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**FALL
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ECKHART TOLLE EDITIONS

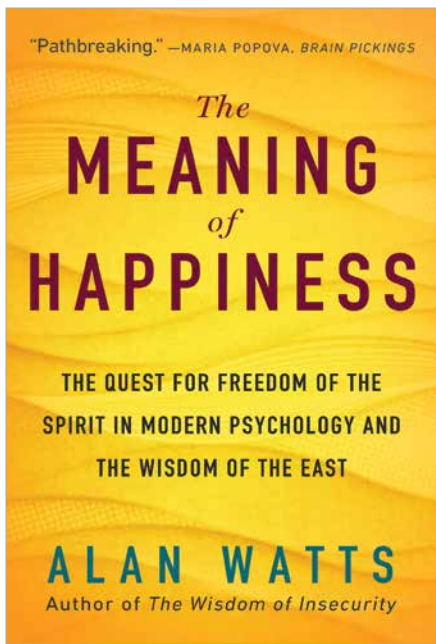
NATARAJ PUBLISHING

NAMASTE PUBLISHING

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The Meaning of Happiness

The Quest for Freedom of the Spirit
in Modern Psychology and the Wisdom of the East

Alan Watts

“Novel and interesting.” — *New York Times*

“A pathbreaking book bridging modern Western psychology and ancient Eastern philosophy.”

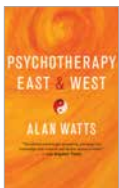
— MARIA POPOVA, *Brain Pickings*

▶ AVAILABLE IN AUGUST

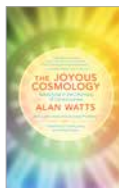
Eastern Philosophy • \$16.95
Trade paperback • 256 pp. • 5¼ x 8
4 black-and-white line drawings
978-1-60868-540-0 • Rights: world



▶ RECOMMENDED



Psychotherapy
East & West
Alan Watts
Paperback • \$14.95
978-1-60868-456-4



The Joyous Cosmology
Alan Watts
Paperback • \$14.00
978-1-60868-204-1

- A lost classic, now back in print — Alan Watts’s groundbreaking second book, originally published in 1940 and out of print for decades
- More than 40 years after his death, Watts is still a major presence on YouTube and social media
- Several popular Alan Watts Facebook pages promote his message, earning hundreds of thousands of likes
- Written when Watts was 24 years old, this early work allows fans to trace his philosophical development

Most books about happiness sell the idea that happiness comes from *having* or *doing* something. In this bold and iconoclastic work, however, philosopher Alan Watts offers a more challenging thesis: authentic happiness comes from embracing *life as a whole* in all its contradictions and paradoxes, an attitude that Watts calls the “way of acceptance.” Drawing on Eastern philosophy, Western mysticism, and analytic psychology, Watts demonstrates that happiness comes from accepting both the *outer* world around us and the *inner* world inside us — the unconscious mind, with its irrational desires lurking beyond the awareness of the ego. Although written early in his career, *The Meaning of Happiness* displays the hallmarks of his mature style: the crystal-clear writing, the homespun analogies, the dry wit, and the breadth of knowledge that made Alan Watts one of the most influential philosophers of his generation.



Through his books and lectures, **ALAN WATTS** (1915–1973) introduced millions of Westerners to Eastern philosophies such as Vedanta, Taoism, and Zen Buddhism. Born in England, Watts immigrated to the United States in his twenties, worked as a chaplain and teacher, and wrote more than twenty books, including the bestselling *The Way of Zen*.

The Holy Wild

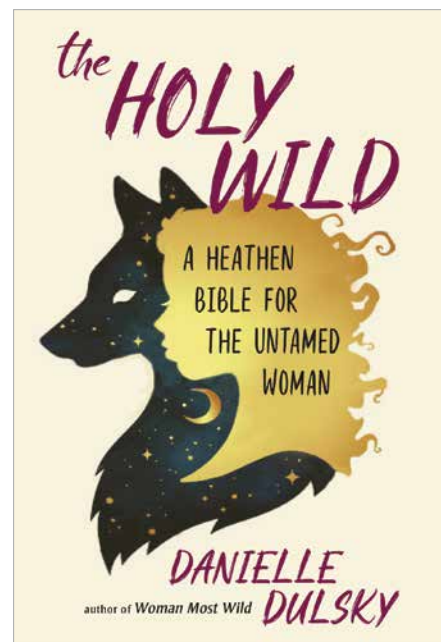
A Heathen Bible for the Untamed Woman

Danielle Dulsky

Praise for the author's *Woman Most Wild*:
"Provides keys to unlock ancient portals behind which
perilous and pivotal treasures await."
— BILL PLOTKIN, author of *Soulcraft*

- Invites women to create their own spiritual paths based on often-suppressed ancient principles and using contemporary practices
- Rather than inspiration from on high, this interactive "holy book" urges actions that give readers insight from within
- Teaches practices including journaling, myth work, yoga, and energy exercises
- Explores and embraces sacred feminine archetypes such as the Mother Goddess, the Crone, and the Maiden

Many women feel alienated from traditional religions *and* from the spiritual paths outlined by popular spiritual alternatives. This "ode to the Feminine Wild" speaks to those women. Here are patriarchy-free ideas and practices based on the elements (earth, fire, water, air, ether) and designed to connect individual women to their universal — but usually denied — powers. While drawing upon goddesses and heroines from Christianity, Judaism, Hinduism, and Norse mythology to illuminate uniquely feminine virtues, the author deftly dismantles indoctrinated belief systems that limit women's spiritual autonomy. Why *heathen*? The ancient Germanic definition of the word refers to inhabiting uncultivated land, being wild and nourished by the natural world. Dulsky embraces the word as an invitation to experience the exhilaration of being fully what we are, rather than what we are told we should be.



▶ AVAILABLE IN SEPTEMBER

Women's Interest • \$15.95
Trade paperback • 304 pp. • 6 x 9
978-1-60868-527-1 • Rights: world



▶ RECOMMENDED

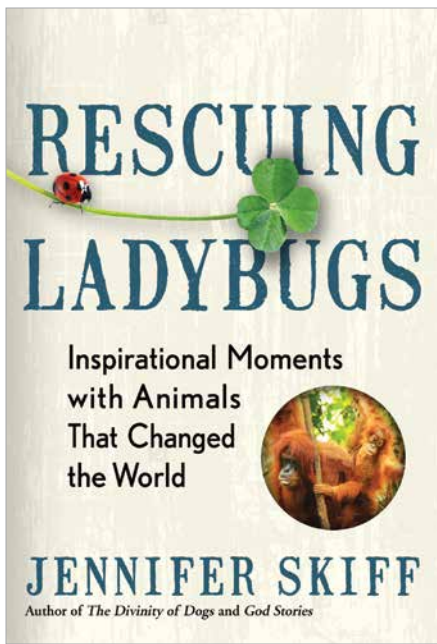


Woman Most Wild
Danielle Dulsky
Paperback • \$15.95
978-1-60868-466-3



DANIELLE DULSKY, a longtime activist for the Divine Feminine, leads women's circles, Witchcraft workshops, energy healing trainings, and yoga teacher trainings. The author of *Woman Most Wild*, she lives in Phoenixville, Pennsylvania.

DanielleDulsky.com



Rescuing Ladybugs

Inspirational Moments with Animals
That Changed the World

Jennifer Skiff

▶ **AVAILABLE IN SEPTEMBER**
Animals • \$15.95
Trade paperback • 304 pp. • 5½ x 8½
978-1-60868-502-8 • Rights: N. America



▶ **RECOMMENDED**



**Why Dogs Hump
and Bees Get
Depressed**
Marc Bekoff
Paperback • \$15.95
978-1-60868-219-5



The Souls of Animals
Gary Kowalski
Paperback • \$14.00
978-1-57731-590-2

- Shows how anyone can positively affect the planet by tuning in to the lives of our fellow creatures
- By an award-winning journalist, a superstar animal advocate, and the bestselling author of *The Divinity of Dogs* and *God Stories*
- Presents inspiring stories from a wide variety of celebrities, politicians, and world leaders involved in the compassion movement
- The author has appeared on *20/20*, the *Today* show, Fox News, CNN, and many other media outlets
- The author is trustee, advisor, ambassador, or spokesperson for six charities with more than 10 million members, the largest being the Humane Society of the United States

In 1997 Jennifer Skiff came face-to-face with a bear imprisoned in a cage, confined by a straightjacket. The experience sparked in her a passionate urge to help, and after asking herself what she could do, she led a campaign to build the first bear sanctuary in Laos. Her experience is far from unique, as the compelling stories here show. From jaguars in Brazil and mantas in the Maldives to chickens, rabbits, and pigs at home, humans are moved to rescue animals. As Skiff shows, each and every way we experience connection with our fellow creatures, and give voice to the voiceless, adds to our own well-being. Working to protect and nurture the life force of animals, she reveals, can help us find our own.



JENNIFER SKIFF has traveled the world as an investigative journalist for CNN. Her programs promoting animal welfare have appeared globally. Her previous books, *The Divinity of Dogs* and *God Stories*, have sold more than 75,000 copies. The recipient of the Environmental Media Award, Skiff lives in Maine and Australia.

JenniferSkiff.com

The Resilience Toolkit

Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster

Linda Graham, MFT

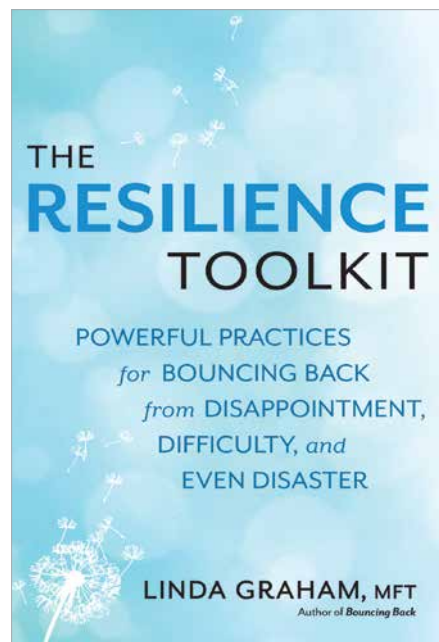
- More than 100 evidence-based practices for building the brain's ability to bounce back from adversity, written by a therapist and expert in the neuroscience of resilience
- Offers a step-by-step process to create new patterns of skillful coping and heal previous conditioning or trauma that derails resilience, with practices that work precisely the way the brain learns best: "little and often," with carefully selected experiences repeated many times
- Combines Western psychotherapy (body-based trauma therapy, attachment-based therapies, etc.) with time-tested Eastern wisdom traditions (mindfulness and compassion-based practices)
- The author offers clinical trainings and personal growth workshops year-round in venues across the United States and in Canada, Australia, and Europe; American venues include Spirit Rock Meditation Center, Esalen Institute, Kripalu Center, and Omega Institute

Everyone knows what it's like to be knocked off center, to lose, at least temporarily, their inner sense of balance and centeredness, their sense of knowing how the world works and how to cope with life's unexpected curveballs. Whether in the form of a critical comment from the boss, actually losing a job, or, even worse, losing a loved one or causing someone's death in a car accident, life continually dishes out challenges. Resilience is the learned capacity to cope with any level of adversity, ranging from the small annoyances of daily life to the struggles and sorrows that break hearts. Resilience is essential for surviving and thriving, and it is completely trainable and recoverable — for those who know how. In *The Resilience Toolkit*, Linda Graham offers clear guidance in developing skills of somatic, emotional, relational, and reflective intelligence that deepen readers' trust in their own competence — and effectiveness — in learning to cope with life's inevitable challenges and crises.



LINDA GRAHAM, MFT, is an experienced psychotherapist who integrates modern neuroscience, mindfulness practices, and relational psychology in her international trainings on resilience and well-being. The author of the award-winning *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, she lives in the San Francisco Bay Area.

LindaGraham-MFT.net

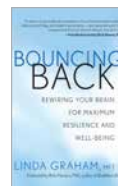


▶ AVAILABLE IN SEPTEMBER

Personal Growth / Psychology • \$17.95
Trade paperback • 352 pp. • 7 x 9
978-1-60868-536-3 • Rights: world



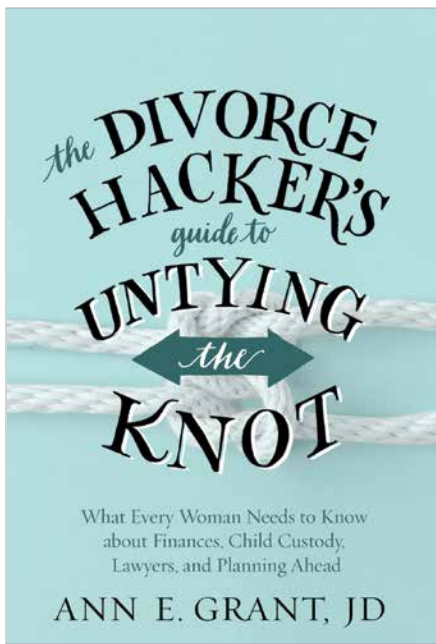
▶ RECOMMENDED



Bouncing Back
Linda Graham, MFT
Paperback • \$18.95
978-1-60868-129-7



Mental Resilience
Kamal Sarma
Paperback • \$16.95
978-1-57731-625-1



The Divorce Hacker's Guide to Untying the Knot

What Every Woman Needs to Know about Finances, Child Custody, Lawyers, and Planning Ahead

Ann E. Grant, JD

- The practical information women need to protect themselves before, during, and after divorce, presented with empathy, inspiration, and tough-minded realism
- Comprehensively guides women month by month through the divorce process
- Written by a family law attorney and divorced mother who has "been there, done that"
- In the United States, 2,400 divorces are filed each day, 16,800 each week, and 876,000 each year

▶ AVAILABLE IN SEPTEMBER

Relationships / Personal Growth

\$16.95 • Trade paperback

288 pp. • 6 x 9 • 978-1-60868-560-8

Rights: world



Feelings of loss, grief, and rage are common during divorce. But one of the most debilitating feelings women going through divorce experience is paralyzing impotence. While a woman may act forcefully to protect her children during the process, she is less likely to be as vigilant about her own well-being. Sadly, many divorce professionals — lawyers, mediators, forensic accountants, and therapists — prey upon women in this situation. Enter attorney Ann Grant. She helps women take back their power by teaching them their rights concerning finances, home, children, and work life. She does this with a combination of empathy and practicality, recognizing how difficult some actions may be. Her step-by-step assessments, checklists, and to-do lists are always broken down and made manageable. Grant's goal is to give readers what she provides her clients: insider information that will not only make their divorces "successful" but also establish their lives firmly and confidently on a positive, fresh new standing.



ANN E. GRANT, JD, began her career as a corporate litigator specializing in unfair business practices and consumer fraud. After her divorce she created her own firm, focusing on family law and a holistic approach to this life transition. She lives in Manhattan Beach, California.

TheDivorceHacker.com

Mysterious Realities

A Dream Traveler's Tales from the Imaginal Realm

Robert Moss

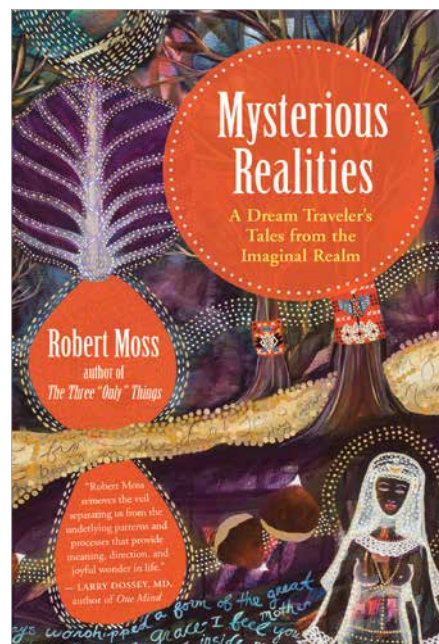
Praise for the author's other books:

"Robert Moss removes the veil separating us from the underlying patterns and processes that provide meaning, direction, and joyful wonder in life."

— LARRY DOSSEY, MD, author of *One Mind*

"Robert Moss is peerless in shifting us from seeing our life as boring and ordinary to seeing it as filled with meaningful messages and magic."

