

"In an age of constant movement, nothing is more urgent than sitting still."

THE ART OF STILLNESS

ADVENTURES IN GOING NOWHERE

A



ORIGINAL

PICO IYER

The Art Of Stillness Adventures In Going Nowhere Ted Books

Beuret, Kris, Niblett, Matthew



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The Art of Stillness Pico Iyer, 2014-11-04 A follow up to Pico Iyer's essay The Joy of Quiet The Art of Stillness considers the unexpected adventure of staying put and reveals a counterintuitive truth The more ways we have to connect the more we seem desperate to unplug Why might a lifelong traveler like Pico Iyer who has journeyed from Easter Island to Ethiopia Cuba to Kathmandu think that sitting quietly in a room might be the ultimate adventure Because in our madly accelerating world our lives are crowded chaotic and noisy There's never been a greater need to slow down tune out and give ourselves permission to be still In The Art of Stillness a TED Books release Iyer investigate the lives of people who have made a life seeking stillness from Matthieu Ricard a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk to revered singer songwriter Leonard Cohen who traded the pleasures of the senses for several years of living the near silent life of meditation as a Zen monk Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat He reflects that this is perhaps the reason why many people even those with no religious commitment seem to be turning to yoga or meditation or seeking silent retreats These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age Growing trends like observing an Internet Sabbath turning off online connections from Friday night to Monday morning highlight how increasingly desperate many of us are to unplug and bring stillness into our lives The Art of Stillness paints a picture of why so many from Marcel Proust to Mahatma Gandhi to Emily Dickinson have found richness in stillness Ultimately Iyer shows that in this age of constant movement and connectedness perhaps staying in one place is a more exciting prospect and a greater necessity than ever before In 2013 Pico Iyer gave a blockbuster TED Talk This lyrical and inspiring book expands on a new idea offering a way forward for all those feeling affected by the frenetic pace of our modern world

The Art of Stillness Pico Iyer, 2014-11-04 In The Art of Stillness Iyer draws on the lives of well known wanderer monks like Cohen as well as from his own experiences as a travel writer who chooses to spend most of his time in rural Japan to explore why advances in technology are making us more likely to retreat Iyer reflects that this is perhaps the reason why many people even those with no religious commitment seem to be turning to yoga or meditation or tai chi These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age Publisher's description

The Terrorist's Son Zak Ebrahim, Jeff Giles, 2014-09-09 The intimate behind the scenes life of an American boy raised by his terrorist father the man who planned the 1993 World Trade Center bombing

The Art of Stillness Pico Iyer, 2016 Traditional Chinese edition of The Art of Stillness Adventures in Going Nowhere TED Books by Pico Iyer Iyer is an essayist for Time The book is a TED talk that introduces the art of just sitting in stillness and take a trip away from the modern distractions In Traditional Chinese Annotation copyright Tsai Fong Books Inc Distributed by Tsai Fong Books Inc

When Strangers Meet Kio Stark, 2016-09-13 Discover the unexpected pleasures and exciting possibilities of talking to people you don't know how these beautiful interruptions can change you and the world we share When Strangers

Meet argues for the pleasures and transformative possibilities of talking to people you don't know. Our lives are increasingly insular. We are in a hurry, our heads are down, minds elsewhere; we hear only the voices we already recognize and rarely take the effort to experience something or someone new. Talking to strangers pulls you into experiences of shared humanity and creates genuine emotional connections. It opens your world. Passing interactions cement your relationship to the places you live and work and play; they're beautiful interruptions in the steady routines of our lives. In luminous prose, Stark shows how talking to strangers wakes you up. Threaded throughout are powerful vignettes from Stark's own lifelong practice of talking to strangers and documenting brief encounters along with a deep exploration of the dynamics of where, how, and why strangers come together. Ultimately, *When Strangers Meet* explores the rich emotional and political meanings that are conjured up in even the briefest conversations and unexpected connections with strangers. Stark renders visible the hidden processes by which we decide who to greet and trust in passing and the unwritten rules by which these encounters operate. *When Strangers Meet* teaches readers how to start talking to strangers and includes adventurous challenges for those who dare.

