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Travels in a Thin Country May 17 2022 An elegant travel writer discovers Chile, the country squeezed in between a vast ocean and running along the longest mountain range on Earth.

Materials Science of Thin Films Dec 12 2021 This is the first book that can be considered a textbook on thin film science, complete with exercises at the end of each chapter. Ohring has contributed many highly regarded reference books to the AP list, including Reliability and Failure of Electronic Materials and the Engineering Science of Thin Films. The knowledge base is intended for science and engineering students in advanced undergraduate or first-year graduate level courses on thin films and scientists and engineers who are entering or require an overview of the field. Since 1992, when the book was first published, the field of thin films has expanded tremendously, especially with regard to technological applications. The second edition will bring the book up-to-date with regard to these advances. Most chapters have been greatly updated, and several new chapters have been added.

Ferroelectric Thin Films May 25 2020

Organic Thin Films and Surfaces: Directions for The Nineties Jul 27 2020 Physics of Thin Films has been one of the longest running continuing series in thin film science consisting of 20 volumes since 1963. The series contains some of the highest quality studies of the properties of various thin films materials and systems. In order to be able to reflect the development of today's science and to cover all modern aspects of thin films, the series, beginning with Volume 20, will move beyond the basic physics of thin films. It will address the most important aspects of both inorganic and organic thin films, in both their theoretical as well as technological aspects. Therefore, in order to reflect the modern technology-oriented problems, the title has been slightly modified from Physics of Thin Films to Thin Films. Edited by Abraham Ulman, Organic Thin Films and Surfaces: Directions for the Nineties will be the first volume to link two dynamic areas in the physical sciences--organic thin films and surface science. Contributions from leading experts in the field cover a range of important topics on the processing, characterization, and applications of organic thin films.

The Thin Space Jan 01 2021 When Psychologist Rocky Devos lost his wife to cancer, he also lost his faith in the fairness of God. For over a year, he lived in the thin space between his love for God and his hatred for what he believed God did. Each night, he banged on heaven's gate demanding an explanation. "Why Rachel, Lord? Why would you let her suffer like that? Why didn't you do something? Why didn't you give us a miracle?" The longer his prayers went unanswered the more frustrated he became. Eventually, he meets God's silence with a silence of his own. But then, a year and four months later, the answer arrives disguised as a homeless vagabond who claims to be the apostle Paul. Clearly, Rocky believes he was delusional. But in

their court-appointed sessions, he finds a kindred spirit. As Paul unpacks the pain of losing his wife in childbirth the two men connect. Rocky believes he's there to help Paul. Paul believes the opposite. The book explores the thin space between faith and doubt. Rocky's questions are our questions. At some point we will all lose someone we love. When we do, we will find comfort in the company of those who have walked the path of suffering before us. Rocky invites us to join him on his journey of redemption. His conversations with Paul will not only change the way he thinks about God, they may do the same for you as well.

The Thin You Within You Jun 18 2022 Diets don't work. The pounds may slide off, but for too many dieters, once the food scales and calorie counters have been put away, the weight returns. Dr. Abraham Twerski, a specialist in addictive behavior, shows that it is not lack of willpower that leads to overeating but an absence of self-esteem. To develop healthy eating habits, a person must first develop a strong sense of self. With his characteristic upbeat style, Dr. Twerski explains: -The seemingly illogical compulsion of overeating and its connection to low self-esteem -The origins and evolutions of low self-esteem and how to identify common problems of a negative self-image -How to rely on yourself, instead of food, in times of stress, anger, and fear -How to deal with friends and family members who may contribute to and unhealthy self-image and eating habits -How to find the courage to change the life-long habits and where to get outside help in the form of therapy and support groups With Dr. Twerski's straightforward and honest approach, losing weight is redefined as gaining a sense of self and banishing diets forever.

Thin Feb 26 2023 Critically acclaimed for "Girl Culture" and "Fast Forward," Greenfield continues her exploration of contemporary female culture with "Thin," a groundbreaking photographic exploration of eating disorders.

Money from Thin Air Jul 07 2021 Most of all, Corr captures the heart of a new kind of executive who is changing the way business works forever."--BOOK JACKET.

