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Wealth Habits Candy Valentino, 2022-11-15 You don't have to be educated or connected to be wealthy How do wealthy people do it Are they geniuses Lucky We tend to think something special must be going on because it looks like magic But nothing could be further from the truth Wealthy people have simply adopted six key yet ordinary habits and they do them extraordinarily well Candy Valentino opened her first brick and mortar store at 19 no college no connections no money and built it into a seven figure business before most of her friends graduated college Over two decades of success as a serial entrepreneur and real estate investor she has labored relentlessly to crack the code of the super wealthy and in doing so has unearthed six simple habits that directly contribute to those who become part of the self made millionaire class In Wealth Habits Valentino reveals all six habits and shows you how you can put them to work for you Long term investing strategies How to recession proof your business Ways to keep money out of the IRS hands What to teach your children about money How to establish financial protection and security The secrets to keep more of the money you make so you can invest more Think and get rich will only get you so far It s time to do and become wealthy and set yourself up for a lifetime of true financial freedom Do the Hard Things First: Breaking Bad Habits Scott Allan, 2023-10-08 BREAK YOUR BAD HABITS HARNESS YOUR WILLPOWER and BUILD POWERFUL SELF DISCIPLINE Tackle life's challenges head on with the third installment of the Do the Hard Things First series In Do the Hard Things First How to Break Bad Habits by Mastering Willpower and Building Powerful Self Discipline readers delve deep into the anatomy of habits understanding their essence and how they profoundly impact our well being From minor habits that interfere with our daily productivity to more destructive ones that have tangible negative consequences on our health and relationships this book paints a comprehensive picture of why we fall prey to these behaviors and most importantly how to overcome them Rooted in the philosophy of tackling the toughest challenges before anything else this guidebook identifies your bad habits It offers a step by step program to replace them with growth habits all while harnessing the power of willpower and self discipline Whether you ve been struggling with procrastination feeling stuck in a cycle of self destructive behaviors or want to refine your self discipline this book is designed to equip you with strategies insights and real life success stories to inspire transformation Absolutely Here s an extension of the previous synopsis with a section that outlines ten specific takeaways for readers The Ten Key Takeaways from the Breaking Bad Habits are 1 The Science Behind Habits Dive deep into the neurological and psychological underpinnings of habits understanding their formation persistence and impact on our daily lives 2 Mastering Willpower Discover techniques to harness and augment your inner reservoir of willpower making it a tool for consistent progress and self control 3 Tackling Challenges Head On Embrace the Do the Hard Things First approach learning the importance of addressing formidable challenges upfront to pave the way for success 4 Identifying and Prioritizing Bad Habits Acquire practical strategies to recognize categorize and prioritize habits that are detrimental to your growth laying the groundwork

for effective change 5 Structured Habit Replacement Follow a step by step program that not only eradicates negative patterns but instills positive habits in their place 6 Mental Resilience Building Learn exercises and practices to fortify mental strength equipping you to handle setbacks and challenges with poise and determination 7 Growth Oriented Mindset Understand the principles of a growth mindset fostering an attitude that views challenges as opportunities and mistakes as learning experiences 8 The Impact of Positive Change Gain insight into the ripple effects of positive habits on various aspects of your life from personal relationships to professional achievements 9 Real Life Success Stories Absorb motivation and practical lessons from individuals who ve successfully integrated the Do the Hard Things First philosophy into their lives 10 Achieving Long Term Fulfillment Understand the intertwined relationship between habits self discipline and long term happiness and acquire tools to achieve a sustained fulfilling life By diving into Do the Hard Things First Breaking Bad Habits How to Harness Your Willpower to Break Bad Habits and Build Powerful Self Discipline you will embark on a transformative journey Guided by Scott Allan's expertise learn how to navigate the complexities of habits and self discipline emerging with a toolkit that empowers you to shape your destiny and lead an enriching and empowering lifestyle The 48 Laws of Habit Mastery Victor O. Carl, 2024-10-17 Are you ready to finally break free from the habits holding you back Imagine transforming your life not through drastic changes but by mastering the small daily actions that build lasting success The 48 Laws of Habit Mastery is your ultimate guide to unlocking the life you deserve where good habits become second nature and bad habits are a thing of the past Drawing inspiration from the science behind the power of habit this book will empower you to Break the cycle of bad habits that have controlled you for years Build tiny effective habits that compound into massive success Create lasting positive change using simple habit stacking techniques Reprogram your mind with daily habits that align with your goals Whether you re struggling with bad habits looking to build good habits or seeking a complete transformation through habit stacking and breaking bad habits this book gives you the proven tools to rewrite your story It s not just about adding new habits it s about mastering the cycle of behavior that governs your everyday life If you ve been inspired by books like Atomic Habits Tiny Habits or Breaking the Habit of Being Yourself then The 48 Laws of Habit Mastery will take you further By mastering these 48 powerful laws you will gain the clarity discipline and confidence to finally build the life you ve always wanted one habit at a time It s time to stop struggling with the same old habits and start transforming your life forever This book is more than a guide it s the blueprint to your best self Don t just browse take action and start your journey to habit mastery today 1984 & Animal Farm (2In1): The International Best-Selling Classics George Orwell, Page 2Page, 2024-02-22 Bringing the Best of George Orwell's 1984 Animal Farm Together Nineteen Eighty Four A Novel often published as 1984 is a dystopian novel A startling and haunting novel 1984 creates an imaginary world that is completely convincing from start to finish No one can deny the novel s hold on the imaginations of whole generations or the power of its admonitions a power that seems to grow not lessen with the passage of time George Orwell's timeless and timely allegorical novel a scathing