— STEPHEN DINAN, CEO of The Shift Network



- Travelogues from the realm of dreams, curated by a world-renowned dream expert
- The author's books on dreaming have sold more than 60,000 copies to date, and his blog post on dreams as a kind of "parallel life" was shared 10,000 times within 24 hours
- The book's focus on alternate realities taps into a favorite pop-culture theme depicted in fictional works such as *Lincoln in the Bardo* (George Saunders), Stephen King's *Dark Tower* series, and the new TV series *Electric Dreams* (Philip K. Dick)

Sigmund Freud called dreams the "royal road to the unconscious," but to dream expert Robert Moss, they are even more: portals to the *imaginal realm*, a higher reality that exists at the intersection of time and eternity. Sifting through several decades of research, Moss retells some of the remarkable dream narratives that he has gathered from his own journals and those of his students. With the flair of a natural storyteller, Moss takes readers on an excursion into the furthest reaches of the imaginal realm, a place where the improbable is commonplace. Here readers will encounter ancient gods, uncanny animals, doppelgängers from parallel worlds, and spirits of the dead (both famous and obscure). Whether beautiful, terrifying, or whimsical, these stories remind us that dreams have much to teach us if we are willing to listen and watch.



ROBERT MOSS is the creator of Active Dreaming, an original synthesis of modern psychology and shamanism. A former lecturer in ancient history at the Australian National University, he is also a bestselling novelist, a journalist, and an independent scholar. He offers dream-related workshops and lectures all over the world and lives in upstate New York.

MossDreams.com

▶ AVAILABLE IN OCTOBER

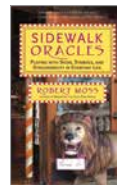
Metaphysics / Dreams • \$15.95

Trade paperback • 256 pp. • 5½ x 8½

978-1-60868-538-7 • Rights: world



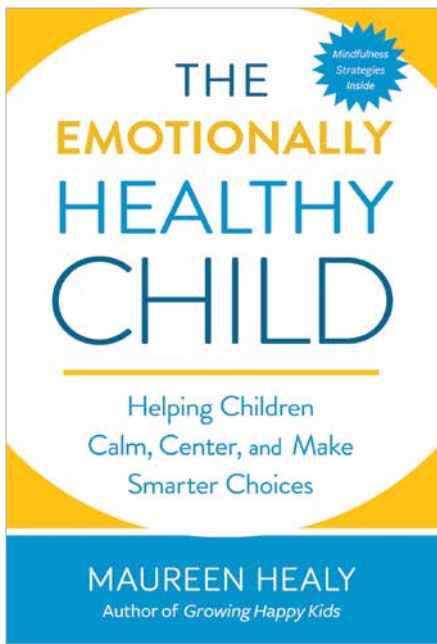
▶ RECOMMENDED



Sidewalk Oracles
Robert Moss
Paperback • \$17.95
978-1-60868-336-9



Dreaming the Soul Back Home
Robert Moss
Paperback • \$17.95
978-1-60868-058-0



The Emotionally Healthy Child

Helping Children Calm, Center, and
Make Smarter Choices

Maureen Healy

Praise for the author's other books:
 "Healy offers wise and practical strategies for adults who hope to guide children toward a lifetime of confidence and true happiness."
 — SHARON SALZBERG, author of *True Happiness*

- Gives parents the tools they need to help their children find equilibrium in the moment and build emotional well-being
- The author is a popular *Psychology Today* blogger, the author of *Growing Happy Kids*, a sought-after public speaker, and a cofounding member of the "World Happiness Summit"

▶ AVAILABLE IN OCTOBER

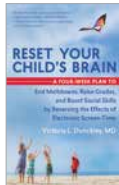
Parenting • \$16.95 • Trade paperback
 256 pp. • 5½ x 8½ • 978-1-60868-562-2
 Rights: world English



▶ RECOMMENDED



Parenting with Presence
 Susan Stiffelman, MFT
 Paperback • \$16.95
 978-1-60868-326-0



Reset Your Child's Brain
 Victoria L. Dunckley, MD
 Paperback • \$18.95
 978-1-60868-284-3

While growing up has never been easy, today's world undeniably presents kids and their parents with unprecedented challenges. The upside, posits Maureen Healy, is a widespread acknowledgment that emotional health, resilience, and equilibrium can be learned and strengthened. Healy, who was a "wild child" — the kind, she writes, who left babysitters "wondering if they wanted children" — knows her subject. She has become an expert on teaching skills that address the high sensitivity, big emotions, and hyper energy she herself experienced. Three simple steps are key — Stop, Calm, and Make a Smart Choice. While not always easy, these steps are powerful, and Healy shows readers exactly how to implement them. Children with a history of acting out or shutting down, experiencing frequent physical symptoms such as head- and stomachaches, or hurting themselves or others learn to recognize when they are being triggered, feel their emotions, and use strategies such as exercise, journaling, and mindfulness meditation to respond from their calm center. As parents learn to model these skills, children become freer to do and be their best.



MAUREEN HEALY's many honors include having been invited by His Holiness the 14th Dalai Lama to work with Tibetan refugee children in India. She speaks regularly at Fortune 100 companies, personal growth events, and schools and works with parents and their children in her busy private practice. She lives in Santa Barbara, California.

GrowingHappyKids.com

Step into Your Moxie

Amplify Your Voice, Visibility, and
Influence in the World

Alexia Vernon

“This is the self-help book you’ve been waiting for to be a more powerful speaker in all areas of your life.”

— NATALIE MACNEIL, author of *The Conquer Kit*

“Firebrand Alexia Vernon pushes us in ways that are challenging, but she’s so funny, professional, and self-effacing that it doesn’t feel like work.”

— EMILY BENNINGTON, author of *Miracles at Work*

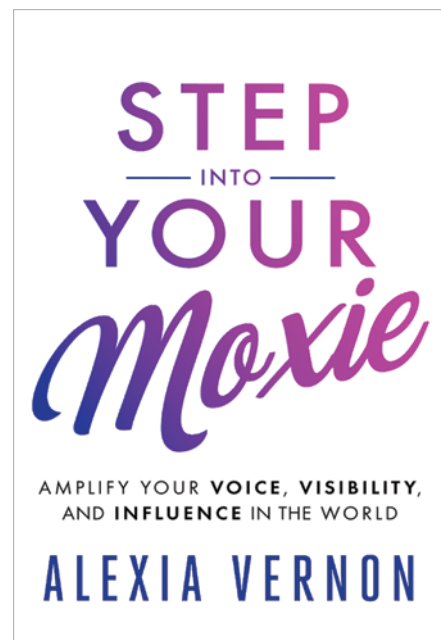
- Transformational practices for speaking to oneself and others in ways that influence, inspire, and foster change
- Shows how confidence, leadership, influence, and even happiness depend on communication skills
- By the woman dubbed the “Moxie Maven” by the Obama White House Office of Public Engagement for her potent approach to women’s empowerment

This soul-stirring call to action inspires women to speak up for themselves and the ideas and issues that matter most to them. Author Alexia Vernon fuses hilarious stories and actionable advice to slay diminishing self-talk and cultivate the mind-set and behaviors to walk into any room (or onto any stage) and move people to action. She has created a timely, refreshingly playful guide for women to communicate with candor, clarity, compassion, and ease in their careers, communities, and homes. Her step-by-step guidance will help women who want to amplify their message in business conversations, negotiations, and presentations, and those who need to improve their communications in their relationships and neighborhoods.



ALEXIA VERNON is a sought-after speaking and leadership coach who has been a TEDx Women speaker, appeared on or in virtually every major media outlet (including CNN, NBC, ABC, and CBS), and delivered keynotes or trainings to Fortune 500 companies, colleges, and the United Nations. She lives in Las Vegas.

AlexiaVernon.com



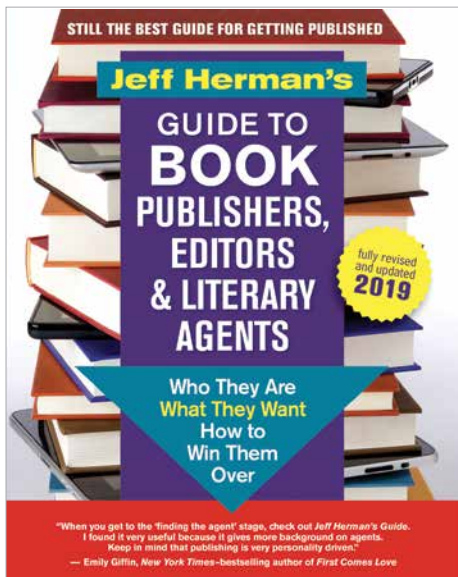
▶ **AVAILABLE IN OCTOBER**

Personal Growth • \$15.95

Trade paperback • 256 pp. • 5½ x 8½

978-1-60868-558-5 • Rights: world





Jeff Herman's Guide to Book Publishers, Editors & Literary Agents 2019

Who They Are, What They Want,
How to Win Them Over

Jeff Herman

"The most helpful book I bought about how to get published."

— NICHOLAS SPARKS, author of *The Notebook*

"I got my agent by using this guide!"

— MEG CABOT, author of *The Princess Diaries*

▶ AVAILABLE IN OCTOBER

Reference • \$29.95

Trade paperback • 672 pp. • 7¼ x 9

978-1-60868-584-4 • Rights: world



- Up-to-the-minute insider information on getting published from the scrupulously updated resource that has been unequaled for more than 25 years
- Now in its 24th edition, the book has sold more than 500,000 copies

Lauded by new and veteran writers, publishing professionals, and critics alike, this is the authoritative guide for getting book proposals and manuscripts read, represented, and published. Jeff Herman, a highly successful literary agent, cuts through confusion and opens the doors that often seem locked. For each new edition Herman queries 175 of his fellow agents to present details that cannot be found anywhere else. Their fresh, quirky, and entertaining responses give readers the insights they need to bypass gatekeepers, spot scams, and make their work irresistible to publishers. Herman has sage advice on everything from the nuts and bolts of query letters, proposals, and agents to overcoming "Ignored Writer Syndrome" and even "Post-Publication Depression." He extensively profiles publishing conglomerates such as Hachette, Penguin Random House, and Simon & Schuster, as well as independent presses. Best of all, Herman clearly delights in giving everyone access to the realization of their writing and publishing dreams.



JEFF HERMAN's literary agency has sold more than a thousand books to dozens of publishers, and since 1990 he has mentored millions of writers through this guidebook. He lives in Stockbridge, Massachusetts.

JeffHerman.com

The Life You Were Born to Live

A Guide to Finding Your Life Purpose

Revised 25th Anniversary Edition

Dan Millman

“[Millman’s] Life-Purpose System is absolutely amazing in its predictive value. It will help you sort out your life and guide you on the path of fulfillment.”

— DEEPAK CHOPRA, MD, author of
The Seven Spiritual Laws of Success

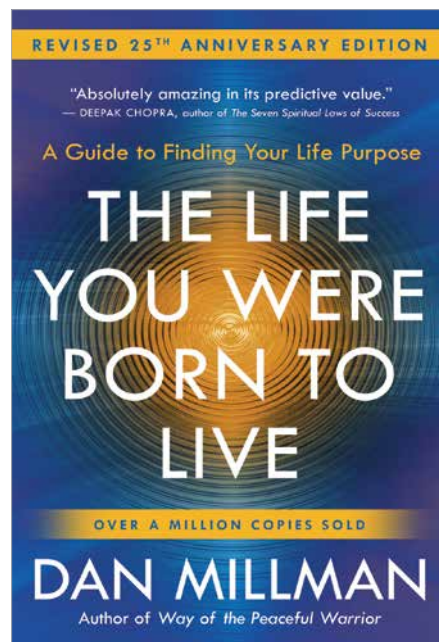
- Extensive revisions include new information about single-digit birth numbers, original insights into what makes a “master number,” and updated examples of well-known people
- Readers can use the author’s free Life Purpose Calculator on his website to determine their birth numbers, or they can calculate their numbers by hand with guidance from the book

In the original edition of this book in 1993, bestselling author Dan Millman presented his new Life-Purpose System, a modern method of personal growth based on ancient wisdom. In the ensuing twenty-five years of the book’s phenomenally successful life, the system has helped hundreds of thousands of people find new meaning, purpose, and direction in their lives. The book describes thirty-seven paths of life; a precise method for readers to determine their life paths and the life paths of others; and the core issues, inborn talents, and special needs of each path. Virtually every aspect of life is addressed — from health to money to sexuality. The book offers readers revelatory insights for finding a career consistent with their innate drives and abilities, understanding the hidden dynamics of their relationships, and living in harmony with the cycles of life. In this newly revised 25th anniversary edition, Millman shares the fascinating story of how he learned this system and why he chose to share it, as well as a variety of new, updated, and extended insights.



DAN MILLMAN, former world-champion gymnast, coach, martial arts teacher, and college professor, is the author of seventeen books published in twenty-nine languages and shared across generations with millions of readers. His internationally bestselling book *Way of the Peaceful Warrior* was adapted to film. Dan speaks worldwide to people from all walks of life. He lives in New York City.

PeacefulWarrior.com



▶ AVAILABLE IN AUGUST

Personal Growth • \$19.95

Trade paperback • 504 pp.

6 x 9 • 978-1-932073-75-1

Rights: world (with exclusions)

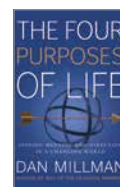


▶ RECOMMENDED



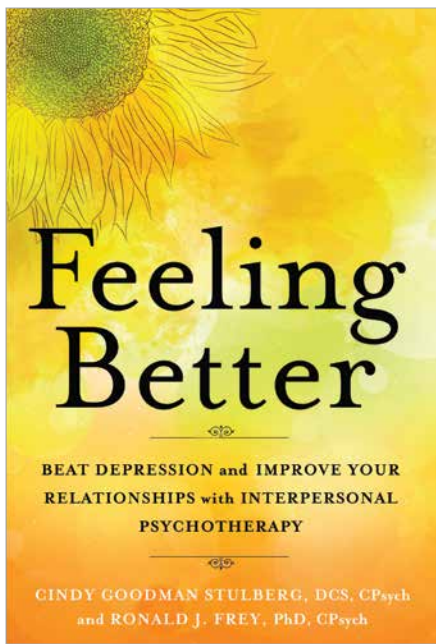
Way of the Peaceful Warrior

Dan Millman
Paperback • \$15.95
978-1-932073-20-1



The Four Purposes of Life

Dan Millman
Paperback • \$14.00
978-1-932073-73-7



Feeling Better

Beat Depression and Improve Your Relationships
with Interpersonal Psychotherapy

Cindy Goodman Stulberg, DCS, CPsych,
and Ronald J. Frey, PhD, CPsych

- Reveals a best-kept therapeutic secret: a proven 12-week self-help plan for feeling better without pharmaceuticals
- IPT (interpersonal psychotherapy) has been proven effective in more than 250 studies and has been chosen by the World Health Organization as one of two psychotherapies to be disseminated worldwide
- As many as one-third of those currently on antidepressants (11 percent of Americans and nearly one in four middle-aged American women) experience only moderate relief

▶ AVAILABLE IN NOVEMBER

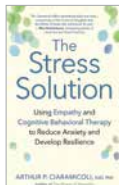
Psychology / Personal Growth
\$17.95 • Trade paperback • 352 pp.
6 x 9 • 978-1-60868-568-4
Rights: world English



▶ RECOMMENDED



Think Forward to Thrive
Jennice Vilhauer, PhD
Paperback • \$17.95
978-1-60868-298-0



The Stress Solution
Arthur P. Ciaramicoli, EdD, PhD
Paperback • \$16.95
978-1-60868-408-3

Unlike antidepressants, which treat the symptoms rather than the root causes of depression, IPT alleviates depression — quickly and long-term — by improving relationships. The authors have used IPT for more than twenty years and achieved dramatic, lasting results in eight to twelve weeks. Frustrated by the lack of a good book on the subject they could recommend to their clients, they created this accessible, first-of-its-kind guide sharing their successful twelve-week program. Each chapter introduces a new topic and teaches skills and tools that allow readers to set and achieve goals, articulate feelings, and make constructive decisions. Key elements of the program include identifying and engaging with allies and supporters, dealing with difficult people, and, if need be, walking away from harmful relationships. The authors have taught clients to use these skills in virtually every life situation, such as preventing divorce, “consciously uncoupling,” raising healthy children, coping with loss, and dealing with addiction. Writing with wisdom, warmth, and even humor, they are savvy coaches and inspiring cheerleaders who can offer a lifeline to the depressed and life enrichment to anyone.

CINDY GOODMAN STULBERG, DCS, CPSYCH, is a psychologist who has counseled individuals, couples, groups, and families for more than 35 years. She has trained extensively with an international group of IPT specialists. **RONALD J. FREY, PHD, CPSYCH**, is a psychologist with multifaceted experience including consulting with various public safety and national defense entities, such as the Canadian police and the FBI.

