and Maintenance of Friendship* and *One Good Friend Deserves Another*, comes a novel about the benefits of taking a walk off the beaten track. *The Heart Grows Stronger* is a novel about a troubled young girl, Julie, struggling with drug addiction and emotional issues resulting from a broken family life. One day her boyfriend pushes her out of the car and onto a lawn which happens to belong to the Brooks family, a single mother and her young son, Todd; they befriend her and encourage her to break free from

her destructive lifestyle. But her happiness will soon be tested again when Michael, the powerful lawyer she meets at her first job, begins making advances. She cannot deny the attraction she feels towards him, yet at the same time she senses something about him that frightens her to the core. Torn between her love for Todd and the new feelings she is experiencing for Michael, Julie comes to terms with her blossoming adulthood and discovers that life is not as simple as she once had thought. Laura Caxton vowed never to face them again. The horror of what the vampires did is too close, the wounds too fresh. But when Jameson Arkeley, broken and barely recognizable, comes to her with an unfathomable, unholy discovery, her resolve crumbles. Arkeley leads Caxton to a tomb in Gettysburg recently excavated by a local archaeology professor. While the town, with its legendary role in the Civil War's worst battle, is no stranger to cemeteries, this one is remarkably, eerily different. In it lie 100 coffins—99 of them occupied by vampires, who, luckily, are missing their hearts. But one of the coffins is empty and smashed to pieces. Who is the missing vampire? Does he have access to the 99 hearts that, if placed back in the bodies of their owners, could reanimate an entire bloodthirsty army? How did the vampires end up there, undisturbed and undiscovered for 150 years? The answer lies in Civil War documents that contain sinister secrets about the newly found coffins—secrets that Laura Caxton is about to uncover as she is thrown into a deadly, gruesome mission of saving an entire town from a mass invasion of the undead. . . . It is my goal to inspire you through my real life story as well as teach you real-world strategies about how to flip houses and grow rich. Investing requires passion and knowledge. You cannot have success without inspiration, and you cannot turn inspiration into profits if you do not have a business system. That's why this book is set up to

appeal to both. The left side of the book tells you my personal story — how I started from nothing and grew into a multimillionaire real estate investor. You share in the hope, despair, fear and excitement I have experienced on my road to success. The right side of the book explains how to succeed in real estate investing — how to condition your mind for success, find hot deals, secure money, manage contractors, reinvest profits and enjoy true wealth. You learn the secrets to my business without going through the school of hard knocks. Each chapter is complete. You can jump around and read the sections that seem most relevant at the moment. This presentation describes various aspects of the regulation of tissue oxygenation, including the roles of the circulatory system, respiratory system, and blood, the carrier of oxygen within these components of the cardiorespiratory system. The respiratory system takes oxygen from the atmosphere and transports it by diffusion from the air in the alveoli to the blood flowing through the pulmonary capillaries. The cardiovascular system then moves the oxygenated blood from the heart to the microcirculation of the various organs by convection, where oxygen is released from hemoglobin in the red blood cells and moves to the parenchymal cells of each tissue by diffusion. Oxygen that has diffused into cells is then utilized in the mitochondria to produce adenosine triphosphate (ATP), the energy currency of all cells. The mitochondria are able to produce ATP until the oxygen tension or PO_2 on the cell surface falls to a critical level of about 4–5 mm Hg. Thus, in order to meet the energetic needs of cells, it is important to maintain a continuous supply of oxygen to the mitochondria at or above the critical PO_2 . In order to accomplish this desired outcome, the cardiorespiratory system, including the blood, must be capable of regulation to ensure survival of all tissues under a wide range of circumstances. The purpose of this

presentation is to provide basic information about the operation and regulation of the cardiovascular and respiratory systems, as well as the properties of the blood and parenchymal cells, so that a fundamental understanding of the regulation of tissue oxygenation is achieved. With a die-cut heart that gets bigger and bigger on every spread, this board book shines a light on all the ways a parent's love for their children grows more and more each day. ALA Best Book for Young Adults ? School Library Journal Best Book ? Publishers Weekly Best Book ? IRA/CBC Children's Choice ? NCTE Notable Children's Book in the Language Arts A Vietnamese girl plants six lima beans in a Cleveland vacant lot. Looking down on the immigrant-filled neighborhood, a Romanian woman watches suspiciously. A school janitor gets involved, then a Guatemalan family. Then muscle-bound Curtis, trying to win back Lateesha. Pregnant Maricela. Amir from India. A sense of community sprouts and spreads. Newbery-winning author Paul Fleischman uses thirteen speakers to bring to life a community garden's founding and first year. The book's short length, diverse cast, and suitability for adults as well as children have led it to be used in countless one-book reads in schools and in cities across the country. Seedfolks has been drawn upon to teach tolerance, read in ESL classes, promoted by urban gardeners, and performed in schools and on stages from South Africa to Broadway. The book's many tributaries—from the author's immigrant grandfather to his adoption of two brothers from Mexico—are detailed in his forthcoming memoir, *No Map, Great Trip: A Young Writer's Road to Page One*. "The size of this slim volume belies the profound message of hope it contains." —Christian Science Monitor And don't miss *Joyful Noise: Poems for Two Voices*, the Newbery Medal-winning poetry collection! The second in a new series of "look + learn M books" presenting eye-catching, creative designs, and die-cut pages to teach

