
Pdf free Black rainbow by rachel kelly [PDF]

Singing in the Rain You'll Never Walk Alone You'll Never Walk Alone Black Rainbow Walking on Sunshine An Inconvenient Death The Happiness Diet Mastering Windows Server 2012 R2 Doing the Business of Group Relations Conferences Unlock Your Resilience Journal of Proceedings Dancing on Sunshine Peculiar, MO The Tenmile Country and Its Pioneer Families Group Relations Conferences Connections 500 National Theatre Connections 2011 Skein of the Crime Grant Textile Design Mastering Microsoft Windows Server 2008 R2 Learning SQL on SQL Server 2005 TORCH Statement of Disbursements of the House Madness in Post-1945 British and American Fiction Jet My Short Stories Bluegrass Homecoming Trilogy Break the Binds of Weight Stigma Basic Homebrewing Conversations in a Park Making Ice Cream and Frozen Yogurt The Ultimate Self-Esteem Toolkit What I Do to Get Through Growing and Cooking with Mint The Ultimate Anxiety Toolkit The Carer's Guide to Schizophrenia Pedagogies of Social Justice in Physical Education and Youth Sport How to Do Life with a Chronic Illness The Recovery Letters

Singing in the Rain 2019

a creative and interactive workbook to to help combat stress anxiety and depression

You'll Never Walk Alone 2022-11-03

words can be a way to unlock our feelings poetry allows us to be in touch with our emotions and helps us unlock and explore our vulnerability you ll never walk alone is a collection of the kind of inspirational texts mainly poems that can accompany us whatever we are feeling from sorrow to delight the texts are not just about words which can console us or comfort us though they often do this too rather these are poems that allow us to enjoy a full range of emotions the poems are organised according to the season in which they belong we all have seasons of our minds be they wintery and dark or more spring like and hopeful comprising 52 poems with analysis by rachel you ll never walk alone introduces a poem for each week of the year plus tips on bringing poetry into your life this book will show you how to bring poetry into your everyday emotional reality where it can be a new tool for wellbeing and one that means you ll never walk alone like rachel kelly i passionately believe in the power of poetry to reach the soul in times of heartache and joy this wonderful anthology will help and delight all through the year kelly s brilliant introduction and explanations of each choice make this an indispensable companion always bel mooney writer journalist and broadcaster

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Black Rainbow 2014-04-24

black rainbow is the powerful first person story of one woman s struggle with depression and how she managed to recover from it through the power of poetry in 1997 oxford graduate working mother and times journalist rachel kelly went from feeling mildly anxious to being completely unable to function within the space of just three days prescribed antidepressants by her doctor and supported by her husband and her family rachel slowly began to get better but her anxiety levels remained high and six years later as a stay at home mother she suffered a second collapse even worse than the first throughout both of rachel s periods of severe

depression the healing power of poetry became an integral part of her recovery as someone who had always loved poetry it became something for rachel to cling on to in times of need from repeating short mantras to learning and reciting entire poems these words and verses became a powerful force for change in her life in black rainbow rachel analyses why poetry can be one answer to depression and the book contains a selected 40 of the poems that provided rachel with solace and comfort during her breakdown and recovery at a time when mental health problems and depression are becoming more common and the stigma around such issues is finally being lifted this book offers a lifeline for anyone seeking to understand depression and seek new ways to treat it poetry is free has no side effects and as rachel can attest prescribing words instead of pills can be an incredibly powerful remedy

Walking on Sunshine 2016-11-08

originally published in great britain in 2015 by short books title page verso

An Inconvenient Death 2018-04-05

a daily telegraph book of the year a compelling authoritative insight into possibly the most controversial death in britain this century the observer goslett s like poirot he asks questions spooky and scary evening standard masterful this book made me proud of my trade as a journalist daily mail this searing excavation of the mysterious death of dr david kelly is investigative journalism at its best it is brave relentless dazzlingly revealing peter oborne in march 2003 british forces invaded iraq after tony blair said the country could deploy weapons of mass destruction at 45 minutes notice a few months later government scientist dr david kelly was unmasked by blair s officials as the assumed source of a bbc news report challenging this claim within days dr kelly was found dead in a wood near his home blair immediately convened the controversial hutton inquiry which concluded dr kelly committed suicide yet key questions remain could dr kelly really have taken his life in the manner declared and why did blair s government derail the coroner s inquest into dr kelly s death in this meticulous account award winning journalist miles goslett shows why we should be sceptical of the official story of what happened in that desperate summer of 2003