InterpersonalPsychotherapy.com

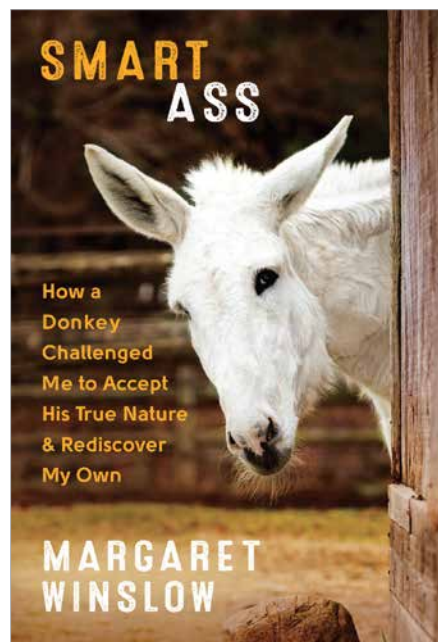
Smart Ass

How a Donkey Challenged Me to Accept
His True Nature & Rediscover My Own

Margaret Winslow

- How a midlife decision to adopt a 700-pound white Andalusian donkey upended a woman's life — and her understanding of herself
- Poignant and humorous in the tradition of *Marley & Me*, *The Good Dog*, and *His for Hawk*
- Caleb, the author's abnormally large and completely white donkey, is a huge draw at charity horse shows, churches, schools, and libraries
- The author has done National Geographic-funded fieldwork and has been featured on PBS, NPR, and CBS News Radio

Sports car, Italian villa, inappropriate love interest? Not for author Margaret Winslow, an overworked college professor in New York City. She met midlife agita not head-on, but ass-on, fulfilling a childhood curiosity about donkeys by answering a for-sale ad for a "Large White Saddle Donkey" in the American Donkey and Mule Society's magazine, *The Brayer*. Hilarity ensues, alongside life-threatening injuries and spirit-enriching insight. As readers walk with Winslow and Caleb the donkey through training traumas, expert-baffling antics, and humiliating races, they also share in the author's gradual understanding of Caleb's true, undeniable gifts: a willingness to "speak truth to power," to trust, and to forgive. Winslow incorporates these lessons into her life, and as she and Caleb learn to thrive, readers not only cheer them on but also learn a thing or three about being true to their own pure and powerful self.



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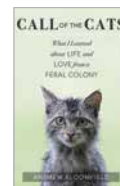
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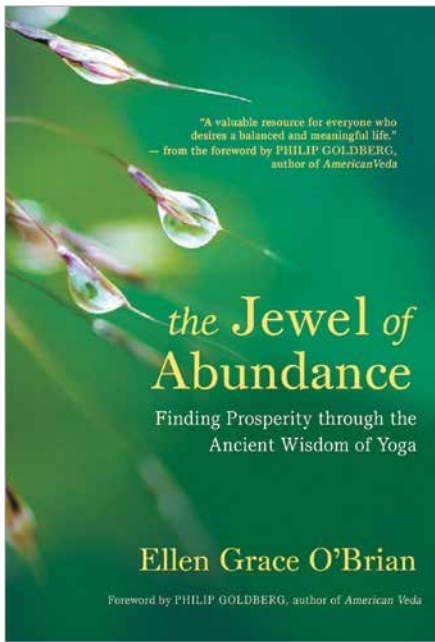


Call of the Cats
Andrew Bloomfield
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MARGARET WINSLOW is a field geologist with more than thirty years' experience in Central America, South America, and the Caribbean. The author of more than thirty papers in international scientific journals, she has also written two published travel memoirs and is professor emerita of earth sciences at the City College of New York. She lives in Piermont, New York. Caleb boards nearby with fifty horses and ponies.

MargaretWinslow.com



The Jewel of Abundance

Finding Prosperity through the
Ancient Wisdom of Yoga

Ellen Grace O'Brian
Foreword by Philip Goldberg

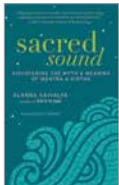
- A guide to using yogic principles for achieving success and prosperity
- Provides concise instruction for realizing the Vedic life goal to prosper and live with higher purpose
- The author studied with a direct disciple of Paramahansa Yogananda, author of the bestselling classic *Autobiography of a Yogi*
- Offers a clear introduction to Kriya Yoga, a powerful but lesser-known branch of yoga
- The author is the spiritual director of the Center for Spiritual Enlightenment in San Jose, California, where she leads retreats and teaches Kriya Yoga

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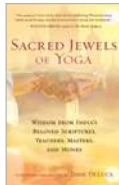
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Sacred Jewels of Yoga
Compiled and edited by
Dave DeLuca
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978-1-60868-040-5

Although millions of Westerners practice yoga simply for its health benefits, this multifaceted discipline has far more to offer. In *The Jewel of Abundance*, author Ellen Grace O'Brian reveals an overlooked aspect of yoga: its powerful techniques for attaining prosperity. Drawing upon the ancient Vedic tradition of Kriya Yoga (the yoga of practice), she shows how spirituality and earthly success can complement each other, leading to realization of the higher Self. O'Brian presents a clear explanation of both the philosophy of Kriya Yoga and the nuts and bolts of practice, such as setting up a daily meditation routine, choosing the right mantras, and cultivating mindfulness in action. Along the way, she illustrates her lessons with personal stories and timeless sayings from great sages, both Eastern and Western. With O'Brian's insightful guidance, readers will discover an inexhaustible source of abundance that is available to them whenever they look within.



ELLEN GRACE O'BRIAN is a teacher, a writer, a poet, and the spiritual director of the Center for Spiritual Enlightenment in San Jose, California. Ordained by a direct disciple of Paramahansa Yogananda, she has been teaching Kriya Yoga philosophy and practice for over three decades. **PHILIP GOLDBERG** is a spiritual counselor, a workshop leader, and the author of several books, including *American Veda* and *The Life of Yogananda*. He lives in Los Angeles.

EllenGraceOBrian.com

Selected Letters

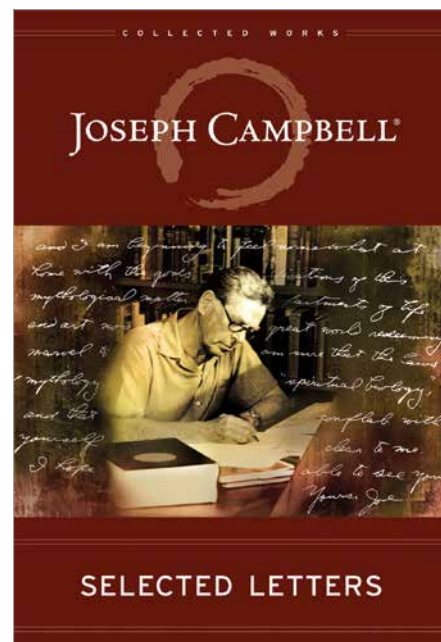
Joseph Campbell

“No one in our century — not Freud, not Thomas Mann, not Lévi-Strauss — has so brought the mythical sense of the world and its eternal figures back into our everyday consciousness.”

— JAMES HILLMAN

“Campbell has become the rarest of intellectuals in American life: a serious thinker who has been embraced by the popular culture.”

— NEWSWEEK



- Standout correspondence spanning the famed mythologist's entire career sheds incomparable light on a fabled generation of artists and thinkers
- Campbell's relevance and readership do not wane: *The Hero with a Thousand Faces* sold nearly 60,000 copies in 2017, 68 years after its initial publication
- Includes letters to academics including Margaret Mead and Mircea Eliade; writers including Thomas Mann, Gary Snyder, and Alan Watts; and visionaries including Carl Jung and Ananda K. Coomaraswamy
- Features letters to *and from* key correspondents, revealing rich intellectual conversations

Proving that there is still more to learn from Joseph Campbell, this volume shares his personal letters, vibrantly curated in a way that highlights not only Campbell's mastery of fields as diverse as anthropology, literature, depth psychology, religious studies, and of course comparative mythology but also his “hands-on” approach to experiencing, rather than simply studying, subjects such as kundalini yoga and Buddhism. The editors have arranged Campbell's personal writings to friends, colleagues, and fellow thinkers in a way that illuminates an intellectual epoch that continues to resonate in contemporary culture. Anyone who has ever been counseled to “follow your bliss” knows Campbell and will benefit from this unprecedentedly intimate glimpse into his thinking and communications.



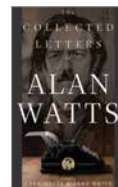
JOSEPH CAMPBELL (1904–1987) wrote classics including *The Hero with a Thousand Faces*, the four-volume *The Masks of God*, and *Myths to Live By*. *The Power of Myth*, his televised interviews with Bill Moyers, introduced his views to millions.

JCF.org

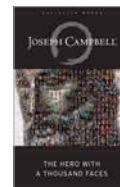
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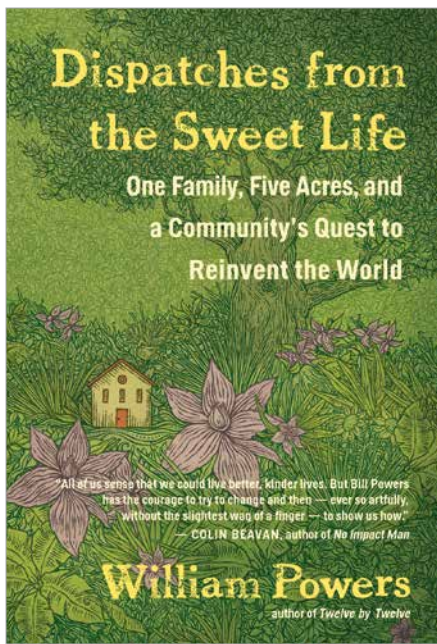
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- The trials and joys of a family striving to live sustainably off the work-and-spend treadmill in South America
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Many people fantasize about dramatically changing their lives — "chucking it all," living in accordance with their ideals rather than the exigencies of job, bills, and possessions. William Powers actually does it. In his first book, *Twelve by Twelve*, Powers lived in an off-grid tiny house in rural North Carolina. In *New Slow City*, he and his wife, Melissa, inhabited a Manhattan micro-apartment in search of slow in the fastest city in the world. In *Dispatches from the Sweet Life*, the couple, with baby in tow, search for balance, humanity, and happiness in Suruqueta, Bolivia. They build an adobe house beside a prolific orchard and organic garden and weave their life into the community of permaculturists, bio-builders, beer brewers, artists, and creative businesspeople. Can this transition town succeed in the face of encroaching North American capitalism, and can Powers and the other settlers find the balance they're seeking? The read is compelling, thought-provoking, and, no matter the outcome, inspirational.



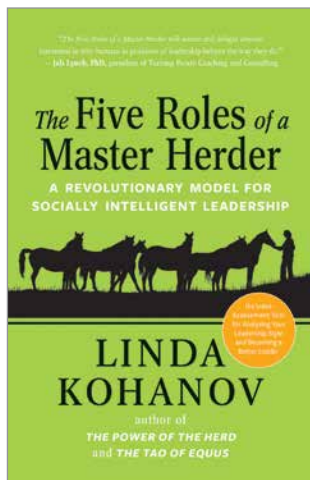
WILLIAM POWERS has worked for more than a decade in development aid and conservation in Latin America, Africa, and North America. He is a senior fellow at the World Policy Institute and an adjunct faculty member at New York University. He speaks and writes widely as an expert on sustainable development. He lives in Bolivia.