The Restless Compendium Felicity Callard, Kimberley Staines, James Wilkes, 2016-09-27. This book is open access under a CC BY license. This interdisciplinary book contains 22 essays and interventions on rest and restlessness, silence and noise, relaxation and work. It draws together approaches from artists, literary scholars, psychologists, activists, historians, geographers, and sociologists who challenge assumptions about how rest operates across mind, bodies, and practices. Rest's presence or absence affects everyone. Nevertheless, defining rest is problematic; both its meaning and what it feels like are affected by many socio-political, economic, and cultural factors. The authors open up unexplored corners and experimental pathways into this complex topic with contributions ranging from investigations of daydreaming and mindwandering through histories of therapeutic relaxation and laziness and creative critical pieces on lullabies and the Sabbath to experimental methods to measure aircraft noise and track somatic vigilance in urban space. The essays are grouped by scale of enquiry into mind, body, and practice, allowing readers to draw new connections across apparently distinct phenomena. The book will be of interest to students and scholars across a range of disciplines in the social sciences, life sciences, arts, and humanities.

The Practice of Love Laird Torrent, 2022-02-15. A master class in relationship repair and connection. At its core, this book delivers an inconvenient truth: Our relationships have to be a daily practice if we want them to thrive. We should treat them like we treat anything that we want to succeed by giving them time and attention. For far too long, it has been assumed that we should innately understand how to love one another. Relationships have fallen into the category of things we should know how to do. But we are not born knowing how to make a relationship work any more than we are born knowing how to file taxes or buy insurance, and there are no classes in high school or college that teach us how to do this. *The Practice of Love* is that class. In his work, Laird Torrent, a licensed marriage and family therapist, brings together concepts and tools that can actually help couples heal for the long haul. Diving beneath the symptoms most therapies focus on, he helps couples develop a deeper

understanding of the wounds that brought them together and how they show up in their relationships The 5 Practices gives the reader an opportunity to weed out and take responsibility for limiting or negative habits while allowing them to learn and adopt new and healthier practices with their partner These are not short term solutions but rather a path to profound healing deeper connection and stronger happier relationships

An Oasis in Time Marilyn Paul, 2017-08-22 There is a surprising way out of the frenzy that always being behind feeling and your endless to do list Now more than ever people are seeking a reprieve from the constant pressure to achieve produce and consume While many turn to sporadic bouts of mindfulness and meditation organizational change specialist Marilyn Paul offers a complementary solution that is as radical as it is ancient In her new book An Oasis in Time Paul focuses on the profound benefits of taking a modern day Sabbath each week for deep rest and nourishing renewal The energy perspective creativity sense of well being and yes increased productivity that ensue are lifesaving Drawing on Sabbath tradition contemporary research and interviews with scores of busy people Paul shows that it is possible to introduce these practices regardless of your religious beliefs Starting with just an hour or two you can carve out the time from your packed schedule design your weekly oasis experience and most importantly change your mind set so you can enjoy the pleasure of regularly slowing down and savoring life every week From surrounding yourself with nature to practicing rituals for beginning and ending oasis time to implementing strategies for connecting with friends and family self and source you will discover practical ways to step off the treadmill and into timeless refreshment on your way to a calmer richer more fulfilling life

The Practice Is the Path Tias Little, 2020-08-04 Internationally known yoga teacher Tias Little shares powerful inspiring wisdom from a lifetime of practice For over 30 years Tias Little has explored yoga as a spiritual path In this book he offers key teachings from his journey that will resonate with anyone who has dedicated themselves to a mind body discipline In short accessible chapters Little shares his struggles and joys as a yogi and chronicles the transformation of his understanding and practice along the way There are many physical and emotional trials that come up in yoga as a spiritual practice the urge toward perfectionism the desire to get it all right the way we push ourselves in the practice being with not knowing and the many ways some people use yoga as a sedative To help the reader embody and experience each theme Little includes companion practices at the end of each chapter including poses reflections meditations and explorations

The New American Judaism Jack Wertheimer, 2020-03-31 Winner of the National Jewish Book Award in American Jewish Studies an engaging firsthand portrait of American Judaism today American Judaism has been buffeted by massive social upheavals in recent decades Like other religions in the United States it has witnessed a decline in the number of participants over the past forty years and many who remain active struggle to reconcile their hallowed traditions with new perspectives from feminism and the LGBTQ movement to do it yourself religion and personally defined spirituality Taking a fresh look at American Judaism today Jack Wertheimer a leading authority on the subject sets out to discover how Jews of various orientations practice their religion in this radically altered landscape Which observances still resonate and which

ones have been given new meaning What options are available for seekers or those dissatisfied with conventional forms of Judaism And how are synagogues responding Offering new and often surprising answers to these questions Wertheimer reveals an American Jewish landscape that combines rash disruption and creative reinvention religious illiteracy and dynamic experimentation