Naturally Thin Apr 16 2022 From four-time New York Times bestselling author Bethenny Frankel, the book that started it all: *Naturally Thin*. Bethenny Frankel, talk show host, "Queen of Cocktails," and "Mommy Mogul" has always had a passion for preparing and enjoying healthful, natural foods and sharing that love. The New York Times bestseller *Naturally Thin* shows how anyone can banish their Heavy Habits, embrace Thin Thoughts, and enjoy satisfying meals, snacks, and drinks without the guilt. Armed with Bethenny's rules, you will say: -I know when I am really hungry -When I'm really hungry, I look for high-volume, fiber-rich foods -I can have any food I want -I love the taste of real food With more than thirty simple, delicious recipes (including her famous SkinnyGirl Margarita), a one-week program to jump-start readers on the *Naturally Thin* lifestyle, and warm, witty encouragement on every page, Frankel serves up a book for a healthier and thinner life.

Thin Places Nov 18 2019 SHORTLISTED FOR THE WAINWRIGHT PRIZE FOR NATURE WRITING – HIGHLY COMMENDED 'Remarkable' Robert Macfarlane 'Beautiful' Amy Liptrot 'Powerful, unflinching . . . Part hymn to nature, part Troubles memoir' Guardian Kerri ní Dochartaigh was born in Derry at the very height of the Troubles. One parent was Catholic, the other Protestant. In the space of a year Kerri's family were forced out of two homes and when she was eleven a homemade petrol bomb was thrown through her bedroom window. For families like hers, terror was in the very fabric of the city. In *Thin Places*, Kerri explores how nature kept her sane and helped her heal, and how we are again allowing our borders to become hard and terror to creep back in. Kerri asks us to reclaim and rejoice in our landscape, and to remember that the land we fight over is much more than lines on a map.

Thin Forever Mar 23 2020

Ferroelectric Thin Films VIII: Volume 596 Aug 28 2020 This book, the eighth in a popular series from MRS, features the latest technical information on ferroelectric thin films from an international mix of academia, industry and government organizations. Recent results for DRAM and FERAM devices, as well as enhancements in material performance for these applications, are presented. Significant advances in understanding leakage current, frequency dependence of the coercive field, hydrogen annealing effects, piezoelectric constants, and domain switching responses are highlighted. The development of ferroelectric thin films for piezoelectric applications are also reviewed, as are improved film-fabrication procedures including chemical vapor deposition and chemical solution deposition. Topics include: BST thin films and DRAM; integration and electrodes; Bi-based thin-film ferroelectrics; Pb-based thin-film ferroelectrics; fundamental properties of thin-film ferroelectrics; ferroelectric gate materials and devices; and piezoelectric, pyro-electric and capacitor devices and novel processing strategies.

The Best of Thin Lizzy Jan 13 2022 (Guitar Recorded Versions). Transcriptions in notes and tab for 15 favorites from these Irish rockers, including: Are You Ready * Bad Reputation * The Boys Are Back in Town * Chinatown * Dancing in the Moonlight * Jailbreak * Whiskey in the Jar * and more.

The Mercy of Thin Air Dec 24 2022 Following her death in 1920s New Orleans, beautiful Raziela chooses to remain in The Between--a place between life and death--rather than pass on to what lies ahead, hoping to find out what happened to her beloved Andrew.

The Materials Science of Thin Films Jul 19 2022 Prepared as a textbook complete with problems after each chapter, specifically intended for classroom use in universities.

The Thin Book of® SOAR May 05 2021 "Very creative and enlightening. I strongly urge everyone to buy the book if you are looking for a new and unique way to conduct strategic planning." Strategy is everybody's job - SOAR is the acronym of a new strategic planning process that is based on discovering and multiplying what the organization does well. SOAR takes the Appreciative Inquiry philosophy and applies it to provide a strategic thinking and dialogue process. The authors have been instrumental in developing this process and will share the concept and case studies to give you the confidence to try SOAR.

High Performance Hydrogenated Amorphous Silicon Thin-film Transistor Structure Feb 20 2020

Return of the Thin Man Mar 15 2022 After the Thin Man (Nick and Nora investigate a love triangle gone wrong after a dead man is discovered at their door) -- Another Thin Man (After a wealthy business partner of Nora's father's is murdered, Nick and Nora's investigation brings them into the killer's crosshairs).

The Thin Book of Trust Sep 21 2022

Murder, She Wrote: Skating on Thin Ice Oct 10 2021 Olympic pairs figure skating hopeful Christine Allen is training in Cabot Cove under the tutelage of former gold medalist Brian Devlin and partnered with up-and-coming Russian skater Alexei Olshansky. But when a series of mysterious "accidents" occur-leading to the death of one of the skaters-Jessica Fletcher suspects someone is getting away with cold-blooded murder...