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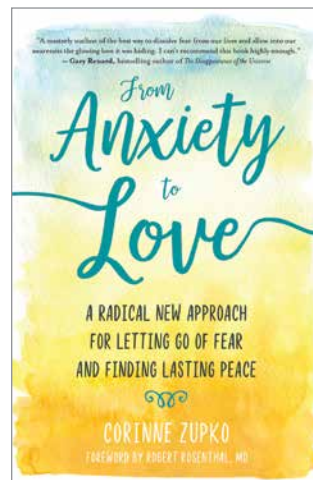
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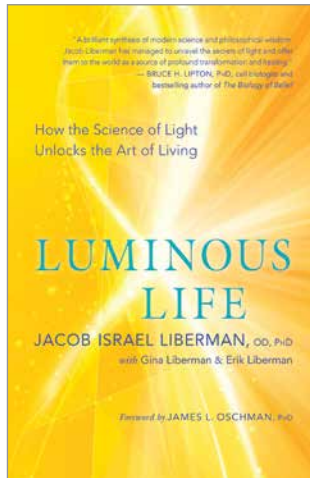
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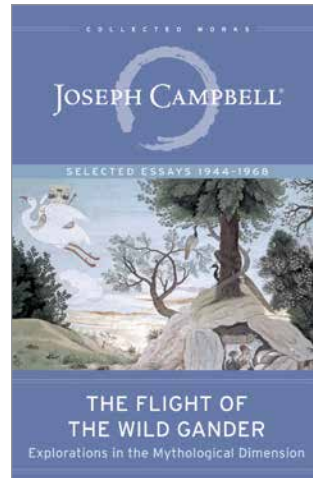
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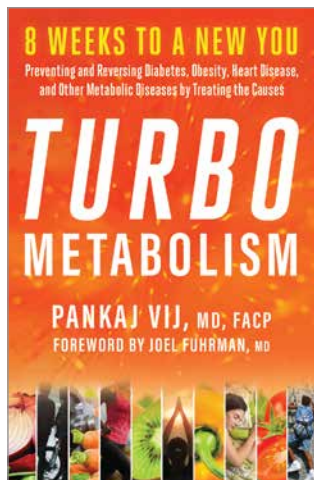
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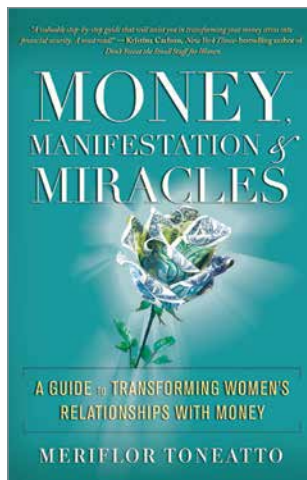
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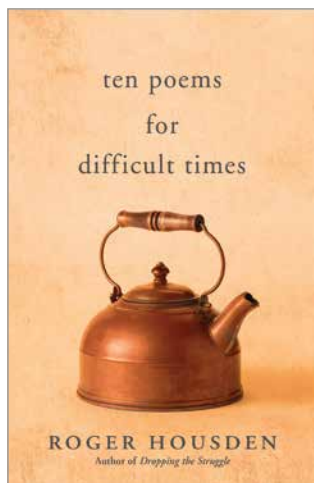
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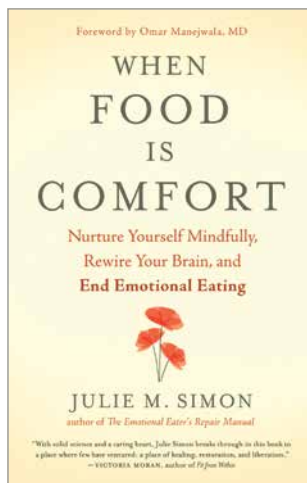
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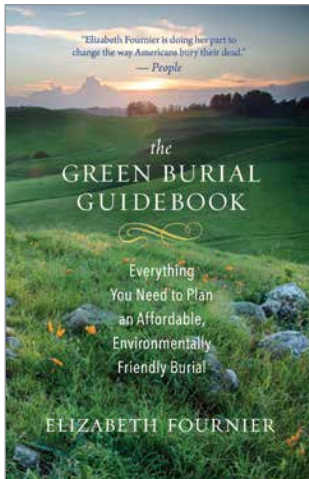
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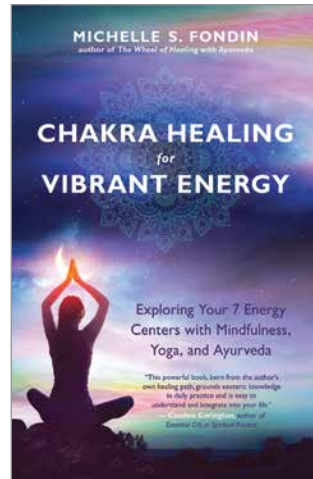
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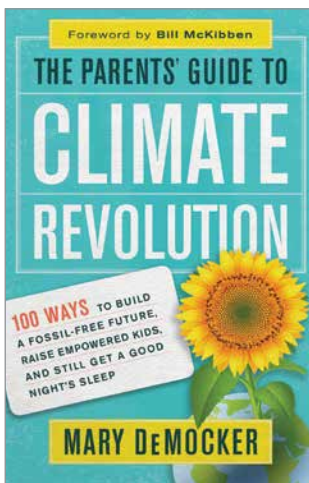
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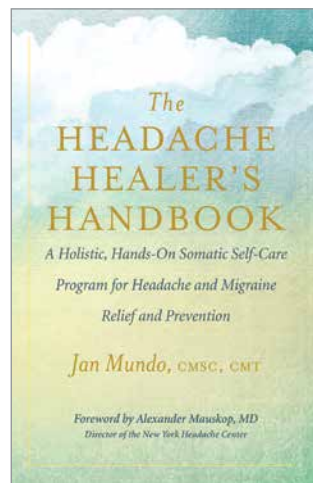
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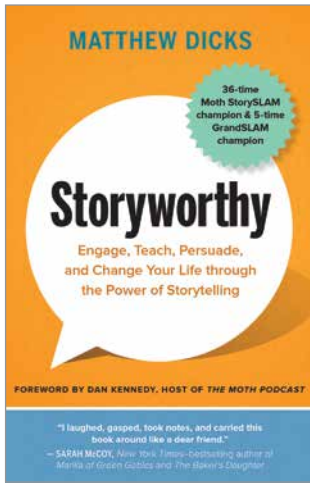
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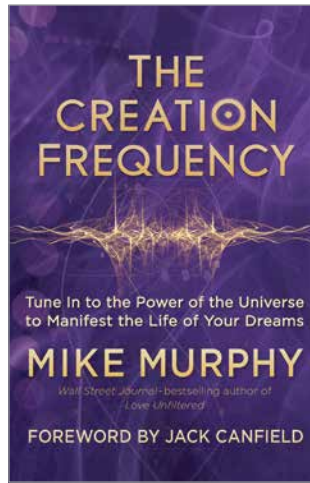
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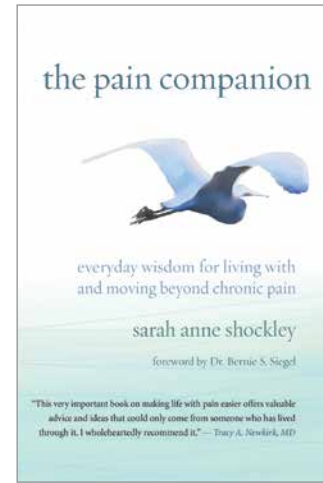
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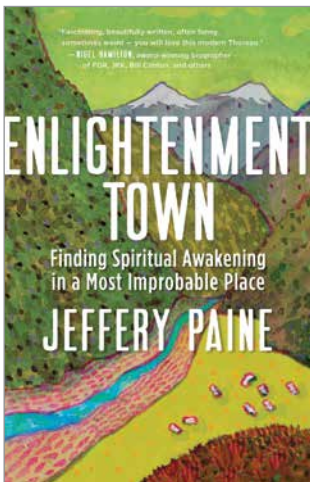
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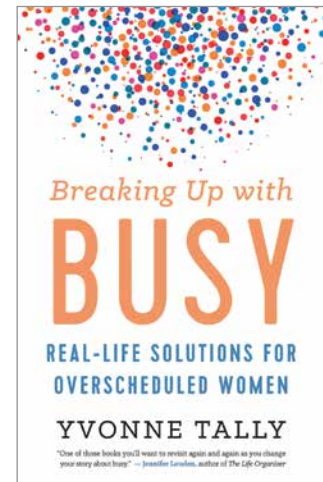
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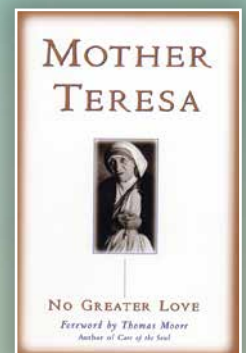
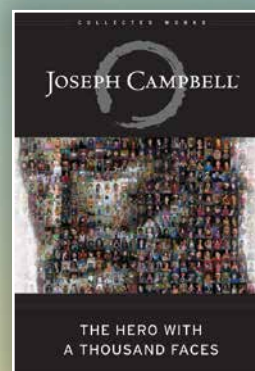
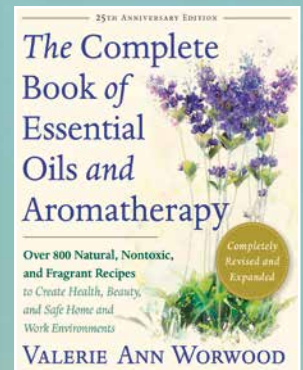
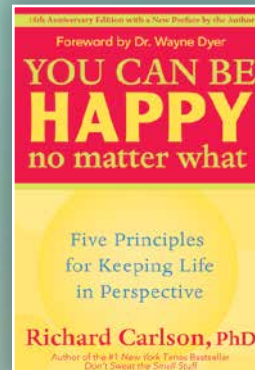
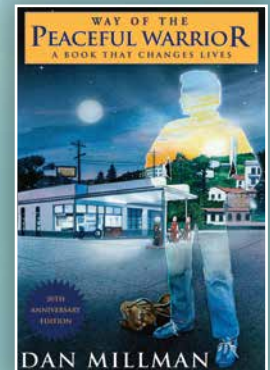
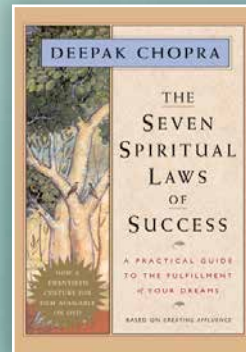
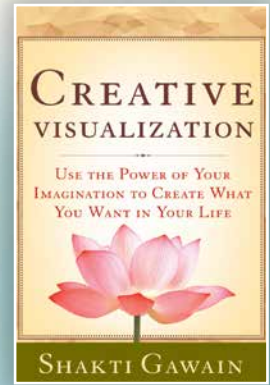
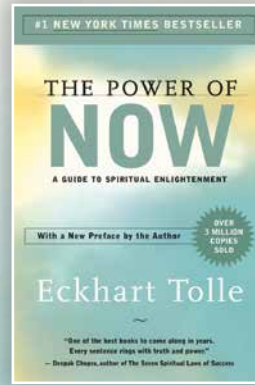
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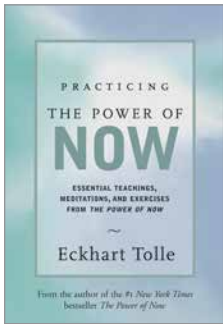


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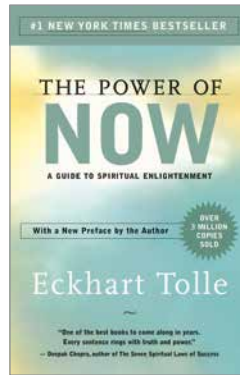
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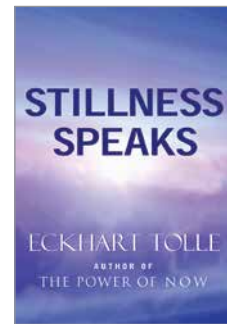
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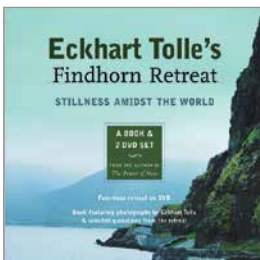
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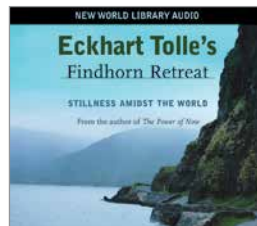
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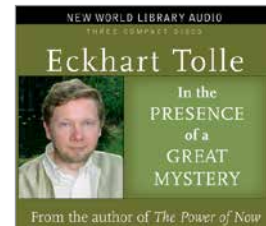


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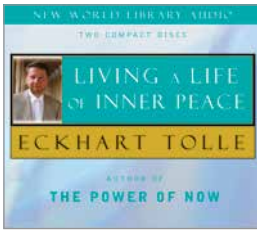


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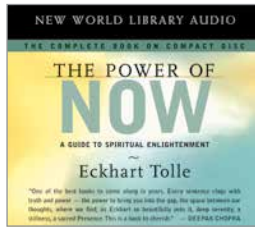
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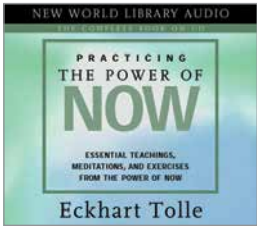
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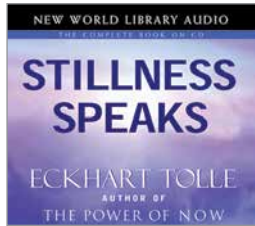


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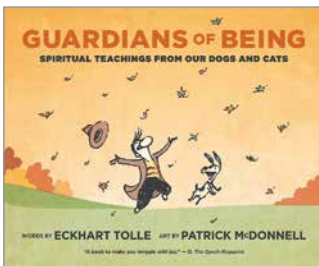
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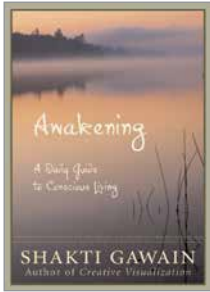


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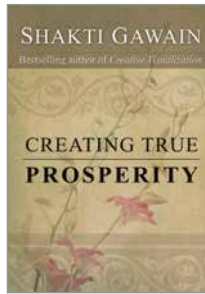
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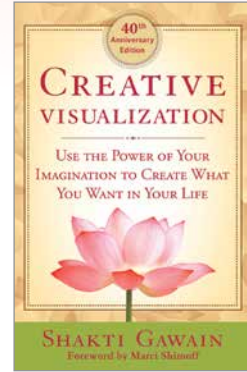
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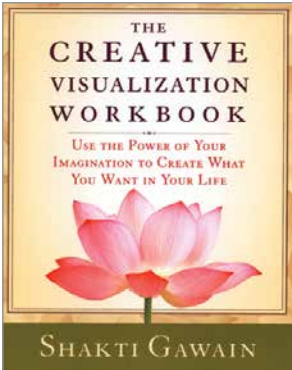
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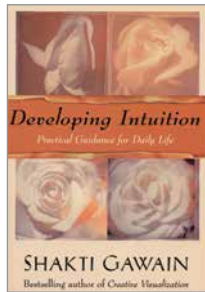
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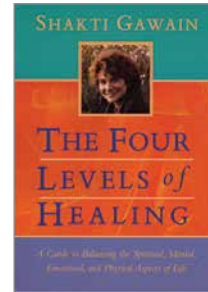
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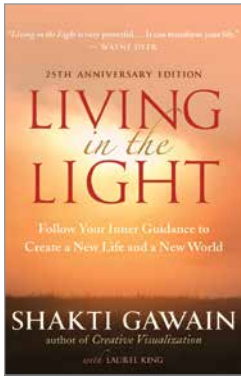
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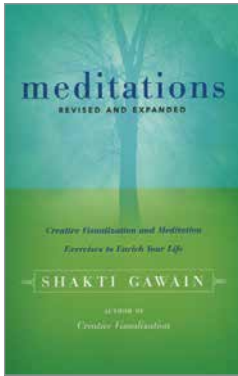
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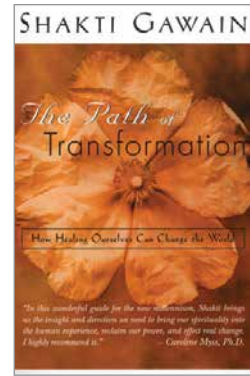
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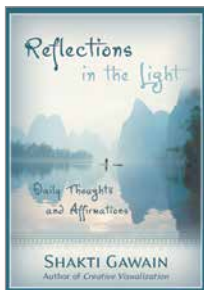
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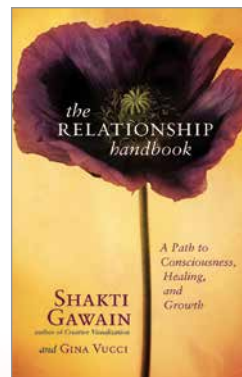
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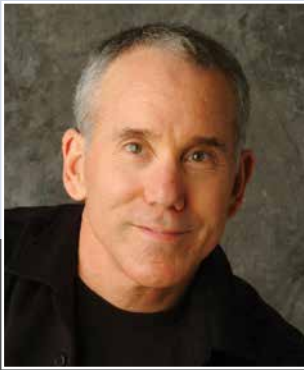
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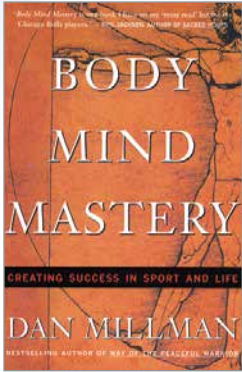


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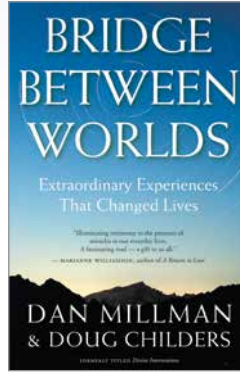
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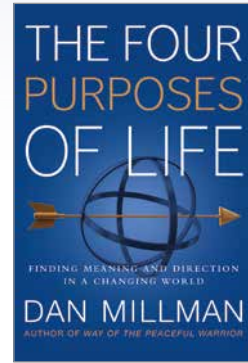
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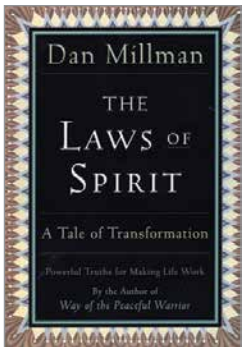
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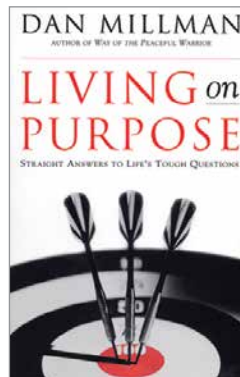
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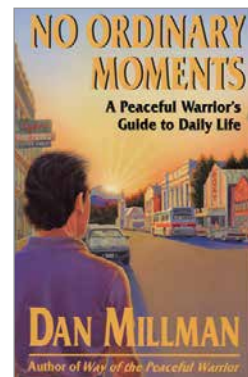
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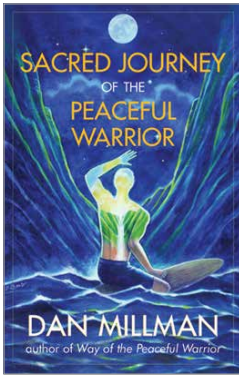
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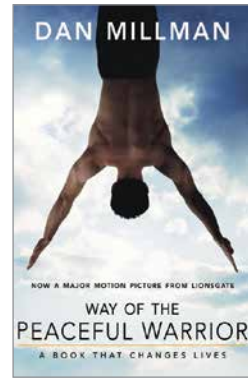
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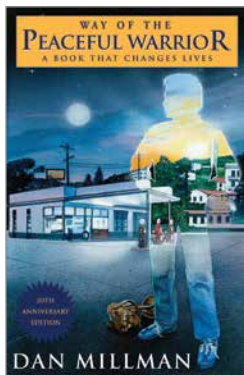
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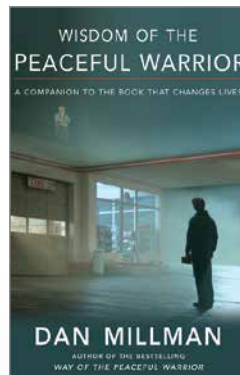
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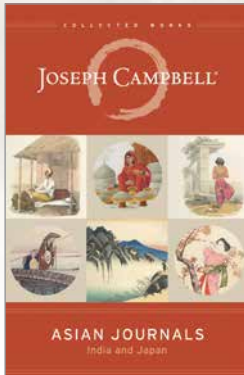