Alone Time Stephanie Rosenbloom,2019-06-04 A wise passionate account of the pleasures of traveling solo In our hectic hyperconnected lives many people are uncomfortable with the prospect of solitude Yet a little time to ourselves can be an opportunity to slow down savor and try new things especially when traveling Through on the ground reporting insights from social science and recounting the experiences of artists writers and innovators who cherished solitude Stephanie Rosenbloom considers how traveling alone deepens appreciation for everyday beauty bringing into sharp relief the sights sounds and smells that one isn't necessarily attuned to in the presence of company Walking through four cities Paris Florence Istanbul and New York and four seasons Alone Time gives us permission to pause to relish the sensual details of the world rather than hurtling through museums and uploading photos to Instagram In chapters about dining out visiting museums and pursuing knowledge we begin to see how the moments we have to ourselves on the road or at home can be used to enrich our lives Rosenbloom's engaging and elegant prose makes Alone Time as warmly intimate an account as the details of a trip shared by a beloved friend and will have its many readers eager to set off on their own solo adventures

Follow Your Gut Rob Knight,2015-04-07 Allergies asthma obesity acne these are just a few of the conditions that may be caused and someday cured by the microscopic life inside us The key is to understand how this groundbreaking science influences your health mood and more In just the last few years scientists have shown how the microscopic life within our bodies particularly within our intestines has an astonishing impact on our lives Your health mood sleep patterns eating preferences even your likelihood of getting bitten by mosquitoes can be traced in part to the tiny creatures that live on and inside of us In *Follow Your Gut* pioneering scientist Rob Knight pairs with award winning science journalist Brendan Buhler to explain with good humor and easy to grasp examples why these new findings matter to everyone They lead a detailed tour of the previously unseen world inside our bodies calling out the diseases and conditions believed to be most directly impacted by them With a practical eye toward deeper knowledge and better decisions they also explore the known effects of antibiotics probiotics diet choice and even birth method on our children's lifelong health Ultimately this pioneering book explains how to learn about your own microbiome and take steps toward understanding and improving your health using the latest research as a guide

The Cambridge Companion to Postcolonial Travel Writing Robert Clarke,2018-01-11 This Companion addresses an exciting emerging field of literary scholarship that charts the intersections of postcolonial studies and travel writing

The Creative Spark Michael Shapiro,2019-11-09 Knowledgeable probing and thoughtful Foreword Reviews Smokey Robinson Barbara Kingsolver Francis Ford Coppola David Sedaris Jane Goodall and other luminaries reveal the secrets to their creative success Amy Tan talks about how she finds truth by writing fiction Melissa Etheridge tells us how

she channels her fire into her music Pico Iyer shares how seeking stillness enhances his creativity And Coppola discusses how he found the courage to make groundbreaking films In *The Creative Spark* a collection of interviews prefaced by brief biographies these luminaries join dozens of other voices to create a symphony of inspiration Lucinda Williams talks about honesty and making every word count Jane Goodall cites the value of persistence and believing in yourself and Smokey Robinson heralds the timeless power of love songs For more than a decade award winning author Michael Shapiro *A Sense of Place* has interviewed many of our brightest creators In *The Creative Spark* musicians authors explorers and chefs speak about what drives them what helps them see the world in fresh ways and what inspires them to turn their visions into art Shapiro s work as a music journalist has led to interviews with legends including Graham Nash Lyle Lovett Melissa Etheridge Jake Shimabukuro Merle Haggard and Jethro Tull bandleader Ian Anderson And he s spoken with creative masters in other fields such as comedian Joan Rivers and author Frances Mayes Yet it s not simply that Shapiro has had access to so many supremely talented people it s that he gets them to go deep Moments into his penetrating conversation with Lucinda her fans call her by her first name she tells Shapiro about how decisions made about her mother s funeral led to fissures in her family From this achingly personal conversation readers can glean fresh insights into why Lucinda has such a devoted following and why her songs open listeners hearts Unexpected revelations pop up in every chapter of *The Creative Spark* Iowa folksinger Greg Brown isn t a household name but his fellow musicians revere his poetic compositions Then there s San Francisco Giants announcer Mike Krukow who turns every broadcast into a work of art Chefs including SingleThread s Kyle Connaughton discuss how they re transforming the way we approach fine dining and why social responsibility is essential Each chapter starts with a short biography of the creative person being profiled then segues into Q A This collection brings together some of the best known artists of our time with others who may not be as famed but who have valuable insights about living an artful life *The Creative Spark* stands as a testament to human achievement showing how creativity illuminates our world And how it resides in each and every one of us just waiting to break out

The Laws of Medicine Siddhartha Mukherjee,2015-10-13 One of the world s premiere cancer researchers reveals an urgent philosophy on the little known principles that govern medicine and how understanding these principles can empower everyone