satire on a downtrodden society s blind march towards totalitarianism The book tells the story of a group of farm animals who rebel against their human farmer hoping to create a society where the animals can be equal free and happy Ultimately however the rebellion is betrayed and the farm ends up in a state as bad as it was before under the dictatorship of a pig named Napoleon Today it is devastatingly clear that wherever and whenever freedom is attacked under whatever banner the cutting clarity and savage comedy of George Orwell s masterpiece have a meaning and message still ferociously fresh

Everyday Creative Mykel Dixon, 2020-08-10 Upend your personal status quo and reclaim your natural creativity in every single action you take Everyone claims to value creativity and businesses are clamouring for disruptive thinking and innovation Yet we often feel creatively stifled at work because business processes seem to leave no room for real originality In this climate it takes a heroic effort to reclaim our status as independent thinkers to bring meaning and joy to our work lives and to make lasting changes that will bring value to everyone around us In Everyday Creative culture and creative leadership expert Mykel Dixon reveals what s holding us back from our full creative potential and explains how we can reclaim our original vibrant selves Is your ability to think differently hindered by an unconscious view that creativity doesn t belong in the boardroom It s an all too common mistake but the truth is creativity is fundamental for business growth and personal fulfilment If you want to survive in the digital era you need to pursue your own creative sensibilities and foster creativity in your team This book shows that original thinking can shake things up becoming the source of our competitive advantage and a key driver of sustainable success Recognise your own unconventional talent and creative potential Transform yourself into a more vibrant and resilient human being ready to lead the world in the fourth industrial revolution Cultivate dynamic team environments where people feel safe to explore dangerous ideas Instigate a high level cultural and strategic pivot toward more creativity in your company Everyday Creative is about creative leadership and the courage to seek nurture and liberate original thinking Read this book to learn how to make the essential skill of creativity accessible to all people regardless of role title or department <u>Launch Your Life To The Next Level</u> Krishna Dhan Das,2022-05-13 A step by step guide that cultivates an improvement mindset this book helps you shape your life afresh Launch Your Life to the Next Level is a beacon of light for those who are keen to make a steady sure and successful rise in life Using efficient tools listed in the book these life goals can be achieved with ease A treasure house for all those who want to improve their life this book offers Memorable inspiring stories revealing statistics and personal examples to encourage you Action oriented ways to help you shape a strategy Novel concepts like Kaizen formula for daily life explained using both traditional and modern day concepts Feed Forward method and other intriguing strategies The 7 Habits of Highly Effective People Stephen R. Covey, 2020-05-19 New York Times bestseller over 40 million copies sold The 1 Most Influential Business Book of the Twentieth Century One of the most inspiring and impactful books ever written The 7 Habits of Highly Effective People has captivated readers for nearly three decades It has transformed the lives of presidents and CEOs educators and parents