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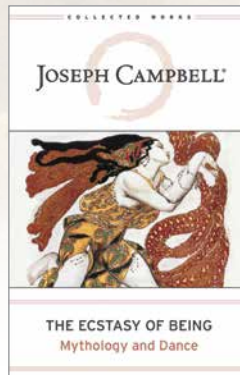
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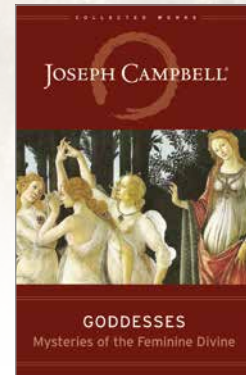
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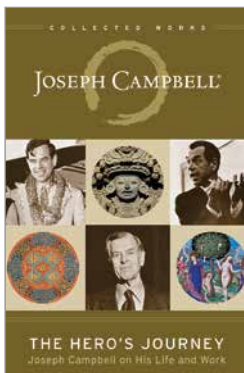
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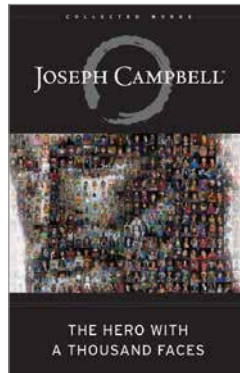
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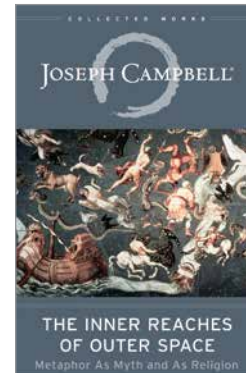
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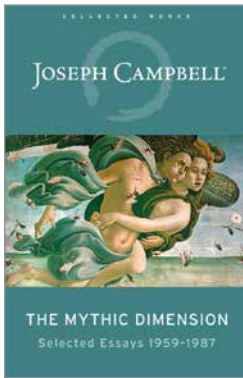
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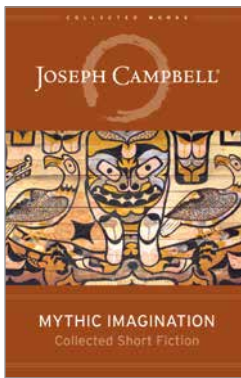
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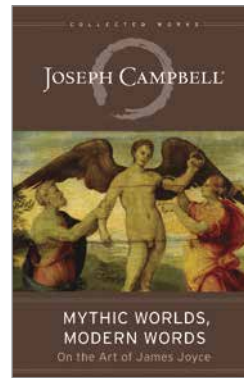
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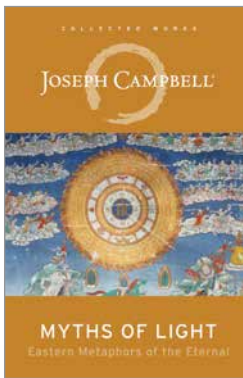
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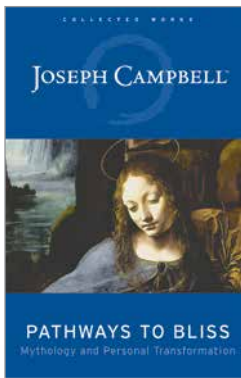
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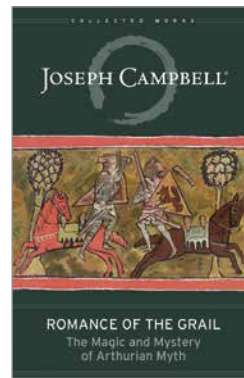
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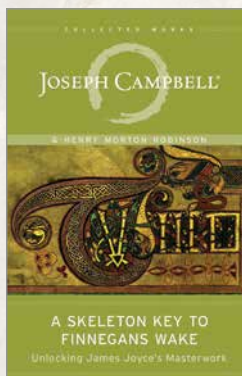
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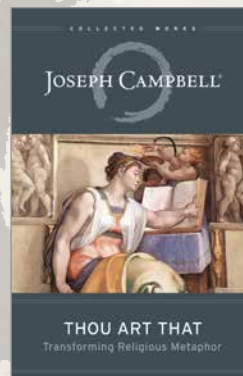
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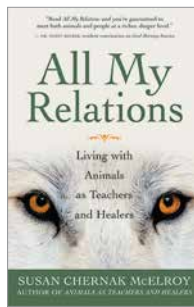
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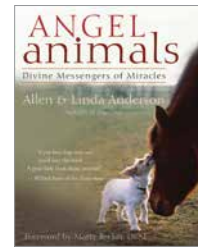


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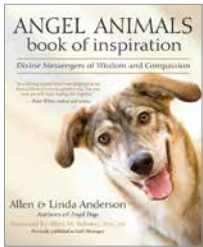


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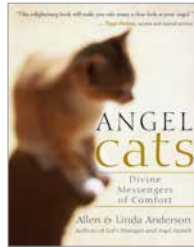


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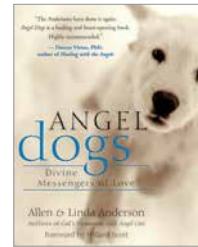


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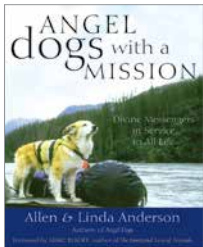


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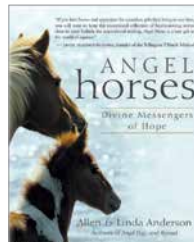


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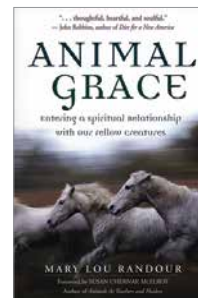


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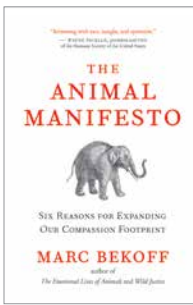


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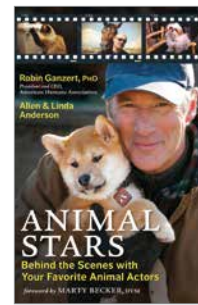


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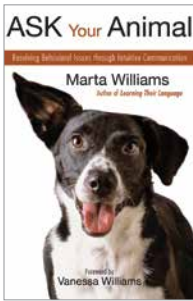


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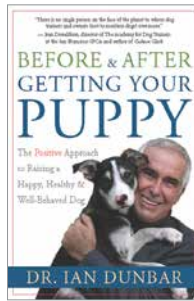


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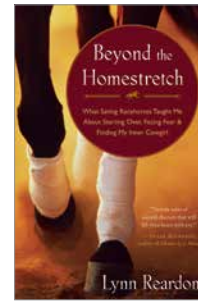


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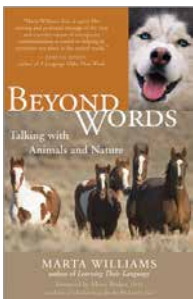


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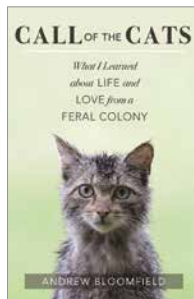


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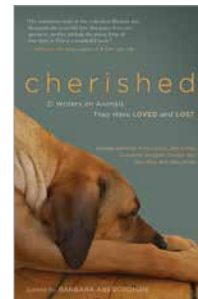


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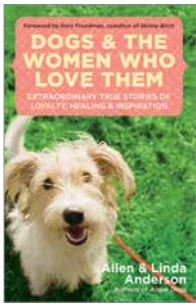


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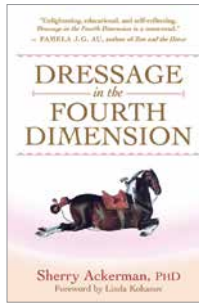
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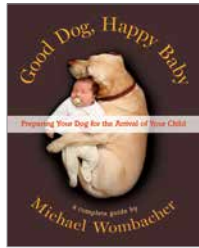
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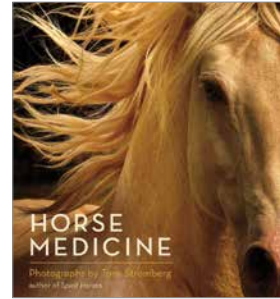
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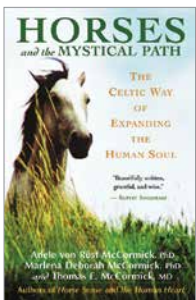
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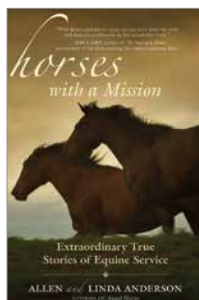
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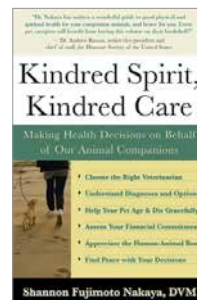
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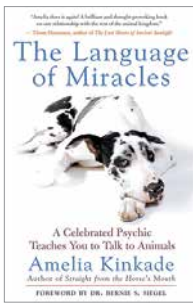
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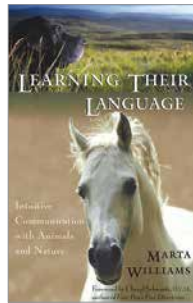
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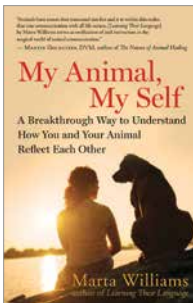
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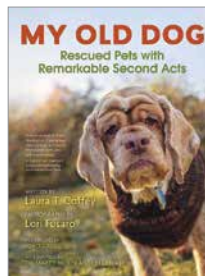
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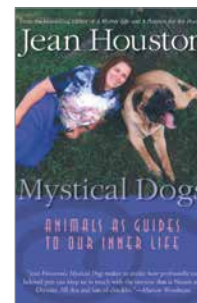
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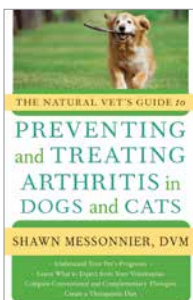
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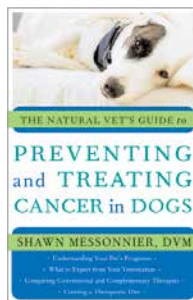


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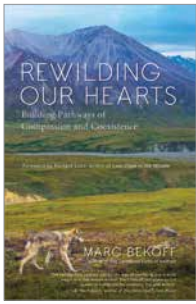
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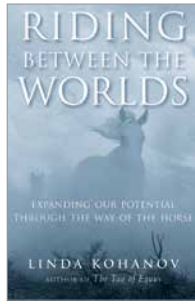
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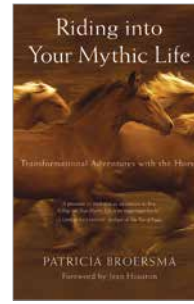
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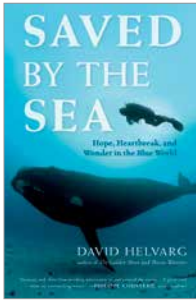
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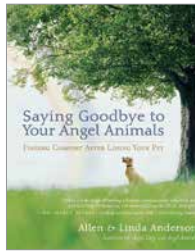
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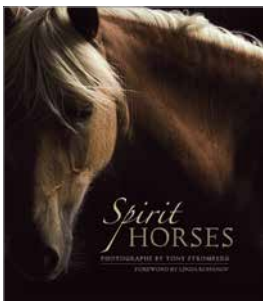
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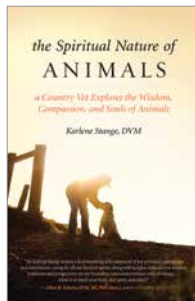


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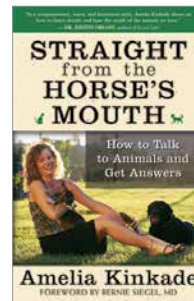
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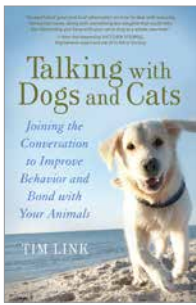
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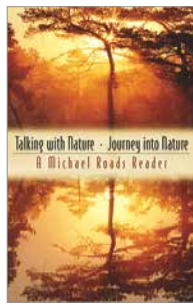


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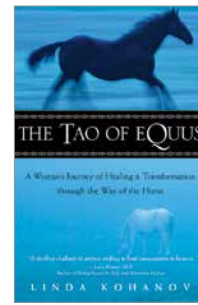


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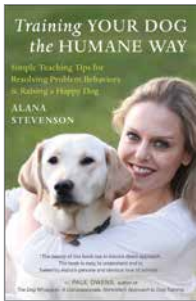


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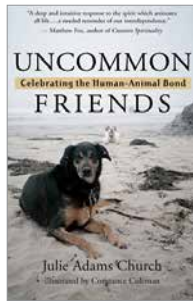


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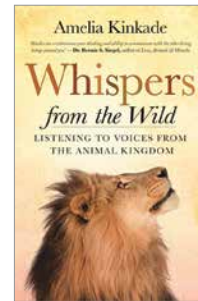


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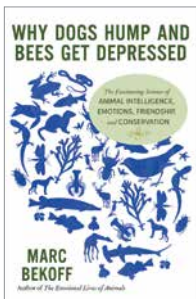


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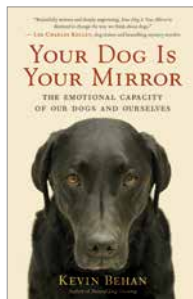


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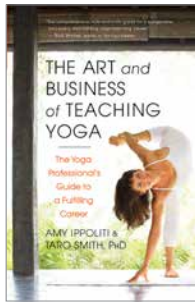
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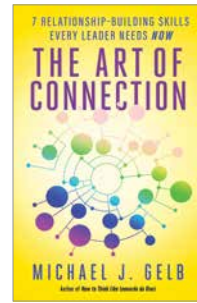
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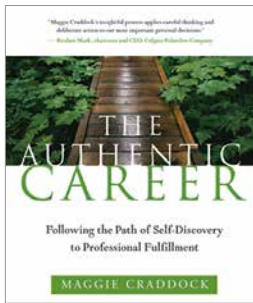
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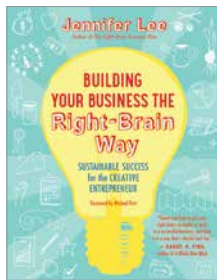
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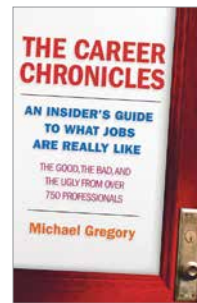
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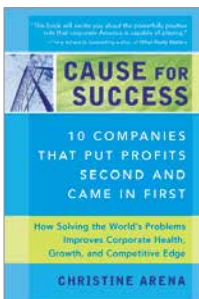
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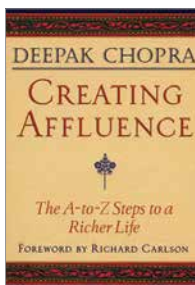
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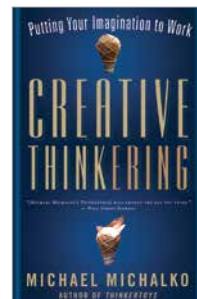
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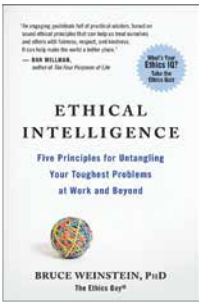
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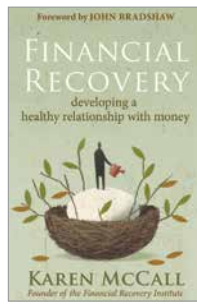
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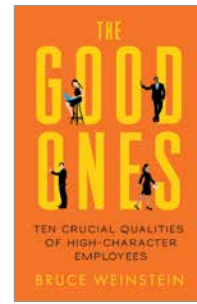
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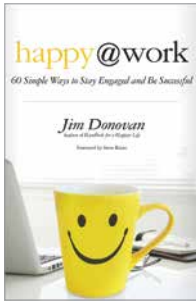
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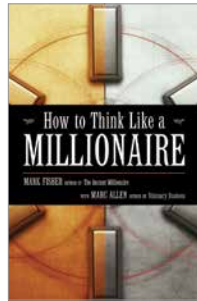
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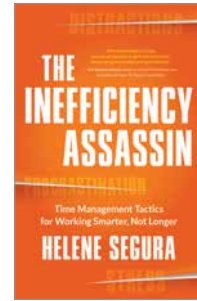
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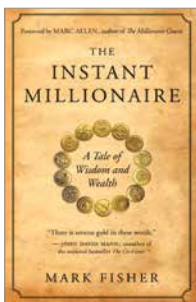
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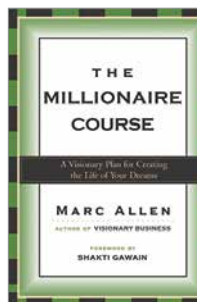
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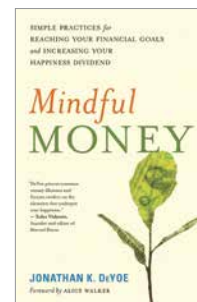
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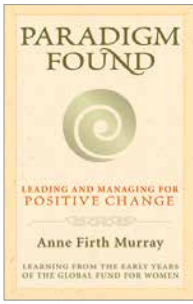
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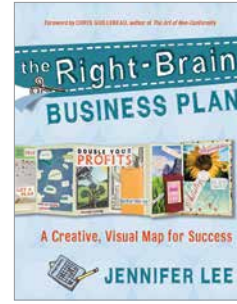


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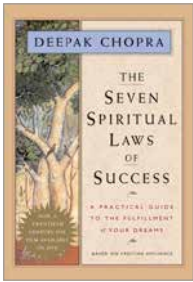