Eat and Grow Thin Jun 25 2020

The Thin Woman Jan 21 2020 The Thin Woman provides an in-depth discussion of anorexia nervosa from a feminist social psychological standpoint. Medicine, psychiatry and psychology have all presented us with particular ways of understanding eating disorders, yet the notion of 'anorexia' as a medical condition limits our understanding of anorexia and the extent to which we can explore it as a socially, discursively produced problem. Based on original research using historical and contemporary literature on anorexia nervosa, and a series of interviews with women diagnosed as anorexic, The Thin Woman offers new insights into the problem. It will prove useful both to those with an interest in eating disorders and gender, and to those interested in the new developments in feminist post-structuralist theory and discourse analytic research in psychology.

Bad Mermaids: on Thin Ice Apr 23 2020 In the kingdom of Frostopia, mermaids Beattie, Mimi and Zelda have come to the aid of Maritza Mist, a famous water witch who supplies magic spells to the underwater kingdoms. Two notoriously bad mermaids have escaped from Viper View prison and stolen Maritza's map that shows the locations of twelve magical objects. When brought together, these objects will create the most powerful water witch the world has ever known. Beattie, Mimi and Zelda set off to travel the underwater kingdoms to stop them. But they haven't counted on meeting a bunch of over-zealous spies, the oldest shark in the world or their faithful companion Steve the seahorse going rogue ...On Thin Ice is the third book in the hilarious Bad Mermaids series from the superbly witty and creative Sibéal Pounder, author of Witch Wars and a World Book Day author.

The Thin Red Line Nov 23 2022 Soon to be a major motion picture, this classic war novel by the author of "From Here to Eternity" tells the story of the men of C-for-Charlie company before, during, and after the Allied effort at Guadalcanal. "Brutal, direct, and powerful".--"Los Angeles Times". 480 pp. 20,000 print. Copyright © Libri GmbH. All rights reserved.

The Thin Book of Appreciative Inquiry Nov 11 2021 This best-selling classic provides a great introduction on what appreciative inquiry is and how to apply it. Sue has updated the 3rd edition with the latest research and many new examples. The Thin Thin Book of® Appreciative Inquiry is the introduction to the exciting organizational change philosophy called Appreciative Inquiry. Appreciative Inquiry is a way of thinking, seeing and acting for powerful, purposeful change in organizations. It is particularly useful in systems being overwhelmed by a constant demand for change. Appreciative Inquiry approaches change by assuming that

whatever you want more of already exists in all organizations.

Dying to Be Thin Feb 02 2021 In a society that favours a slim body image, eating disorders such as anorexia and bulimia are on the increase. This authoritative and compassionate guide gives families, friends and sufferers themselves the help they need.

Rocks and Minerals in Thin Section, Second Edition Dec 20 2019 The Second Edition of this concise, clear, and handy-sized volume, highly respected and successful authors explain to the reader, with the help of 180 superb color photomicrographs, how to observe, describe and identify thin section samples of rocks and minerals using the polarising microscope. The book is aimed at the introductory undergraduate level and highlights important diagnostic features of minerals and deals with all rock types—igneous, sedimentary and metamorphic—with equal emphasis and authority, giving students the knowledge and confidence to begin to identify specimens for themselves. Each photograph has been specially prepared for the book and has been reproduced in a generous size to the highest quality. In addition to its value to students and instructors in geology, geography, civil engineering and materials science, the book stands on its own as a beautiful collection of photomicrographs and a permanent source of reference and fascination for all those interested in the nature and science of the world of rocks and minerals.

Into Thin Air Feb 14 2022 #1 NATIONAL BESTSELLER • The epic account of the storm on the summit of Mt. Everest that claimed five lives and left countless more—including Krakauer's—in guilt-ridden disarray. "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism." —PEOPLE A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. By writing *Into Thin Air*, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of *Into Thin Air* includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since *Into Thin Air*'s denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored *The Climb*, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters—a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."