millions of people of all ages and occupations Now this 30th anniversary edition of the timeless classic commemorates the wisdom of the 7 Habits with modern additions from Sean Covey The 7 Habits have become famous and are integrated into everyday thinking by millions and millions of people Why Because they work With Sean Covey's added takeaways on how the habits can be used in our modern age the wisdom of the 7 Habits will be refreshed for a new generation of leaders They include Habit 1 Be Proactive Habit 2 Begin with the End in Mind Habit 3 Put First Things First Habit 4 Think Win Win Habit 5 Seek First to Understand Then to Be Understood Habit 6 Synergize Habit 7 Sharpen the Saw This beloved classic presents a principle centered approach for solving both personal and professional problems With penetrating insights and practical anecdotes Stephen R Covey reveals a step by step pathway for living with fairness integrity honesty and human dignity principles that give us the security to adapt to change and the wisdom and power to take advantage of the opportunities that Don't You Dare Stop Dreaming: A Midlife Guide to Rekindling Goals, Grit, and Grace Susan D. Sharp, 2025-09-15 Don t You Dare Stop Dreaming A Midlife Guide to Rekindling Goals Grit Grace is not your typical self help book It doesn't preach pressure or promise a perfect life in six easy steps Instead it invites you to sit down breathe deep and remember that your story isn t over it s just getting good Written with both humor and hope this bold midlife manifesto by artist speaker and creative Susan D Sharp is a breath of fresh funny and faith filled air It meets you in the messy middle with career changes caregiving chaos stalled dreams and questions that keep you up at 2 a m and reminds you that dreaming isn t something we outgrow It's something we come back to with more clarity courage and coffee Through true stories of late bloomers and bold re starters like the painter who didn t pick up a brush until after retirement the woman who started a cupcake business from her basement and the man who finally finished the children's book he shelved decades earlier this book reveals how transformation is possible even when life hasn t gone to plan With insights from modern thinkers like Marsha Sinetar Do What You Love The Money Will Follow Danielle Krysa Your Inner Critic Is a Big Jerk and Elle Luna The Crossroads of Should and Must you ll learn to Embrace your evolving definition of success Take tiny consistent steps toward a revitalized dream Make peace with past detours and detours still to come Speak your longings out loud without apology Say yes to joy hobbies and creative play Invite collaboration and ask for help boldly Discern between ego goals and legacy goals Pitch pivot and persist with God as your ultimate encourager Each chapter includes journal prompts what if exercises biblical wisdom and space to reflect on how God still delights in your dreams You ll be reminded that failure isn t the end it s fertilizer That play isn t frivolous it s fuel And that midlife isn t about fading out It s about turning up the volume on your voice your vision and your victory Whether you re in your 40s 50s 60s or beyond if your spark feels dim or your goals feel out of reach this book is your friendly nudge and heartfelt permission slip You don't have to be famous flawless or fearless You just have to be willing to say yes to the next brave step Don t You Dare Stop Dreaming is part pep talk part prayer part creative workbook and all grace Habits for Success G. Brian Benson, 2018-11-15 Transform your habits and find success