Why Travel? Beuret, Kris,Niblett, Matthew,2021-07 This book brings together leading experts to show how our travel choices are shaped by a wide range of social physical psychological and cultural factors which have profound implications for the design of future transport policies

The Boiling River Andrés Ruzo,2016-02-16 In this exciting adventure mixed with amazing scientific study a young exuberant explorer and geoscientist journeys deep into the Amazon where rivers boil and legends come to life When Andr s Ruzo was just a small boy in Peru his grandfather told him the story of a mysterious legend There is a river deep in the Amazon which boils as if a fire burns below it Twelve years later Ruzo now a geoscientist hears his aunt mention that she herself had visited this strange river Determined to discover if the boiling river is real Ruzo sets out on a journey

deep into the Amazon What he finds astounds him In this long wide and winding river the waters run so hot that locals brew tea in them small animals that fall in are instantly cooked As he studies the river Ruza faces challenges more complex than he had ever imaged The Boiling River follows this young explorer as he navigates a tangle of competing interests local shamans illegal cattle farmers and loggers and oil companies This true account reads like a modern day adventure complete with extraordinary characters captivating plot twists and jaw dropping details including stunning photographs and a never before published account about this incredible natural wonder Ultimately though The Boiling River is about a man trying to understand the moral obligation that comes with scientific discovery to protect a sacred site from misuse neglect and even from his own discovery

Lighting the Candle Mark Yang, 2020-07-20 Many scholars and practitioners recognize the resonance between the practice of psychotherapy and supervision and the paradoxical principles found throughout Taoism This is evermore true within the existential humanistic tradition Therefore *Lighting the Candle Taoist Principles in Supervision Conducted from an Existential Humanistic Perspective* introduces readers to the selected writing of the Taoist sages Lao Tzu and Zhuangzi and considers how their wisdom permeates psychotherapy and supervision practiced from an existential humanistic perspective The book takes on a narrative format where the author weaves the following Taoist and existential humanistic concepts within a number of inspirational stories and supervision case examples gathered across his trainings throughout Southeast Asia These include wu wei authenticity focusing surrender trusting the process trusting the Tao getting back to the basics steadiness and the midst of chaos listening for the unheard being fully present humility and awe bearing witness following the flow letting go of goals results and techniques stillness and going nowhere poetic reflection and servant leadership An apprenticeship model of embodied learning is presented in narrative format where the author weaves the above concepts into the supervision process

The Digital Renaissance William Jones, In *The Digital Renaissance Navigating the Age of Information* by William Jones embark on an illuminating journey through the transformative landscape of the digital era With the precision of a historian and the vision of a futurist Jones paints a vivid portrait of our modern age where technology connectivity and information converge to redefine how we live work and interact with the world From the inception of the digital revolution to the advent of emerging technologies like artificial intelligence and blockchain Jones chronicles the evolution of the Digital Renaissance with captivating clarity His narrative skillfully navigates the complex terrain of the digital landscape unraveling its threads to reveal the profound impact on society culture and human potential But this book is not just a chronicle of the past it s a guide to the future Through compelling stories of innovation ethical dilemmas and resilient responses to digital challenges Jones invites readers to explore the limitless possibilities that lie ahead He sheds light on the ethical considerations that must underpin technological progress and offers insights into harnessing technology for human flourishing From the pioneers of the digital age who disrupted industries to the digital citizens who navigate the complexities of the online world *The Digital Renaissance* is a

testament to the resilience and adaptability of humanity It celebrates the spirit of innovation that propels us forward while emphasizing the moral compass that must guide our digital journey This book is more than a mere exploration of technology it s a call to action It encourages readers to become active participants in shaping the Digital Renaissance to cultivate digital literacy and to forge a future where innovation and ethics coexist harmoniously In an age where connectivity knows no borders and information flows ceaselessly The Digital Renaissance is a compass that points toward a brighter more informed and more equitable future Whether you re a tech enthusiast an ethical innovator or someone curious about the digital age s impact on our lives William Jones s insightful narrative provides a roadmap for navigating the age of information Join the Digital Renaissance and embrace the boundless possibilities that await in this compelling journey through our ever evolving digital world