The Little Book of Thin Aug 20 2022 The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this "worst-case diet survival handbook",

nutritionist and founder of Foodtrainers™, Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps. Along with her no-nonsense nutrition and exercise advice, readers will discover that the missing component of most weight-loss schemes is planning. Planning to succeed and planning for the obstacles on the way to slim are as vital as what and when to eat and how to incorporate fat-burning activity into your day. All too many dieters give up when they hit a few road bumps created by work, family, socializing, travel, fatigue or indifference. Slayton comes to the rescue with: • The Big 10 “Do-Not-Pass-Go” Basics, from high protein breakfast to “closing the kitchen” after dinner! • Top Ten Things to Avoid to Get Healthy and Slim Down Fast • The 4 P’s -- Plan, Purchase, Prep and Promise -- to get and stay on track • The 4-Step Treat Training Strategy to survive the “Witching Hour” Dozens of smart, simple ways to cope with the big obstacles to slim: family, restaurants, travel, entertaining, alcohol and more. Slayton provides the know-how and the what-to-do-when-things-go-south to help readers keep on track, no matter what diet they follow.

Emma on Thin Icing The Graphic Novel Sep 09 2021 The bestselling Cupcake Diaries series is now available in graphic novel format! In this adaptation of the third book, Emma’s earning money left and right—but is she in over her head? When Mia asks the Cupcake Club girls to be junior bridesmaids in her mother’s wedding, everyone is super excited about the idea—especially when they find the perfect dress for the occasion! It’s Emma’s dream dress...except for the price tag. And with her mom recently out of work, there’s not a lot of room at the Taylor house for extra expenses. Not wanting to disappoint her friends, Emma decides to take on a few more jobs and chores around the house to help cover the cost. Between babysitting her bratty brother, a dog-walking business, flute practice, the Cupcake Club—and oh yeah, being a typical tween girl—Emma may have bitten off more than she can chew. Can she pull off the balancing act and go to Mia’s mom’s wedding in style? Fun, bright, full-color graphic panels tell the story with the same humor and heart as the original novel.

Thin Air Mar 03 2021 View our feature on Rachel Caine's *Thin Air*. After preventing Mother Earth from destroying the planet, Joanne Baldwin lost her memories thanks to Ashan the djinn—and they will remain lost forever unless Joanne can recover her identity—and destroy the demon who is impersonating her, fabulous shoes and all...

Rethinking Thin Jun 06 2021 In this eye-opening book, New York Times science writer Gina Kolata shows that our society's obsession with dieting and weight loss is less about keeping trim and staying healthy than about money, power, trends, and impossible ideals. *Rethinking Thin* is at once an account of the place of diets in American society and a provocative critique of the weight-loss industry. Kolata's account of four determined dieters' progress through a study comparing the Atkins diet to a conventional low-calorie one becomes a broad tale of science and society, of social mores and social sanctions, and of politics and power. *Rethinking Thin* asks whether words like willpower are really applicable when it comes to eating and body weight. It dramatizes what it feels like to spend a lifetime struggling with one's weight and fantasizing about finally, at long last, getting thin. It tells the little-known story of the science of obesity and the history of diets and dieting—scientific and social phenomena that made some people rich and thin and left others fat and miserable. And it offers commonsense answers to questions about weight, eating habits, and obesity—giving us a better understanding of the weight that is right for our bodies.

Thin Through the Power of Spirit Oct 18 2019 This breakthrough book offers a spiritually based approach to weight loss, drawn from the author's experience as a weight-loss counselor and as someone who lost 95 pounds more than 20 years ago and has kept it off ever since. *Thin Through the Power of Spirit* makes the startling disclosure that excessive overweight is a spiritual problem the root cause of which lies in the subconscious mind. The seriously overweight person is subconsciously unhappy with, and warring against, their own physical incarnation. With this perception that the "soul" (self) is caught in a prison (the body) the compulsion to overeat takes over -- a symbolic acting-out of this imprisonment in flesh/fat. Because the subconscious expresses on the outside (body) what is believed and felt on the inside (mind), obesity results from a subconscious sense of alienation from the physical world. The cure for excess weight lies in remembering that in the flesh, one is not meant to suffer. Permanent weight loss is possible when body reverence replaces body hatred, and weight-loss efforts are then seen as part of a larger commitment to creating Paradise on Earth. *Thin Through the Power of Spirit* shows readers how to change their world view, psychology, body image, and food choices so that they can move out of the prison of excess weight and into Paradise-like conditions of normal weight and increased freedom. Here is permanent weight loss that has not

only worked for Lucia Capodilupo and her clients, but can now work for the millions of people who struggle in frustration year after year -- because it rejects superficial quick-fix schemes and instead goes deep into the causes of excess weight at the subconscious soullevel. It is an in-depth plan that can change your weight and life forever.