with this practical and motivational guidebook to manifesting a life of balance purpose and fulfillment In Habits for Success the motivational speaker and popular success coach G Brian Benson shares his unique perspective on growth self awareness and success Through stories of his own growth process Benson demonstrates how he transformed personal authenticity and vulnerability into habits that led to a more fulfilling and purposeful life His stories can help guide you to your own versions of success and happiness Habits for Success combines an entertaining journey with heartfelt wisdom informative ideas and 46 habits to manifest successful change It will teach you how to Have healthier and happier relationships with loved ones and friendsBe proactive rather than reactive through greater self awarenessFind personal success in life and businessBuild a foundation for life long success and fulfillmentStrengthen intuitive skillsFind and cultivate daily inspirationMaintain life balance for increased creativity and productivity Identify the triggers that throw you out of balance and what you can do to counter them **Live Life in Crescendo** Stephen R. Covey, 2022-09-27 How to live your best life no matter your age How best to approach the challenges and opportunities of middle to later life like raising children caring for parents managing and inspiring others and staying on top of your career and what comes next In Live Life in Crescendo Stephen R Covey sets out to answer these questions outlining his vision for those in the prime of your life whatever age you may be To live life in crescendo is to continually grow in contribution learning and influence In the same way that music builds on previous notes but leaves us anticipating the next note a life builds on the past but unfolds in the future The Crescendo Mentality urges readers to use whatever you have your time talents skills resources gifts passion money influence to enrich the lives of people around you Published posthumously Live Life in Crescendo is a life changing and life affirming book infused with Covey s generosity and wisdom ABCIIII 2024 | 11 | No.269 | No.269 | LiveABCIII, 2024-11-01 ABC Interactive English No 269 November 2024 Contents Travel Kinds of Books Books Are Fun The Town Mouse and the Country Mouse ABC Encouraging and Comforting Someone What Does Daylight Saving Time Do Visiting a Science Museum How to Live a Zero Waste Life How to Be a Team Player A Book Report In Good Shape My Favorite Toy Visiting the World's Floating Villages Emma Stone Helps People on and off Screen Why Do We Have Last Names ABC Is Time Travel Possible Arts Center The 8th Habit Stephen R. Covey, 2013-01-08 In the 7 Habits series international bestselling author Information babyMINT Stephen R Covey showed us how to become as effective as it is possible to be In his long awaited new book THE 8th HABIT he opens up an entirely new dimension of human potential and shows us how to achieve greatness in any position and any venue All of us Covey says have within us the means for greatness To tap into it is a matter of finding the right balance of four human attributes talent need conscience and passion At the nexus of these four attributes is what Covey calls voice the unique personal significance we each possess Covey exhorts us all to move beyond effectiveness into the realm of greatness and he shows us how to do so by engaging our strengths and locating our powerful individual voices Why do we need this new habit Because we have entered a new era in human history The world is a profoundly different place than when THE 7

HABITS OF HIGHLY EFFECTIVE PEOPLE was originally published in 1989 The challenges and complexity we face today are of a different order of magnitude We enjoy far greater autonomy in all areas of our lives and along with this freedom comes the expectation that we will manage ourselves instead of being managed by others At the same time we struggle to feel engaged fulfilled and passionate Tapping into the higher reaches of human genius and motivation to find our voice requires a new mindset a new skill set a new tool set in short a whole new habit Dale Carnegie & Napoleon Hill International Best Seller Combo (How To Win Friends and Influence People (Illustrated) + How To Own Your Own Mind) DALE CARNEGIE, NAPOLEON HILL, 2021-01-01 The Dale Carnegie Napoleon Hill International Best Seller Combo includes How to Win Friends and Influence People by Carnegie and How to Own Your Own Mind by Hill These books offer practical advice on improving social skills effective communication and personal growth Both authors were experts in personal development and success literature making this combo a valuable resource for readers worldwide Dale Carnegie Napoleon Hill International Best Seller Combo Set of 2 Books by Dale Carnegie Napoleon Hill How to Win Friends and Influence People Illustrated by Dale Carnegie This international bestseller is a timeless guide to improving social skills and building meaningful relationships Through practical advice and real life examples Dale Carnegie offers valuable insights on how to communicate effectively win people over and positively influence others. The illustrated edition enhances the reading experience with visual aids that further illustrate Carnegie's principles How to Own Your Own Mind by Napoleon Hill In this thought provoking book Napoleon Hill delves into the power of the human mind and the importance of cultivating a positive mental attitude Through self reflection and introspection readers are guided on a journey to harness their full potential develop self confidence and shape their own destiny Hill's timeless wisdom serves as a blueprint for achieving personal and professional success Key Aspects of the Collection Dale Carnegie Napoleon Hill International Best Seller Combo Effective Communication How to Win Friends and Influence People offers practical tips on effective communication and building strong relationships Personal Development How to Own Your Own Mind provides valuable insights on self awareness positive thinking and personal growth Timeless Wisdom Both books present timeless principles that continue to resonate with readers worldwide Dale Carnegie was an American writer and lecturer known for his influential works on self improvement and interpersonal skills Napoleon Hill was an American author and self help expert widely recognized for his contributions to the field of personal development and success literature Through this bestseller combo their powerful teachings on success communication and personal growth are brought together to inspire and empower readers How to Build Self-Discipline to Exercise Martin Meadows, 2016-02-10 How to Build Self Discipline to Exercise Discover Proven Strategies to Finally Get in Shape and Exercise on a Regular Basis for the Rest of Your Life Everywhere you go you see gyms videos and books about exercise advertising how they can help you get in shape fast and easy You ve probably even put some money down before vowing that THIS was the year you diget in shape lose that extra weight and become the energetic person you know is hiding