The Happiness Diet 2017-09-26

presents over sixty recipes that feature foods to help combat insomnia mood swings anxiety and exhaustion including such dishes as mushroom and mustard soup three bean salad basque chicken with brown rice and strawberry sorbet

Mastering Windows Server 2012 R2 2013-12-03

check out the new hyper v find new and easier ways to remotely connect back into the office or learn all about storage spaces these are just a few of the features in windows server 2012 r2 that are explained in this updated edition from windows authority mark minasi and a team of windows server experts led by kevin green this book gets you up to speed on all of the new features and functions of windows server and includes real world scenarios to put them in perspective if you re a system administrator upgrading to migrating to or managing windows server 2012 r2 find what you need to do the job in this complete resource learn all about installing or upgrading to and managing windows server 2012 r2 understanding microsoft nic teams 2012 and powershell setting up via gui or updated server core 2012 migrating

merging and modifying your active directory managing address spaces with ipam understanding new shared storage storage spaces and better tools controlling access to file shares a new and improved approach using and administering remote desktop virtual desktop and hyper v

Doing the Business of Group Relations Conferences 2018-11-09

group relations conferences offer opportunities to learn about group organisational and social dynamics the exercise of authority and power the interplay between tradition innovation and change and the relationship of organisations to their social political and economic environments this book the fifth in a series of tavistock group relations conferences contains a collection of papers presented at the fifth belgirate conference plus three additional papers reflecting on and making sense of several participants conference experiences taken together these chapters study the discourse of group relations conferences as well as reflecting on the changing nature and shifting patterns of this discourse in doing the business of group relations conferences authors reflect on the vicissitudes of meanings this expression generates

Unlock Your Resilience 2020-03-19

resilience has never been more important in helping us navigate the stresses and adversity of modern life resilience acts as a protective armour that helps us deal with the toughest challenges that life throws at us the best thing about resilience it is a skill that you can develop at any age this book lays out 12 key skills that give you everything you need to unlock and develop your resilience from self esteem and self care to emotional regulation and stress management each chapter supports skill development and includes exercises activities and discussion topics as well as case studies from people who have used the programme to improve their lives every key skill draws on various psychological techniques including cbt positive psychology and solution focused interventions the foundational skills this book teaches are ideal for anyone interested in improving their wellbeing whether you are experiencing mental health issues or simply wish to increase your mental strength

Journal of Proceedings 1922-06

jeder kennt sie die höhen und tiefen des alltags kaum meint man unbeschwert auf der sonnenseite des lebens zu tanzen spürt man schon wieder eine dunkle wolke herannahen wäre es nicht schön wenn man diese wolke einfach wieder vertreiben könnte genau dies macht rachel kelly möglich 52 tipps impulse und ideen um für jede stimmung jede wetterlage und jede situation gewappnet zu sein sie helfen dabei in stressigen momenten zur ruhe zu kommen auch in grauen zeiten positiv zu denken sich trotz routine lebendig zu fühlen und mit freude jeden tag zu begrüßen

Dancing on Sunshine 2017-06-13

welcome to peculiar mo for most life is good in this idyllic midwestern town until a falling star brings an unearthly menace soon animals are found dying of a mysterious disease at night beasts begin to cry out in voices that sound almost like words as they are drawn to a burned clearing to serve an alien will local widow kelly ross who is struggling to make ends meet after the death of her husband sends her young son into the forest on an errand where he makes a frightening

discovery spencer dale the town s mechanic whose past contains a painful secret begins to experience strange dreams and visions as he relives memories that are not his own nine year old rachel a child of nature becomes linked to an unspeakable crime that took place more than eighty years in the past while a military operation moving inexorably towards the meteor s impact site makes its presence and its plans known all of their lives are linked together and their courage and faith are tested as they are drawn to the site where the star fell to earth and an alien life cycle reaches its terrifying climax