LIT (Life Ignition Tools) Jeff Karp, 2024-05-23 Un m todo sencillo y radical con el que activar un estado mental de alto rendimiento concentraci n y creatividad para dar forma a la vida que realmente quieres Por el director del laboratorio de innovaci n en Ingenier a Biom dica de Harvard Jeff Karp C mo puedes lograr un mayor rendimiento mental y creatividad en un mundo lleno de distracciones de fechas l mite constantes de tiempo perdido en las redes sociales y de un bombardeo de noticias que te provoca ansiedad En LIT el innovador investigador de Harvard y del MIT Jeff Karp ha encontrado una poderosa manera de alcanzar un estado mental m s enfocado y eficaz con la ayuda de sus siete herramientas para el encendido vital Life Ignition Tools LIT te ense ar a Examinarte interiormente y conectar con lo que es verdaderamente importante para ti Visualizarte desde fuera para actuar consecuentemente conectando con los dem s y con diferentes formas del saber Romper con patrones de pensamiento habituales y decidir activamente en vez de apresurarte a dar respuestas que te mantienen en tu zona de confort Lidar con los m ltiples inputs sensoriales y la sobrecarga de informaci n a los que estamos sometidos actualmente Estimular la creatividad y el entusiasmo en tu lugar de trabajo Reconocer discursos manipulativos que nos pueden hacer tomar la direcci n equivocada Integrar tu vida espiritual en tu vida personal para reparar y profundizar tus relaciones LIT te quitar el piloto autom tico y te ayudar a permanecer alerta presente en el momento y comprometido con tu vida en un estado agudo de consciencia de ti mismo que te empujar a la curiosidad conexi n y energ a necesarias para tener la vida que realmente quieres La cr tica ha dicho En LIT descubrir s infinitud de herramientas y conceptos para despertar tu verdadero talento y acceder al m ximo potencial de tu cerebro Diana Nyad Jeff Karp nos ofrece un camino hacia la iluminaci n interior y la innovaci n Colin O Brady autor superventas del New York Times El imprescindible libro de Jeff Karp LIT nos da la chispa necesaria para alumbrar nuestras vidas desde el interior Arianna Huffington fundadora y CEO de Thrive Global Buenas noticias Podemos ser m s felices m s listos m s eficaces y sentirnos m s satisfechos de lo que jam s hubi semos pensado Este libro podr a cambiar tu vida Geoff Colvin autor superventas LIT es una caja de herramientas esencial para transformar intenciones en acciones relevantes Daniel H Pink autor superventas de New York Times LIT es un verdadero regalo en un tiempo en el que demasiadas distracciones nos impiden alcanzar nuestros

objetivos más nobles
Bravo Rudy Tanzi doctor y profesor de neurología en la Facultad de Medicina de Harvard y autor
superventas de Super Brain
Jeff Karp embarca al lector en un humilde viaje de autodescubrimiento a través de los retos de
sus propias dificultades en el aprendizaje y de su desbordante impaciencia como estudiante científico padre y emprendedor
Nathan Gray presidente y cofundador de Geoversity Nature's University

Unveiling the Magic of Words: A Review of "**The Art Of Stillness Adventures In Going Nowhere Ted Books**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**The Art Of Stillness Adventures In Going Nowhere Ted Books**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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Table of Contents The Art Of Stillness Adventures In Going Nowhere Ted Books

1. Understanding the eBook The Art Of Stillness Adventures In Going Nowhere Ted Books
 - The Rise of Digital Reading The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Advantages of eBooks Over Traditional Books
2. Identifying The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Art Of Stillness Adventures In Going Nowhere Ted Books
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Personalized Recommendations
 - The Art Of Stillness Adventures In Going Nowhere Ted Books User Reviews and Ratings

- The Art Of Stillness Adventures In Going Nowhere Ted Books and Bestseller Lists
- 5. Accessing The Art Of Stillness Adventures In Going Nowhere Ted Books Free and Paid eBooks
 - The Art Of Stillness Adventures In Going Nowhere Ted Books Public Domain eBooks
 - The Art Of Stillness Adventures In Going Nowhere Ted Books eBook Subscription Services
 - The Art Of Stillness Adventures In Going Nowhere Ted Books Budget-Friendly Options
- 6. Navigating The Art Of Stillness Adventures In Going Nowhere Ted Books eBook Formats
 - ePub, PDF, MOBI, and More
 - The Art Of Stillness Adventures In Going Nowhere Ted Books Compatibility with Devices
 - The Art Of Stillness Adventures In Going Nowhere Ted Books Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Highlighting and Note-Taking The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Interactive Elements The Art Of Stillness Adventures In Going Nowhere Ted Books
- 8. Staying Engaged with The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Art Of Stillness Adventures In Going Nowhere Ted Books
- 9. Balancing eBooks and Physical Books The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Art Of Stillness Adventures In Going Nowhere Ted Books
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Setting Reading Goals The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Fact-Checking eBook Content of The Art Of Stillness Adventures In Going Nowhere Ted Books
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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