inside you Unfortunately life happens and you fall into the habit of I ll start tomorrow Your motivation drops and your self discipline fails to push you through to achieve your goals You begin to make excuses you ll be really sore after working out it s been too long since you ve last exercised you don't have willpower your friends and family tell you to be happy with how you are you think you re too weak inflexible or otherwise unfit for exercise and many more There was that one time you started a program but you couldn't keep up with the weekly or monthly goals so you got frustrated and gave up All of that has added up to make you think you re incapable of starting and continuing an exercise program You re afraid you aren t mentally or physically strong enough but still hold out the hope that someday a magic pill will change all that The magic exists today but it s not as easy or fast as swallowing a pill However it can be simple and enjoyable How to Build Self Discipline to Exercise is a concise practical guidebook on how to introduce and keep exercise in your life Inside you ll learn why the most common type of motivation people use to exercise is usually ineffective and which types of motivation are much stronger the wrong P that will lead you to giving up when you face obstacles how to overcome procrastination and finally start exercising including a slightly uncomfortable trick that will ensure you ll get plenty of exercise how to find time to exercise despite a hectic schedule and surprising math that shows you actually lose time when you don't make time for exercise practical tricks and tips to stay motivated forever even when you encounter obstacles how to enjoy exercise while still getting the most powerful benefits of it hint if your workout involves work it s not a good workout how to prevent injuries improve recovery and handle the inevitable muscle soreness so you stick to exercise even if your body acts against you how to deal with other people wrong expectations and negativity from both your surroundings and yourself in the form of self criticism or self doubt When put together and acted upon the six chapters in this book supported by over 80 references to scientific studies and credible experts will help you form a new habit and make one of the most important changes you ll ever make in your life Purchase the book now and let's embark on the journey to learn how Keywords Develop self discipline willpower and self discipline self discipline self control books stress reach your goals self control achieve your goals instant gratification long term goals goal setting success goal setting books how to reach your goals how to achieve your goals persistence how not to give up how to exercise stay motivated build habits exercising personal development exercising

The 8th Habit Personal Workbook Stephen R. Covey, 2006-09-13 The crucial challenge of the world today is to find one s voice and inspire others to find theirs This companion workbook to The 8th Habit provides readers with application exercises as well as the opportunity to score self assessments and answer questions designed to encourage deeper insights

Empower Your Best Habits Scott Allan,2022-09-18 Reshape Your Life and Change Your Behavior with the Power of Best Habits Your habits influence how you think behave act and decide different things in life They are crucial to the quality of your life This is why it is essential to know how to develop good habits in alignment with your desired lifestyle and goals because only by building the right habits can you live a joyful and prosperous life Empower Your Best Habits is a complete

blueprint to understanding the significance of habits in your life and learning the hacks and strategies to build success wealth time management growth mindset spirituality happiness and growth habits In Empower Your Best Habits transformational mindset strategist and peak performance trainer Scott Allan delivers key strategies to help you optimize align and direct your actions to form the best habits necessary for developing a high performance mindset In Empower Your Best Habits you ll discover The science behind habit formation which will help you understand how habits work The framework for building good habits and breaking bad ones The art of developing a sticky habit The best wealth habits to help you achieve financial abundance and prosperity Spirituality habits so you develop a clear sense of direction in your life and achieve your purpose Powerful habits for good health to improve your physical mental and emotional health Empower Your Best Habits is a practical blueprint for understanding the significance of habits in your life Now you will learn the tactics and strategies for building success sustainable wealth and long term happiness while experiencing a new level of health wealth and spirituality With simple but effective tactics and strategies you can now transform your life work health and relationships by cultivating one small habit at a time Your Simply Marvelous Roadmap to Heart Bypass Surgery J. Mark Pool, MD,2023-12-31 Your Simply Marvelous Roadmap to Heart Bypass Surgery offers a wealth of information to help you navigate your journey from diagnosis to recovery with confidence and peace of mind Written with your needs and questions in mind this book takes complex medical concepts and presents them in a way you can understand It covers every aspect of heart bypass surgery providing a step by step path to fill in the gaps and help you move forward with more insight about your condition and your options Your Simply Marvelous Roadmap not only addresses details of the surgical procedure but also guides you on preparing for surgery what to expect in the hospital and how to speed your healing as you recover You ll receive practical advice on medications exercise diet and emotional well being The book also equips you with strategies for improving your quality of life and embracing a heart healthy future Whether you are a patient or their family member a health care worker or simply an interested owner of a heart this guide is designed to provide knowledge and encouragement to help you not just survive but thrive during your journey Sprinkled with seeds of faith it encourages you to take an active role in your healthcare and provides the tools and knowledge you need to achieve success well being and enduring heart The 7 Habits of Highly Effective Teens on the Go Sean Covey ,2022-01-11 Become a Successful Competent health Capable and Self Sufficient Person in Your Teens and Beyond 1 New Release in Being a Teen and Teen Young Adult Psychology A condensed guide of timeless wisdom for a new generation Use the tools in this guide to build the confidence you need to take on new challenges accomplish difficult tasks and create lasting positive change throughout your teens and beyond Finally get results Many teens know that establishing proactive habits is the first step toward personal success but often don't know how to implement these habits Between the pressures of school social life and overburdened schedules it s no wonder that the average teenager is stressed In this condensed guide bestselling FranklinCovey author Sean Covey