Peculiar, MO 2007-07-02

reprint with additional material of the 1950 ed published in 7 v by the waynesburg republican waynesburg pa and in this format in knightstown ind by bookmark in 1977

The Tenmile Country and Its Pioneer Families 2009-06

this book is a compilation of chapters based on presentations at the third group relations gr international meeting in belgirate italy in november 2009 plus a number of pieces from participants reflecting on their experience of the meeting the book takes yet another step in continuing the discourse which began in 2003 articulating the relevance of the gr conference method and the timeliness of its application globally the chapters in the book deal with the personal as well as the organisational journeys of gr practitioners and examine these through the lens of tradition succession and creative application the authors are experienced group relations practitioners internationally and together they enrich further the tapestry of gr model and its application and potential

Group Relations Conferences 2018-03-22

drawing together the work of 12 leading playwrights this national theatre connections anthology celebrates highlights from 21 years of the connections festival with a retrospective selection of plays featuring work by some of the most prolific playwrights of the 20th and 21st centuries and together in one volume the anthology offers young performers between the ages of 13 and 19 an engaging selection of plays to perform read or study each play has been specifically commissioned by the national theatre s literary department over the years with the young performer in mind in 2016 these plays were then performed by approximately 500 schools and youth theatre companies across the uk and ireland in partnership with multiple professional partner regional theatres at which the works were showcased the anthology contains all 12 of the play scripts notes from the writer and director of each play addressing the themes and ideas behind the play and production notes and exercises for the drama groups this year s anniversary anthology includes plays by snoo wilson gary kemp and guy pratt simon armitage jackie kay patrick marber mark ravenhill bryony lavery frantic assembly davey anderson james graham katori hall carl grose stacey gregg and lucinda coxon

Connections 500 2016-04-26

this brilliant new collection of ten plays for young people will prove indispensable to schools colleges and youth theatre groups specially commissioned by the national theatre for the connections festival 2011 involving 200 schools and youth theatre groups across the uk and ireland each play is accompanied by production notes and exercises the pied piper re imagined the aftermath of genocide in rwanda witches in seventeenth century norfolk a giant baby on the rampage an extraordinary day

in an ordinary school are just some of subjects covered in the thrilling and varied new plays created by talented writers for young actors to perform in national theatre connections 2011 the plays in this anthology offer a huge variety of stories and styles to ignite the imagination of young casts and creative teams themes are both teenage and universal ambition dashed hopes fear and confidence loyalty and betrayal these new plays embrace a huge range for their inspiration they plunder classics and imagine the future

National Theatre Connections 2011 *2014-03-10*

the newest installment in the series with knitting patterns and recipes included fall has come to fort connor colorado and the cool air has inspired the knitters at the house of lambspun to start on their hats and mittens it s also brought an influx of students to the university town and into the shop for knitting classes kelly flynn is happy to teach them the tricks of the trade until one of them is found dead on the river trail near kelly s house compelled to investigate kelly finds herself following a path that twists more easily than the yarn with which she knits knowing the killer could be close kelly must work fast to unravel the skein of this crime

Skein of the Crime *2010-06-01*

combines scholarly exactness with evocative passages biography at its best marcus cunliffe the new york times book review winner of the pulitzer prize the seminal biography of one of america s towering enigmatic figures from his boyhood in ohio to the battlefields of the civil war and his presidency during the crucial years of reconstruction this pulitzer prize winning biography traces the entire arc of grant s life 1822 1885 a moving and convincing portrait profound understanding of the man as well as his period and his country c vann woodward new york review of books clearsightedness along with mcefeely s unfailing intelligence and his existential sympathy informs his entire biography justin kaplan the new republic

Grant *2002-09-17*

textile design is a complex field of practice which operates in a competitive global industry designers need to take into account not only the design but also the manufacture technological development and application of the final product textile design provides a broad overview of the fundamentals of and advances in textile design as well as practical case studies of relevant industries part one covers the principles of fabric construction as applied to textile design with chapters on fundamental principles woven and knitted textile design part two discusses surface approaches to textile design with chapters on such topics as surface design of textiles printed and embroidered textile design dyeing and finishing and the use of colour in textile design finally part three focuses on the applications and advances in textile design including chapters covering colour trend forecasting sustainable textile design fashion interior and 2d to 3d design considerations and new developments in technical and future textiles with its distinguished editors and international team of contributors textile design is an essential reference for design professionals in the textile and fashion industries as well as those who specialise in interior textiles and academics with a research interest in the area a broad overview of textile design covering fundamental topics such as principles of fibres and fabrics knitted fabric design through to the dyeing finishing and printing aspects of textile design explores the design aspects of technical textiles and future textiles an invaluable source of information on textile design and suitable for design professionals in the textile and fashion industries as well as those in academia