children colors, counting, and caring, in this beautiful board book. There's no better way to share love and learning with your little one than time spent on your lap with a colorful, interactive board book. One Yellow Sun helps introduce little ones to numbers, colors, and sizes, using vibrant colors and smart die-cuts. There's a surprise activity at the end! In this landmark work, internationally beloved teacher of meditation and "one of the great spiritual teachers of our time" (Alice Walker, author of *The Color Purple*) Jack Kornfield reveals that you can be instantly happy with the keys to inner freedom. Through his signature warmhearted, poignant, often funny stories, with their a-ha moments and O. Henry-like outcomes, Jack Kornfield shows how we can free ourselves, wherever we are and whatever our circumstances. Renowned for his mindfulness practices and meditations, Jack provides keys for opening gateways to immediate shifts in perspective and clarity of vision, allowing us to "grapple with difficult emotions" (Publishers Weekly, starred review) and know how to change course, take action, or—when we shouldn't act—just relax and trust. Each chapter presents a path to a different kind of freedom—freedom from fear, freedom to start over, to love, to be yourself, and to be happy—and guides you into an active process that engages your mind and heart, awakens your spirit, and brings real joy, over and over again. Drawing from his own life as a son, brother, father, and partner, and on his forty years of face-to-face teaching of thousands of people across the country, Jack presents "a consommé of goodness, heart, laughter, tears, and breath, nourishing and delicious" (Anne Lamott, author of *Bird by Bird*). His keys to life will help us find hope, clarity, relief from past disappointments and guilt, and the courage to go forward. Like many young women, Grace Barnum's life is a precarious mix of sensible choices and uncomfortable compromise. She dutifully edits children's

textbooks that she fears may be more harmful than helpful. She is engaged to a patent attorney with whom she has a reliable relationship. She's wary of her fascinating father, a renowned New York painter, and she prefers her mother slightly drunk. Always organised, always a planner, Grace carries her life around in a handbag - that is, until the responsibility-challenged Tyler Wilkie shows up, with his warm eyes and a smile that makes Grace drop things. Worst of all, he writes tender, loving, devastating songs - about her. Tyler reaches something in Grace, something she needs, but can't admit to. Something she wants, but won't succumb to. Falling in love with him would ruin everything. And yet... This tender novelty board book shines a light on all the ways a parent's love for their children grows more and more each day. My heart used to beat for one, now it beats for two. But oh how giant my heart grows all because of you. A parent's love for their child grows daily, always in new and unexpected ways: through making mistakes, through asking why, through taking a stand, through making up your mind. With a die-cut heart that gets bigger and bigger on every spread, each turning page expands the love that's shared. A collection of jokes and stories accumulated over a lifetime of experiences that are now being shared so you too can strengthen your heart and tickle your funny-bone. The first in a new series of "see + read M books" presenting eye-catching, creative designs, and die-cut pages to teach children colors, caring, and other golden rule lessons in this bright and beautiful board book. There's no better way to share love and learning with your little one than time spent on your lap with a colorful, interactive board book. My Heart Grows illustrates the wonderful ways to give and receive love, from hugging and playing to sharing and helping, all while watching the book's heart grow! A Top 25 CHOICE 2016 Title, and recipient of the CHOICE Outstanding

Academic Title (OAT) Award. How much energy is released in ATP hydrolysis? How many mRNAs are in a cell? How genetically similar are two random people? What is faster, transcription or translation? Cell Biology by the Numbers explores these questions and dozens of others provide. These days it's hard to count on the world outside. So it's vital to grow strengths inside like grit, gratitude, and compassion—the key to resilience, and to lasting well-being in a changing world. True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going. With his trademark blend of neuroscience, mindfulness, and positive psychology, New York Times bestselling author Dr. Rick Hanson shows you how to develop twelve vital inner strengths hardwired into your own nervous system. Then no matter what life throws at you, you'll be able to feel less stressed, pursue opportunities with confidence, and stay calm and centered in the face of adversity. This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with others and to repair and deepen important relationships. Warm, encouraging, and down-to-earth, Dr. Hanson's step-by-step approach is grounded in the science of positive neuroplasticity. He explains how to overcome the brain's negativity bias, release painful thoughts and feelings, and replace them with self-compassion, self-worth, joy, and inner peace. Most accounts of spiritual enlightenment end at the moment of illumination. But what happens after that? What is life like after the ecstasy? How do we live our understanding with a full heart? In this unique mix of practical and spiritual wisdom Jack Kornfield, author of the bestselling A PATH WITH HEART and one of the most

respected Buddhist meditation teachers in the West, sets out to answer these crucial questions. Drawing on discussions with abbots, lamas and Western meditation masters, Kornfield describes with refreshing honesty their different experiences of the moment of enlightenment and what life lessons they - and we - can learn from these - as each of us seeks to fulfil the true path of compassion on earth.

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