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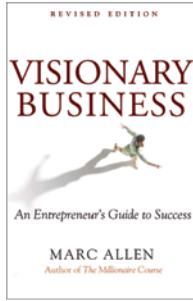
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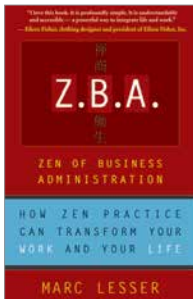
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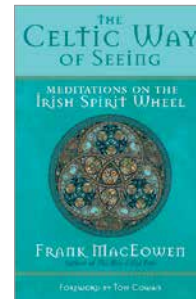
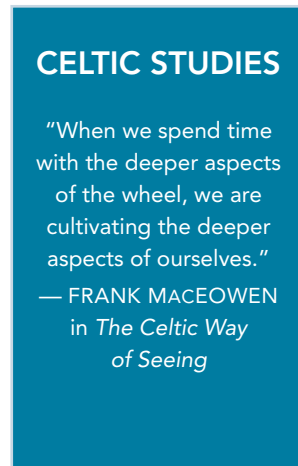


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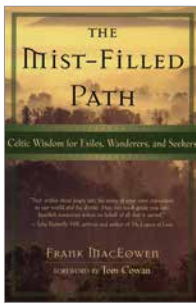


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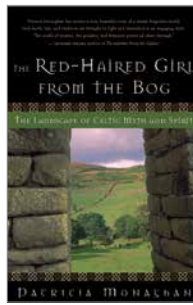
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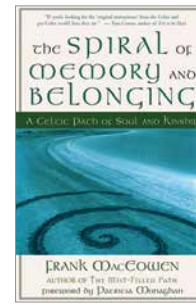
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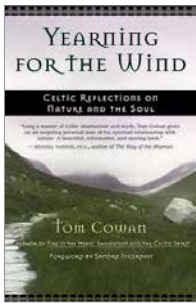
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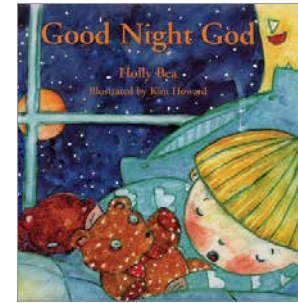
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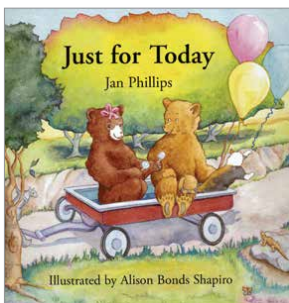
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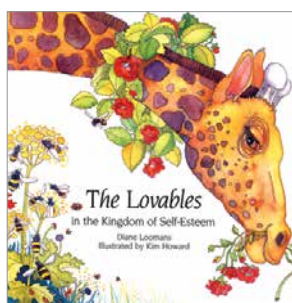
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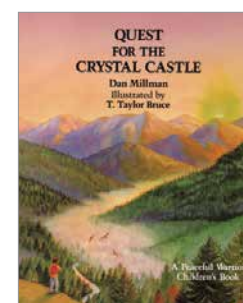
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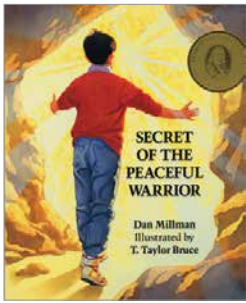
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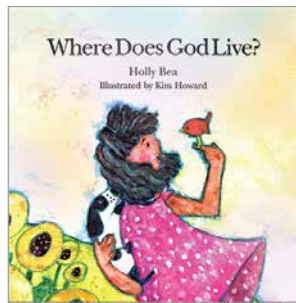
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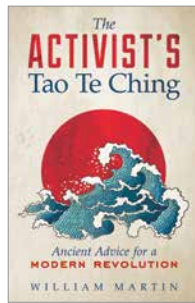
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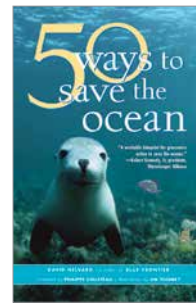
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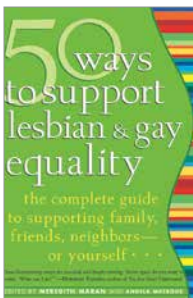
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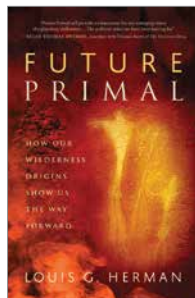
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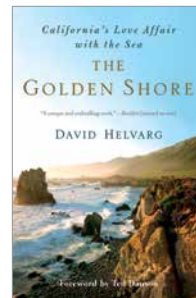
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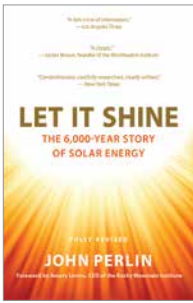
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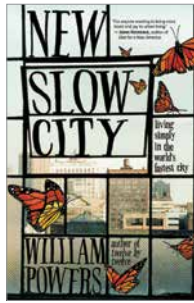


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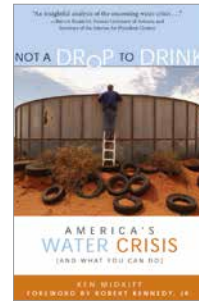


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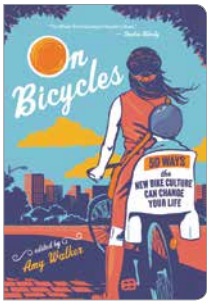


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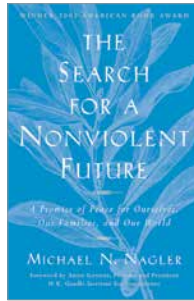


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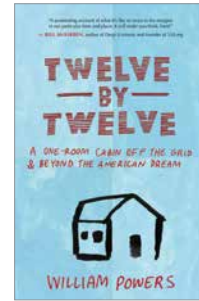


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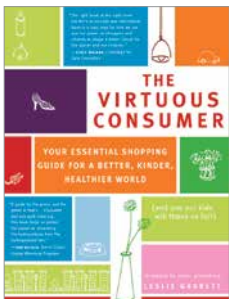


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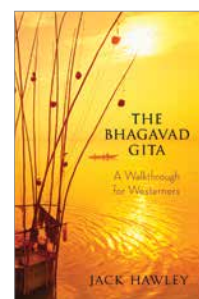
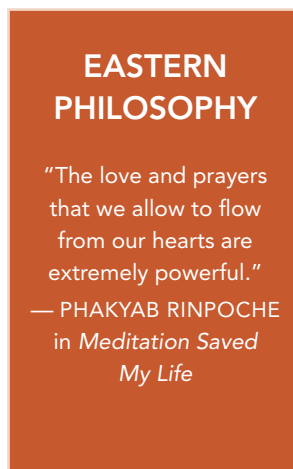


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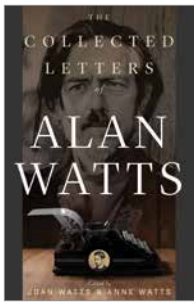


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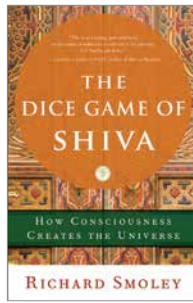
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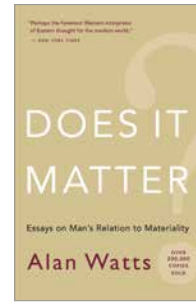
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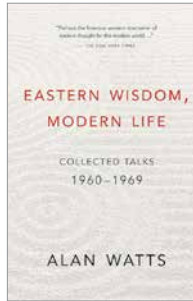
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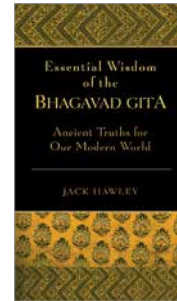
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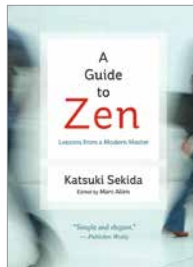
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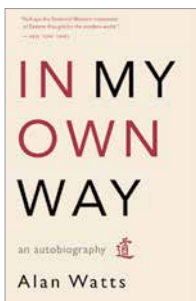
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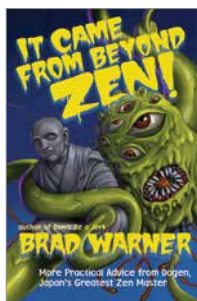


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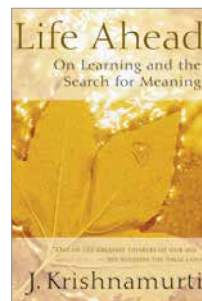


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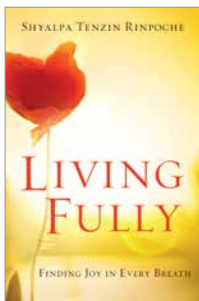


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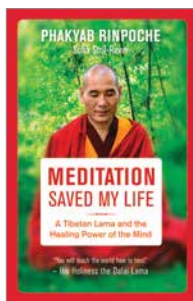


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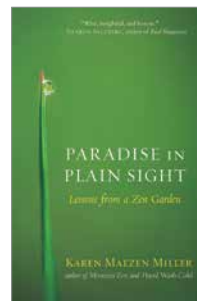


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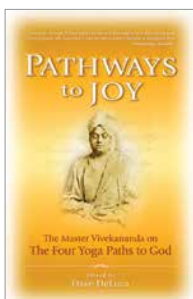


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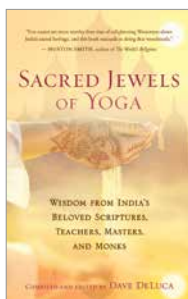


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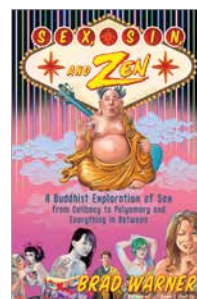


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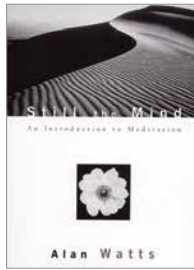


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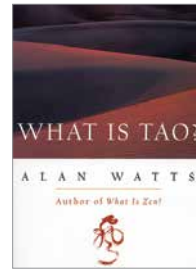


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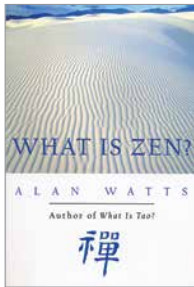
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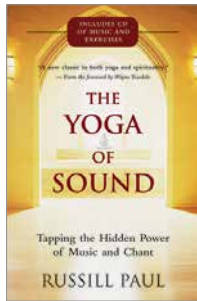
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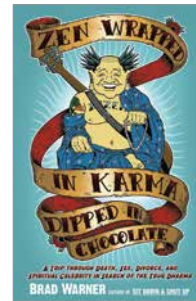