breaks down the timeless wisdom of the 7 Habits into a weekly realistic format for busy teens Rely on trusted guidance The 7 Habits of Highly Effective Teens on the Go helps teens navigate the processes of building self esteem managing social pressure promoting activism and more With these tools you can learn to become both capable and self reliant in your daily life This guide contains weekly challenges calls to action and inspiration to ensure lasting personal change year round Learn to Determine which principles are important to you Create and map out short term and long term goals for a meaningful competent and self sufficient life Foster healthy meaningful relationships throughout your teens and into adulthood If you enjoyed Dad's Great Advice for Teens The 6 Most Important Decisions You ll Ever Make or You Don't Have to Learn Everything the Hard Way you ll love The 7 Habits of Highly Effective Teens on the Go Also be sure to check out Sean Covey s The 7 Habits of Highly Effective Teens a 1 Best Seller in Teen Young Adult Psychology You Can Become Rich. Too Marc Reklau, 2024-04-11 Are you tired of living paycheck to paycheck dreaming of financial freedom but feeling stuck in your current situation Do you believe wealth is only for the lucky few who were born into it or win the lottery A former jobless struggler turned financially independent author reveals the exact habits and mindset shifts that can transform your financial reality In this transformative guide Marc Reklau shares his remarkable journey from unemployment and financial hardship to achieving the life of his dreams Drawing from personal experience and years of studying successful individuals Reklau breaks down the precise steps and mental shifts required for building lasting wealth Through his own trials and triumphs including relocating across Europe and building multiple income streams he demonstrates that financial independence isn t about luck it's about strategy mindset and consistent action This isn't just another theoretical money book it's a practical roadmap created by someone who has walked the path from financial struggle to freedom You ll learn why your current beliefs about money might be holding you back how to develop wealth building habits that stick and the exact strategies that helped Reklau create a life of financial abundance You Can Become Rich Too isn t just a book it s your personal blueprint for financial transformation Whether you re struggling with debt or simply want to build lasting wealth these 71 millionaire habits will give you the tools and mindset to create the financial future you deserve Grab your copy of You Can Become Rich Too today and start your journey to financial freedom Dale Carnegie & Napoleon Hill Best of 4 International Best Sellers Combo (How To Win Friends and Influence People (Illustrated) + How To Own Your Own Mind ... Success Through A Positive Mental Attitude) Dale Carnegie, NAPOLEON HILL, 2021-01-01 Dale Carnegie Napoleon Hill Best of 4 International Best Sellers Combo is a powerful collection featuring the timeless wisdom of two influential authors Dale Carnegie and Napoleon Hill This English edition brings together four internationally acclaimed bestsellers How to Win Friends and Influence People Illustrated How to Own Your Own Mind Think and Grow Rich and The Power of Positive Mental Attitude Key Aspects of The Book Dale Carnegie Napoleon Hill Best of 4 International Best Sellers Combo Effective Communication and Influence How to Win Friends and Influence People is a classic guide that teaches the art of effective communication building meaningful

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