How Thin People Think Oct 30 2020 Almost 65 percent of Americans are overweight - that means close to 35 percent are not! What exactly do those who manage their weight do - that others do not? How Thin People Think reveals unique and informative insights on weight management from the point of view of The Thinking Thin. 401 strategies and 63 cartoons lay out a specific set of common sense behaviors, that anyone could instantly follow, from this group who chooses to be thin. (They are not the lucky ones; the naturally thin.) Listen-in on decision-making processes many of the one-third of Americans who are not overweight use daily in order to enjoy a Lifetime of Thinness. Lively cartoons weave through chapters instructing readers on Hunger, Portion Control, Snacks, Dining Out, Food at Home, and other elements of weight management. The Thinking Thin never go on a diet, but they never go off one either. Find out how this simple weight management ability is within anyone's reach and why most readers ask, Why didn't someone tell us this before?

Eat Fat, Look Thin Oct 22 2022 Eat delicious, full-flavoured foods and lose weight permanently with this new, all natural, no-hunger, weight-loss program. You can enjoy rich, full-fat foods and lose weight without the hassle of counting calories, weighing portions, or suffering from hunger. This book exposes many common myths and misconceptions about fats. It reveals new, cutting-edge research on the world's only natural, low-calorie fat -- a fat that not only has fewer calories than any other fat, but one which also stimulates metabolism and burns up calories. Yes, you can lose weight by eating fat, if you use the right kind. Combined with a sensible eating plan, you can shed excess weight, enjoy the foods you love, and gain better health. This revolutionary, total-wellness program is designed to keep you both slim and healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, hypoglycaemia, heart and circulatory problems, yeast infections, chronic fatigue, and many other conditions.

The Thin Book of Naming Elephants Aug 08 2021 Publisher Provided Annotation There's an elephant in the room that everyone knows about but no one is acknowledging. The elephant is implicit and undiscussable and lurks in every organization. Everyone talks around the elephant and thinks that everyone else knows about the elephant. However, until the elephant's presence is made explicit, the level of dialogue and therefore the quality of decision-making is limited. Sound familiar? Using NASA's tragic accidents and Enron's bankruptcy as examples of the price of not having open, constructive dialogue, The Thin Book of Naming Elephants shows how great companies create an environment that encourages and listens to input from all levels of the organization.

Thin-layer Drying Studies on Short-grain Rough Rice Apr 04 2021

Eat Fat, Get Thin Jan 25 2023 A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, Eat Fat, Get Thin is the cutting edge way to lose weight, prevent disease, and feel your best.

Think Thin, Be Thin Nov 30 2020 If you've been struggling with your weight, you know how hard it can be to lose those extra pounds and keep them off. In the groundbreaking Think Thin, Be Thin, nationally prominent psychotherapist Doris Wild Helmering and award-winning health writer Dianne Hales assert that the true key to a healthy body weight is a healthy attitude toward food and exercise. Their logic is simple: Your brain ultimately controls what you eat and whether you work out. If you change the way you think, you can change the way you behave. And you can lose weight. Using proven psychological strategies and scientifically based exercises, you will learn how to harness your thoughts to transform your behavior, body, and life. With practical advice on such troublesome issues as curbing emotional eating, motivating yourself to exercise, and overcoming diet plateaus, this book is the ideal complement to any diet and weight-loss

program.

Thin Film Analysis by X-Ray Scattering Sep 28 2020 With contributions by Paul F. Fewster and Christoph Genzel While X-ray diffraction investigation of powders and polycrystalline matter was at the forefront of materials science in the 1960s and 70s, high-tech applications at the beginning of the 21st century are driven by the materials science of thin films. Very much an interdisciplinary field, chemists, biochemists, materials scientists, physicists and engineers all have a common interest in thin films and their manifold uses and applications. Grain size, porosity, density, preferred orientation and other properties are important to know: whether thin films fulfill their intended function depends crucially on their structure and morphology once a chemical composition has been chosen. Although their backgrounds differ greatly, all the involved specialists a profound understanding of how structural properties may be determined in order to perform their respective tasks in search of new and modern materials, coatings and functions. The author undertakes this in-depth introduction to the field of thin film X-ray characterization in a clear and precise manner.

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