Textile Design 2011-04-15

the one book you absolutely need to get up and running with windows server 2008 r2 one of the world s leading windows authorities and top selling author mark minasi explores every nook and cranny of the latest version of microsoft s flagship network operating system windows server 2008 r2 giving you the most in depth coverage in any book on the market focuses on windows windows server 2008 r2 the newest version of microsoft s windows server line of operating system and the ideal server for new windows 7 clients author mark minasi is one of the world s leading windows authorities and has taught tens of thousands of people to design and run windows networks covers windows storage concepts and skills windows server 2008 ip wins netbios lmhosts dns creating the simple active directory and creating and managing user accounts explains group policy in active directory files folders and shares sysvol old and new sharing printers on the network remote server administration connecting windows clients to your network working the with iis 7 0 and ad maintenance and recovery provides workarounds for things that don t quite work as they should and how tos for many undocumented features find out everything you want to know and then some

Mastering Microsoft Windows Server 2008 R2 2010-03-30

anyone who interacts with today s modern databases needs to know sql structured query language the standard language for generating manipulating and retrieving database information in recent years the dramatic rise in the popularity of relational databases and multi user databases has fueled a healthy demand for application developers and others who can write sql code efficiently and correctly if you re new to databases or need a sql refresher learning sql on sql server 2005 is an ideal step by step introduction to this database query tool with everything you need for programming sql using microsoft s sql server 2005 one of the most powerful and popular database engines used today plenty of books explain database theory this guide lets you apply the theory as you learn sql you don t need prior database knowledge or even prior computer knowledge based on a popular university level course designed by authors sikha saha bagui and richard walsh earp learning sql on sql server 2005 starts with very simple sql concepts and slowly builds into more complex query development every topic concept and idea comes with examples of code and output along with exercises to help you gain proficiency in sql and sql server 2005 with this book you ll learn beginning sql commands such as how and where to type an sql query and how to create populate alter and delete tables how to customize sql server 2005 s settings and about sql server 2005 s functions about joins a common database mechanism for combining tables query development the use of views and other derived structures and simple set operations subqueries aggregate functions and correlated subqueries as well as indexes and constraints that can be added to tables in sql server 2005 whether you re an undergraduate computer science or mis student a self learner who has access to the new microsoft database or work for your company s it department learning sql on sql server 2005 will get you up to speed on sql in no time

Learning SQL on SQL Server 2005 2006-04-26

a gargoyle in need of a mission the curse is finally broken yet freedom never felt so empty no longer confined to his stone form gargoyle shifter mattias yearns for a purpose feeling increasingly lost he plans to search for his destiny elsewhere but a chance encounter with a wary woman roots him to the spot for now a werewolf in search of a cure rachel heads into an underground club to pick up an elixir and runs into mattias the attraction is strong but her affliction has left her too damaged to pursue a relationship mattias and rachel guard their secrets to protect their hearts but the cost is high will they be able to break through the darkness or are they doomed to carry the weight of their curses alone dive into this paranormal romance in the underground encounters series step into a hidden world of shifters

vampires witches and even gargoyles who will capture your heart tonight for readers of j r ward sherrilyn kenyon gena showalter laurann dohner christine feehan kresley cole lindsay sands nalini singh jennifer l armentrout patricia briggs shifter romance book complete series witches gargoyle gargoyle romance gargoyle shifter paranormal romance series magic paranormal romance with sex strong heroine alpha hero cursed hero wounded hero new adult paranormal romance forbidden romance speculative fiction paranormal romance witches paranormal romance shifters romantic fantasy series new adult romantic suspense supernatural action cursed werewolf romance forbidden romance secret contemporary sensual urban contemporary gothic goth shifter romance