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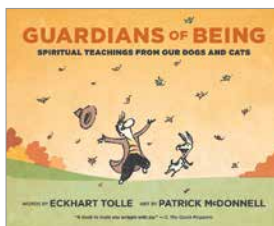
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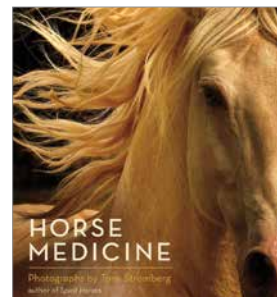
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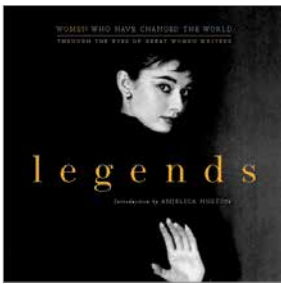
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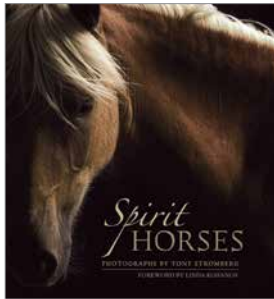
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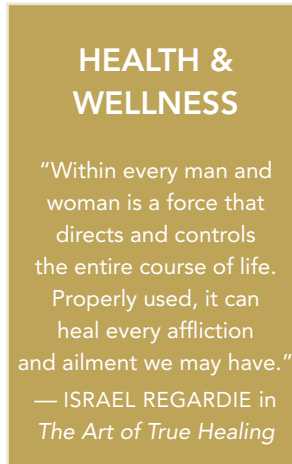
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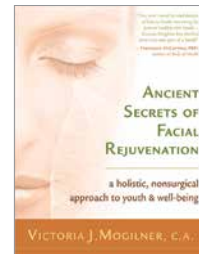
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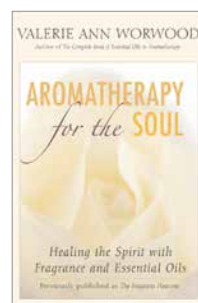
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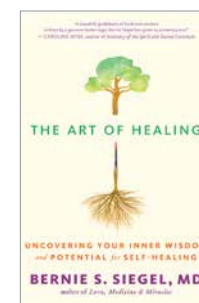
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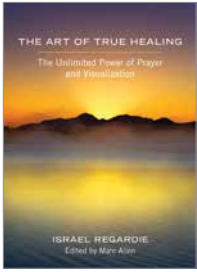
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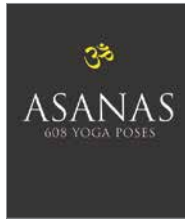
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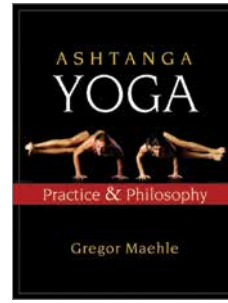
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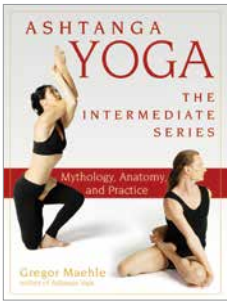
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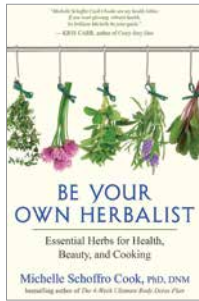
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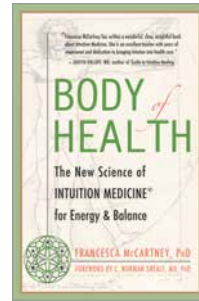
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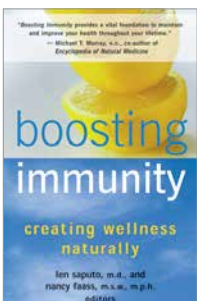
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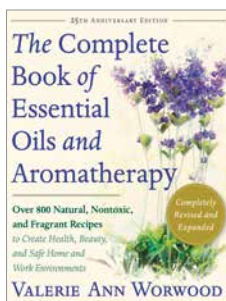
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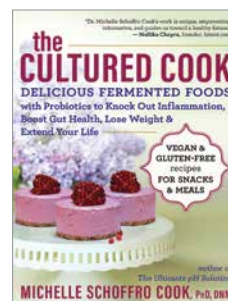
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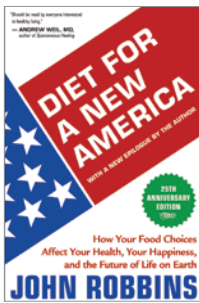
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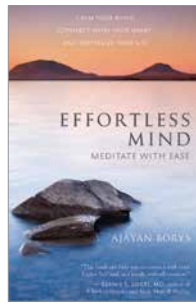
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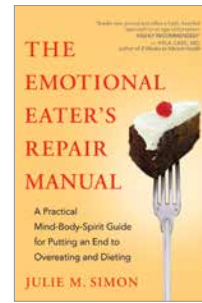
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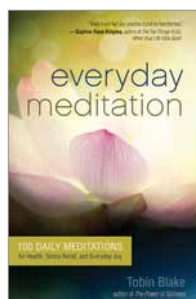
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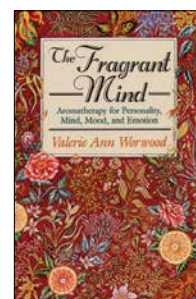
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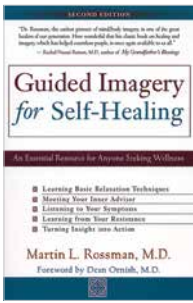
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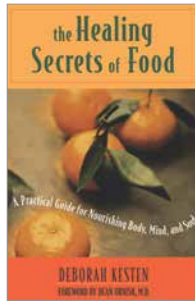
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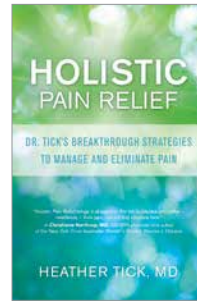
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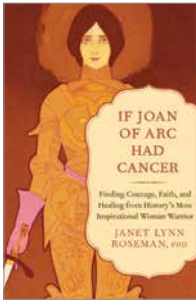
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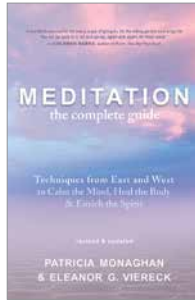
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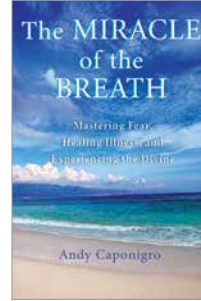
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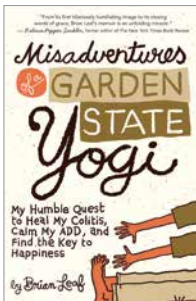
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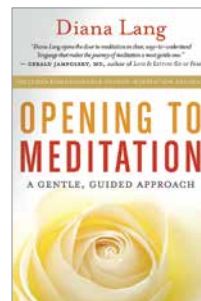
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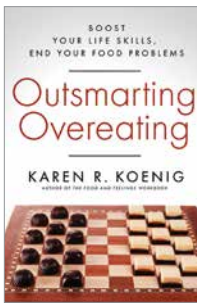
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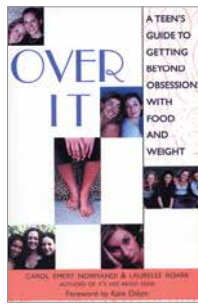
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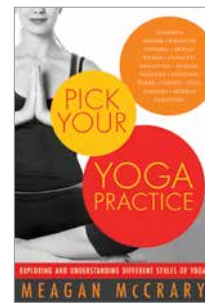
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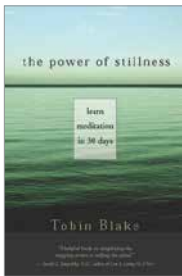
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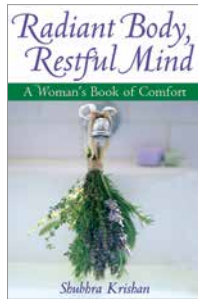
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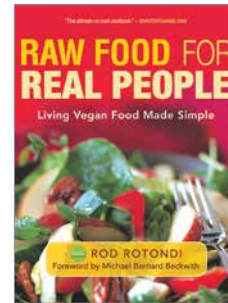
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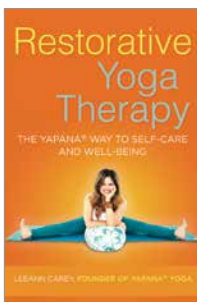
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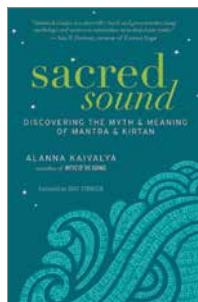
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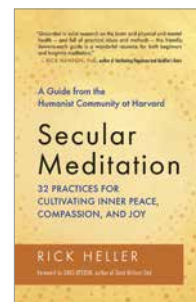
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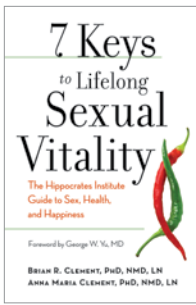
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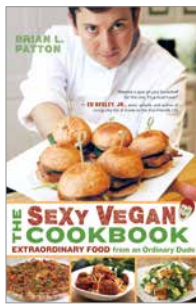
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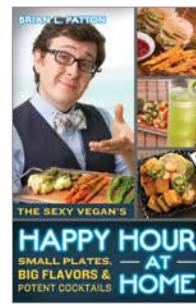
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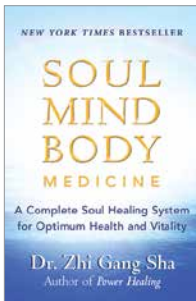
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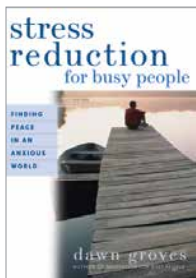
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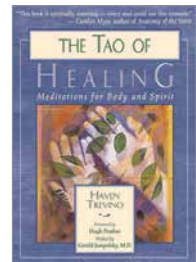
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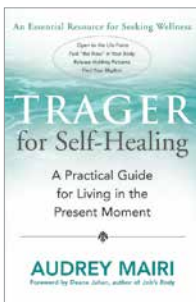
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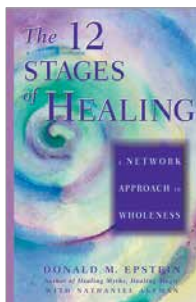
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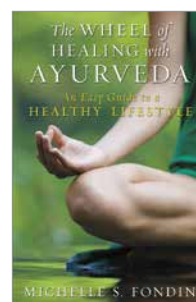
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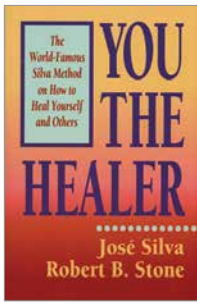
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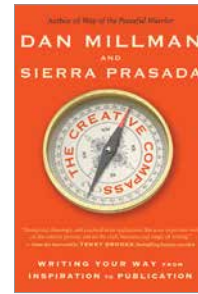
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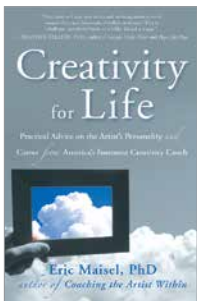
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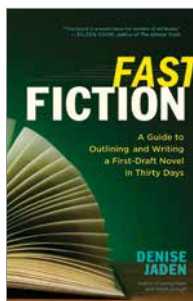
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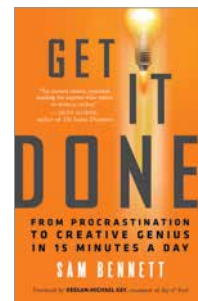
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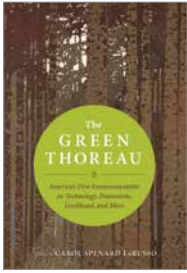
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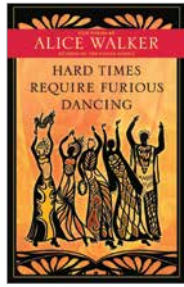
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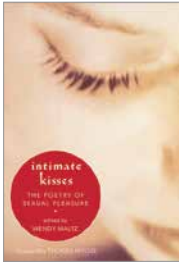
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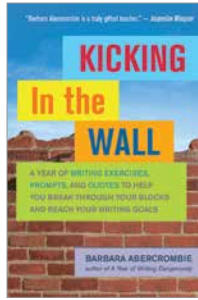
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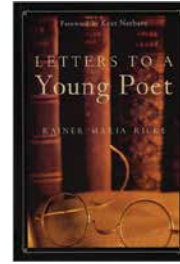
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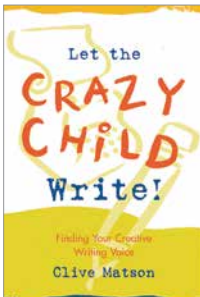
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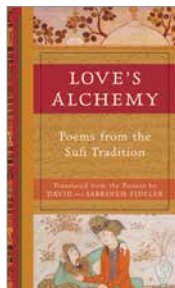
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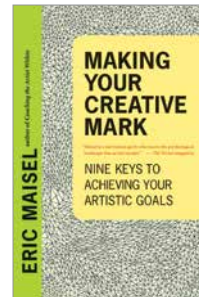
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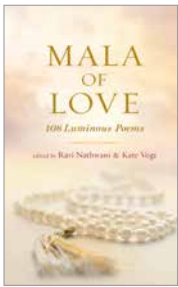
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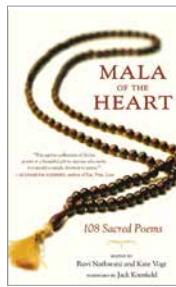
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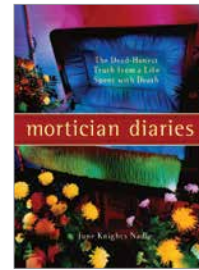
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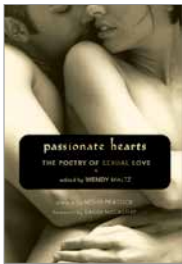
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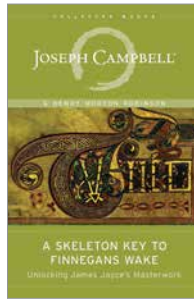
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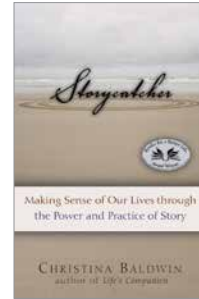
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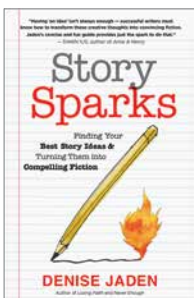
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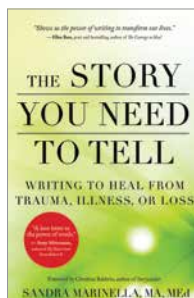
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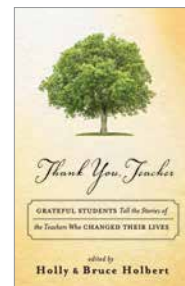
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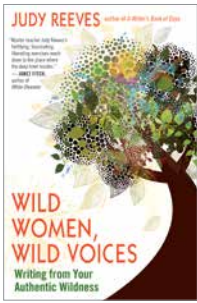
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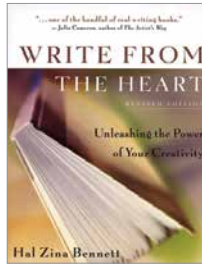
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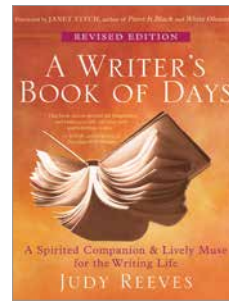
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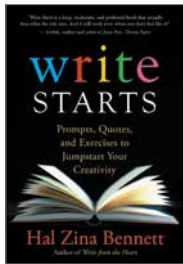
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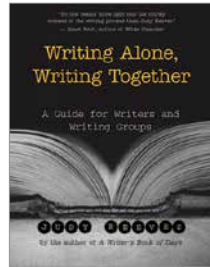
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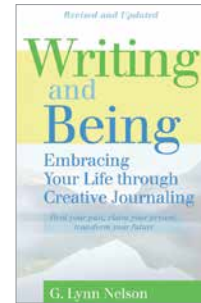
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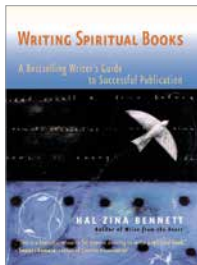
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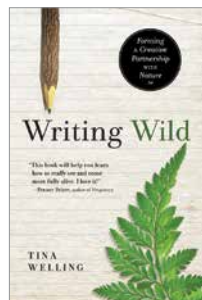
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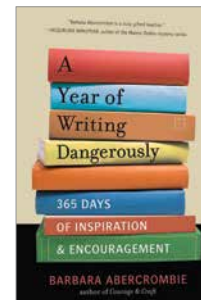
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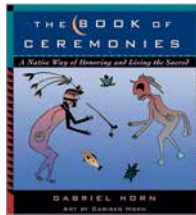
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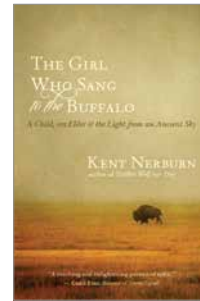
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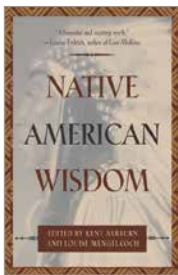
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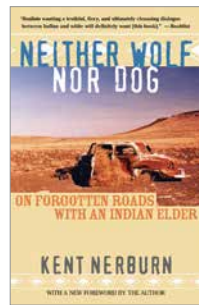
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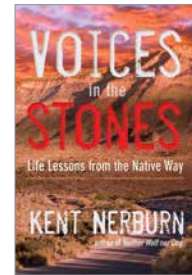


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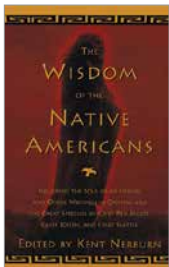
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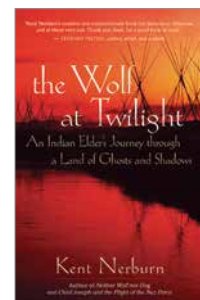


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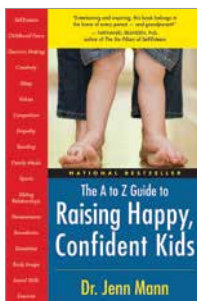
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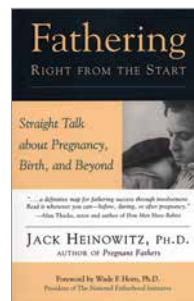
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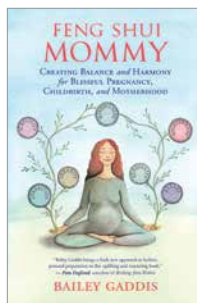
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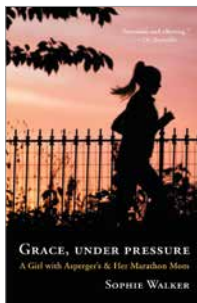


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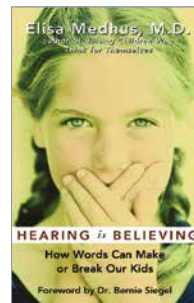


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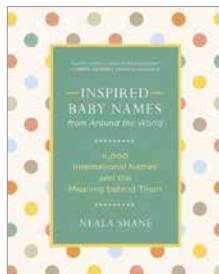


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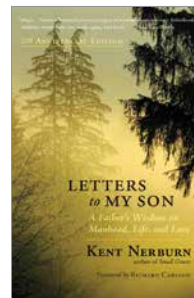


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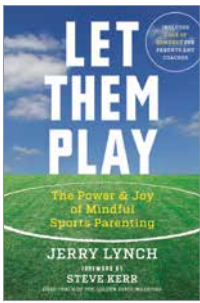


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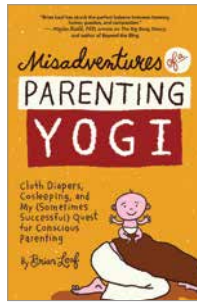


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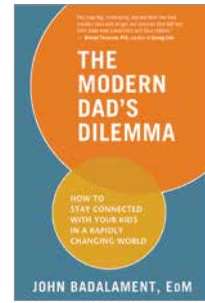


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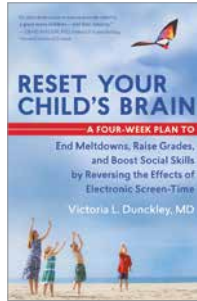


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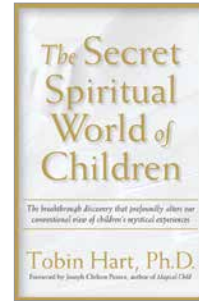


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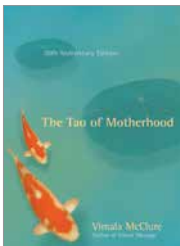
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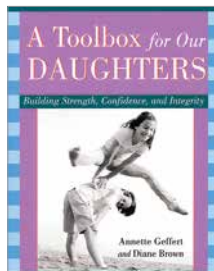
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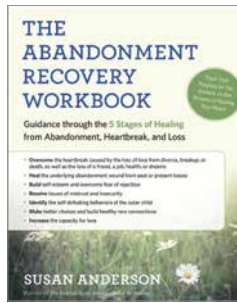
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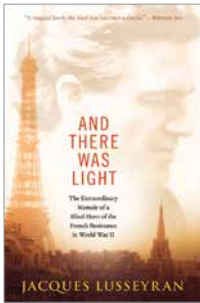


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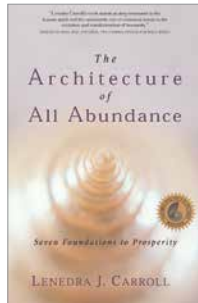


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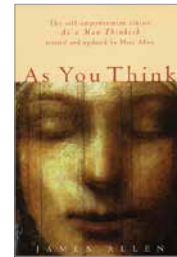