TORCH 2019-04-05

covers receipts and expenditures of appropriations and other funds

Statement of Disbursements of the House 2013

a comprehensive and thematic exploration of representations of madness in postwar british and american fiction this book is relevant to those with interests in literary studies and is a vital read for psychiatric clinicians and professionals who are interested in how literature can inform and enhance clinical practices

Madness in Post-1945 British and American Fiction 2010-10-14

the weekly source of african american political and entertainment news

***Jet* 1991-12-23**

this is a collection of my short stories that ive written about people their relationships and the common problems that they face every day issues like marriage divorce murder betrayal seduction and deception as well as other topics like the human condition and the many things that affect it mainly these stories are for adults if you want to preview a couple of my short stories online you can visit my blog by annie at annie myshortstories blogspot com

***My Short Stories* 2011-02-18**

3 generations 3 second chances the prequel grace baron had always been the good wife despite a marriage based on a careless indiscretion and sustained not by love but by old fashioned morality she d raised her daughter bit her tongue and silently lived with her guilt now that she s a widow she can t help being glad for her sudden freedom howard scott s gentle old fashioned courting makes grace feel alive again would marrying howard be the trap grace fears or would it finally give her a kind of freedom she d never imagined secrets schoolteacher kelly baron raised her child alone now that her daughter s grown and married kelly can finally start her new life responsible only for herself she has just one more thing to do help her mother to do so she must return to heritage springs kentucky the place she d fled years before newly divorced lawyer rob scott seeks solace for his heartache in his small town roots the last thing he s looking for is a relationship then he runs into kelly the girl who d disappeared from his life years ago leaving behind only hurt and unanswered questions kelly s kept her secret all these years but sometimes the

only way to build a future is to face the past nom de plume divorced with her dreams of a big happy family smashed to pieces c b lyons takes her son to live near family typing manuscripts for a famous author is the perfect job until she discovers the hidden truth about the reclusive writer madison mallory is a best selling romance author with a secret she is a he the original madison is in a nursing home her son jamie madison is determined she ll have the best care possible even if that taking up his mother s pen name writing about romance is one thing making it work in real life is harder when c b s ex wants his family back can the author and his assistant find a way to write their own happily ever after ending

Bluegrass Homecoming Trilogy 2022-05-20

i can t do that until i ve lost a bit of weight i need to slim down first when i m thinner i ll what if you didn t feel held back by your body this guide helps you to free yourself from harmful social attitudes about weight and to start living now break the binds of weight stigma draws on acceptance and commitment therapy act a positive action based form of therapy that works by accepting your natural emotions and using your own personal values to build a path to the life you want to live stories worksheets reflection questions and guided exercises show you how to embrace yourself and fight back against the social structures that tie value to size this is not a book about changing your body or losing weight it s a guide to help you connect with the things that are important to you regardless of your weight it s a step towards countering the harmful messages in society about our bodies it s a movement it s radical it s freedom

Break the Binds of Weight Stigma 2023-10-19

this concise beginner s guide tells you exactly what you need to know to successfully produce your first batch of home brewed beer it covers everything from purchasing the right equipment and ingredients to preparing your equipment cooking through the first and second fermentations bottling your brew storing it and serving it for best flavor

Basic Homebrewing 1995-01-08

conversations in a park is a light hearted book of motivational musings peppered with research and wisdom from the worlds of psychology philosophy and classic literature dr regina ryan argues that the chaos that accompanies motherhood should be countered by creating stolen moments throughout the day and using these with discipline and consistency to connect to your inner self through solitude daily rituals expressing creativity and learning how to condition yourself to choose one thought over another the main philosophy is to think small and in time you will find that the big has been hiding in the small all along

Conversations in a Park 2019

since 1973 storey s country wisdom bulletins have offered practical hands on instructions designed to help readers master dozens of country living skills quickly and easily there are now more than 170 titles in this series and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life

Making Ice Cream and Frozen Yogurt 1995-01-08

do you ever struggle with self confidence or find it difficult to speak about yourself kindly finding the self esteem to navigate high stress situations and achieve your goals can often feel like an impossible feat but the ultimate self esteem toolkit is the perfect aid to change that written by a therapist with many years experience supporting people to build their confidence this book provides re affirming practical tools and creative exercises to encourage you in developing a healthy sense of self esteem with 25 different techniques based on cbt positive psychology mindfulness and narrative therapy find out which strategies work best for you in developing your resiliency and confidence and transform the way you view yourself

The Ultimate Self-Esteem Toolkit 2023-03-21

it might sound odd but i can honestly say knitting has saved my life when mental illness strikes we need tools at our side to help make things better that give meaning relief and dare we say happiness from wild swimming and mindful running to community singing and everyday yoga the inspiring stories in this book reveal the power of activities and hobbies to distract exorcise and calm helping us to heal and recover from depression anxiety and other mental illnesses from the team behind the bestselling the recovery letters this honest uplifting and motivational book will help you to discover the activity or hobby that will transform your life and make every day that much brighter

What I Do to Get Through 2021-02-18

since 1973 storey s country wisdom bulletins have offered practical hands on instructions designed to help readers master dozens of country living skills quickly and easily there are now more than 170 titles in this series and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life

Growing and Cooking with Mint 1996-01-01

anxiety can feel like a huge number of different things to a huge variety of people no matter the experience they all have one thing in common feeling anxiety is never fun if you re looking to manage your anxious feelings and reduce your stress this is the book for you written by a therapist who specializes in helping people navigate anxiety the chapters contain 25 creative tools specifically designed to help reduce anxiety in five key areas stress social anxiety anxious thoughts self esteem and the future the tools draw on cbt mindfulness narrative therapy positive psychology and more and every single one is focused on giving practical advice and simple steps that you can take today to reduce your anxiety and boost your self esteem

The Ultimate Anxiety Toolkit 2021-06-21

this book will equip carers family members and friends with the skills to support a person with schizophrenia or other psychoses concise language and practical problem solving exercises throughout make this an ideal resource to easily digest and dip in and out of as needed it begins by describing the condition in detail going

on to cover the types of treatment available how to deal with problems and common challenges and promoting the person s wellbeing as well as lots of information on carer wellbeing and available help from support services when caring for someone with schizophrenia or other psychoses it s important to be highly knowledgeable about the person s mental health condition how it affects them and how to help in different situations this positive book will assist carers in every aspect of this challenging rewarding process

The Carer's Guide to Schizophrenia 2020-10-21

this book offers an overview of contemporary debates in social justice and equity within physical education pe and youth sport ys it gives the reader clear direction on how to evaluate their current pe or ys program against current research and provides ideas for content curriculum development implementation and pedagogical impact the book addresses key contemporary issues including healthism sexism racism classism heterosexism ableism and colonialism and it highlights the importance of positionality and critical awareness on the part of the teacher coach or researcher presenting an array of case studies practical examples and thought provoking questions the book discusses equitable pedagogies and how they might be implemented including in curriculum design and assessment concise and avoiding academic jargon this is an invaluable guide for pre service and in service teachers teacher educators coaches and educators helping them to ensure that all students and young people are included within the pe and ys settings for which they are responsible

Pedagogies of Social Justice in Physical Education and Youth Sport 2021-12-24

i know that living with a chronic illness in this inaccessible world is tough trust me i know but you deserve to find peace and contentment just as much as anybody else so welcome to your one stop guide on how to make the most of life alongside your condition in a way that truly works for you chronic illness affects everybody differently but we all share the goal of living meaningfully and making the most of what we have this book exists to help you take accessible steps towards that goal and build a life that truly feels like yours instead of focusing on the medical side of long term conditions this book dives into the important parts of everyday living that often go unspoken about from practical advice on friendships dating and independent living to more reflective guidance on rediscovering your identity and learning to self advocate between these pages you ll find bespoke information and resources curated through 10 years of lived experience alongside words of wisdom from diverse contributors and subject experts this book also contains journal prompts resource lists and perhaps most importantly words of comfort and validation that people with life altering conditions simply do not hear enough

How to Do Life with a Chronic Illness 2024-04-18

world book night 2018 in 2012 the recovery letters was launched to host a series of letters online written by people recovering from depression addressed to those currently affected by a mental health condition addressed to dear you the inspirational and heartfelt letters provided hope and support to those experiencing depression and were testament that recovery was possible now for the first time these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book this powerful collection of personal letters from people with first hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery

The Recovery Letters *2017-07-21*

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