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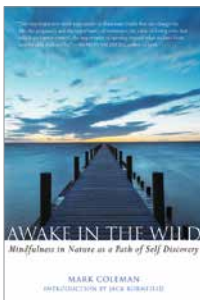
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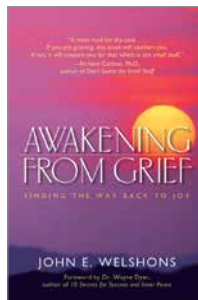


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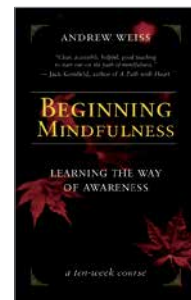


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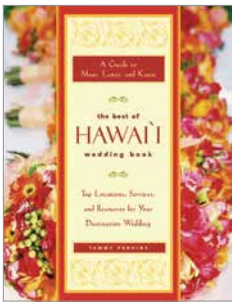


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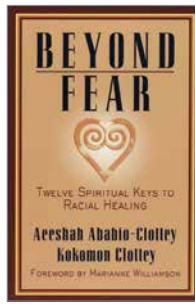
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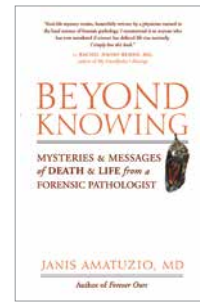
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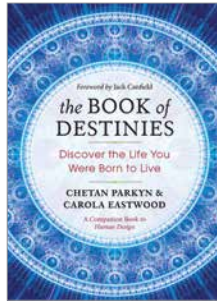
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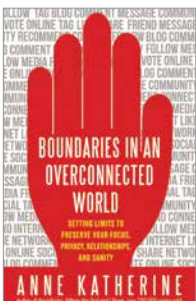
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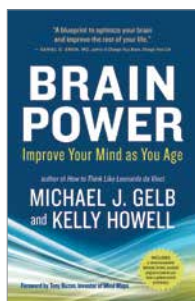
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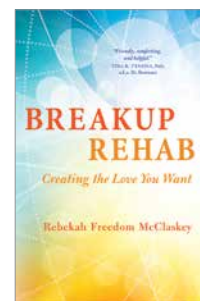
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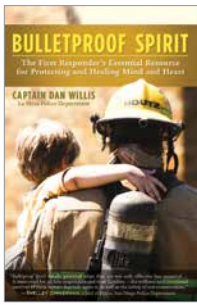
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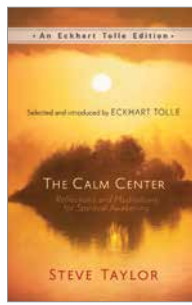


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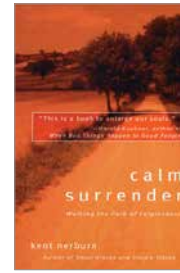


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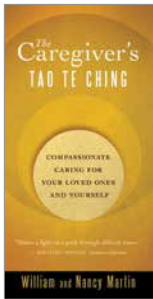


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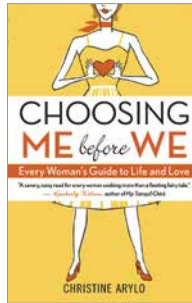


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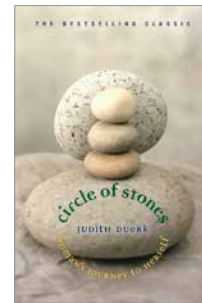


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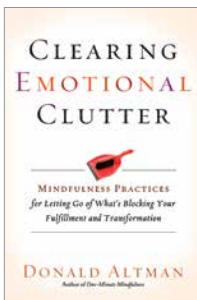


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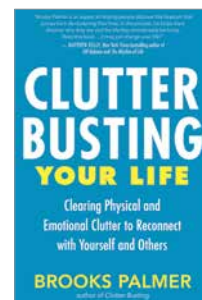


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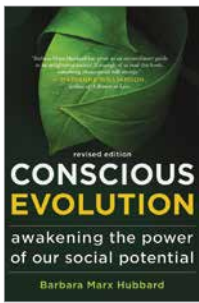


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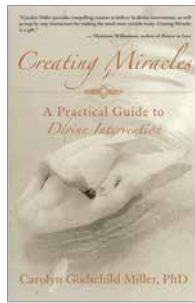
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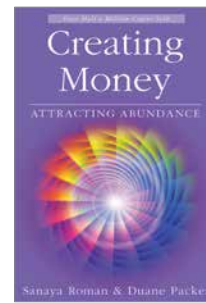
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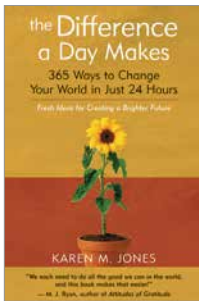


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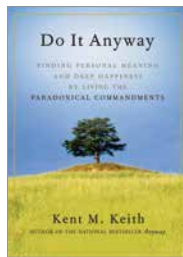


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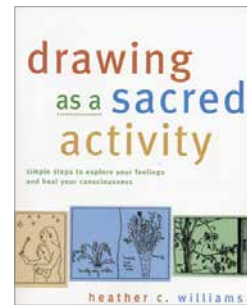
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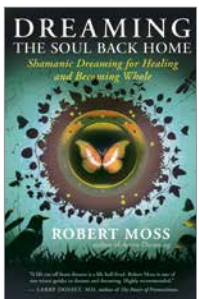
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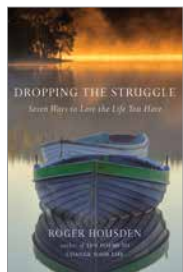
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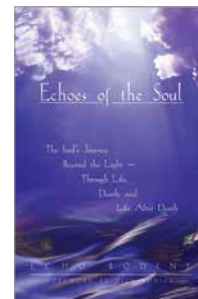
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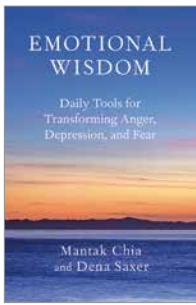
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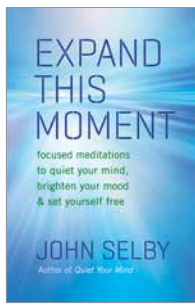
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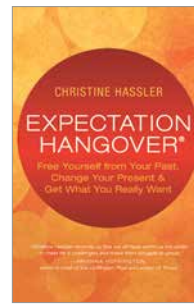
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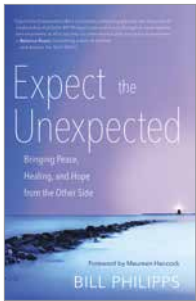
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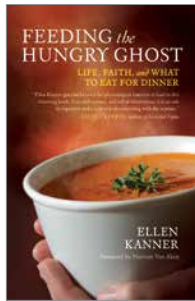
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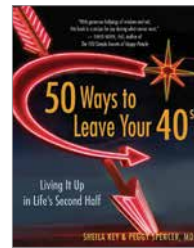
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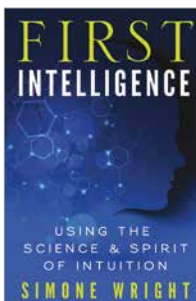
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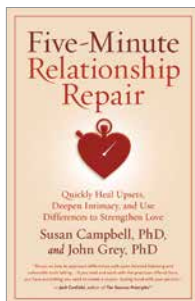
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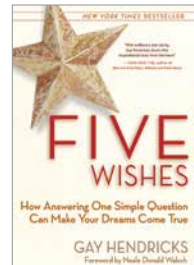
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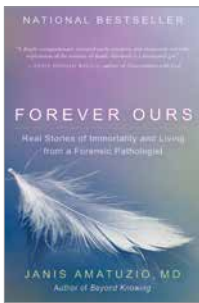
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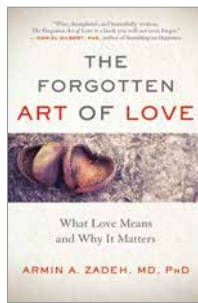


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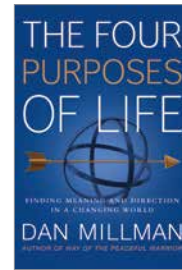


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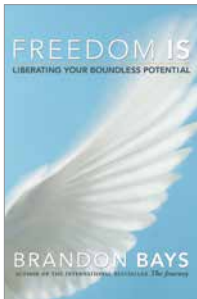


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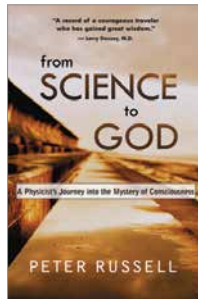


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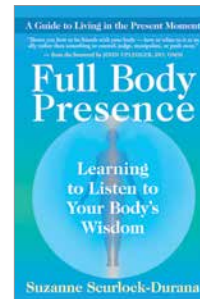


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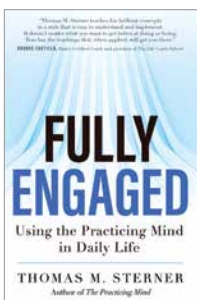


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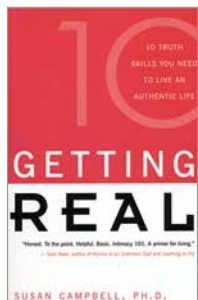


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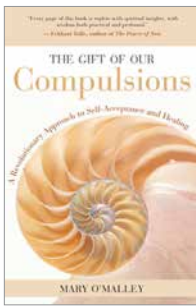


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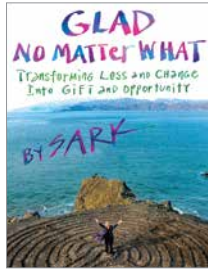
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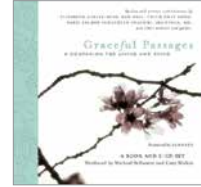
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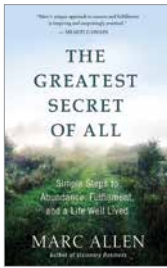
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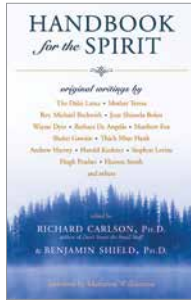
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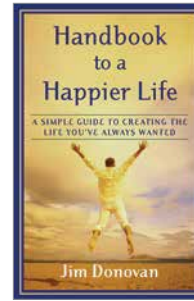


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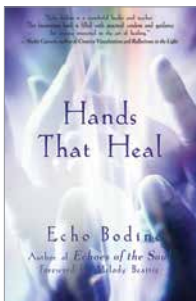
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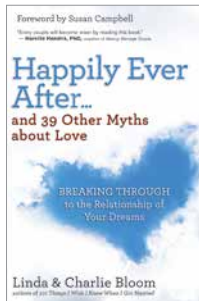
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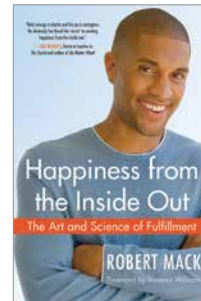
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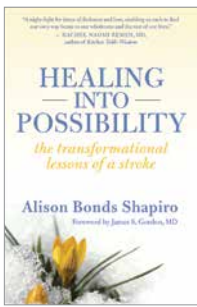
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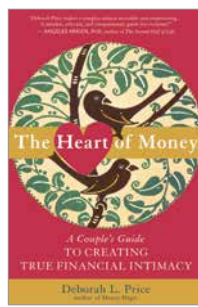
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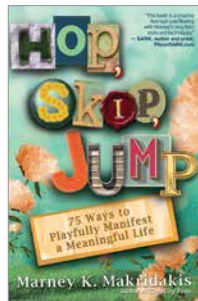
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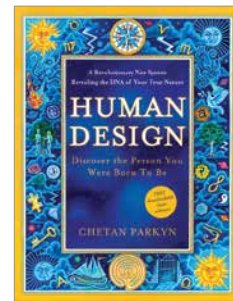
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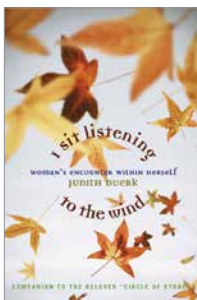
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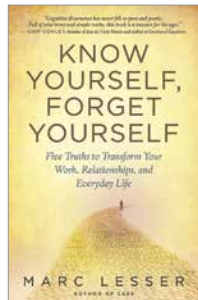
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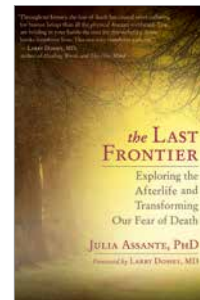
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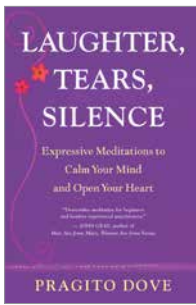
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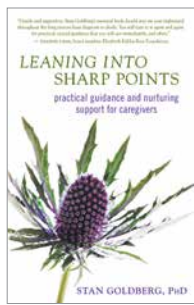


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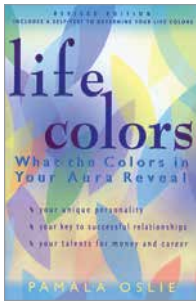


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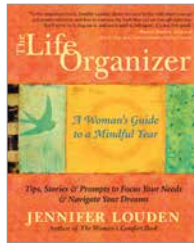


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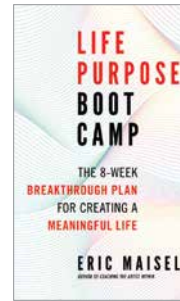


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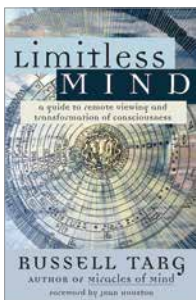


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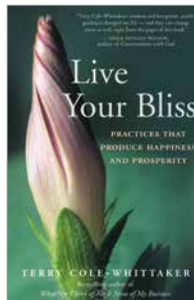


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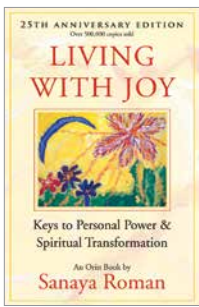


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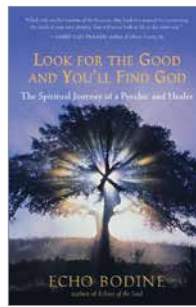
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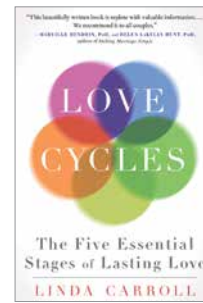


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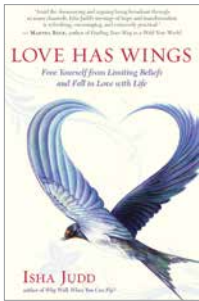


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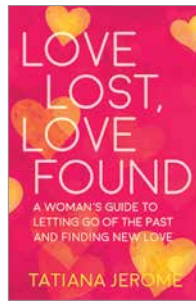


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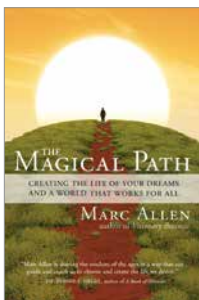


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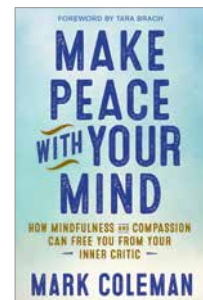


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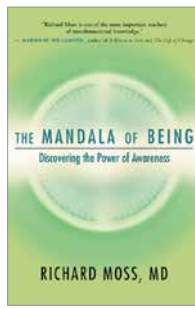
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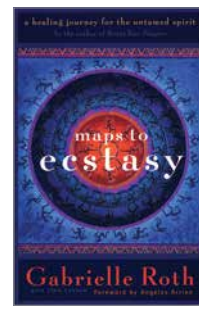
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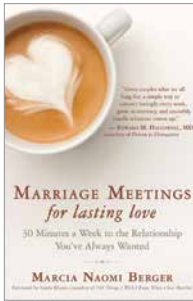
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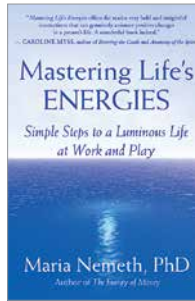
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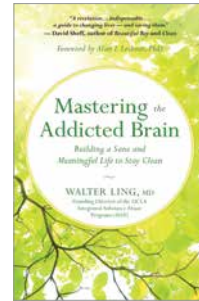
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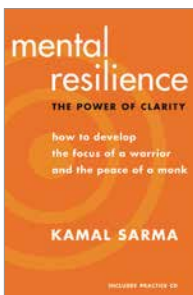
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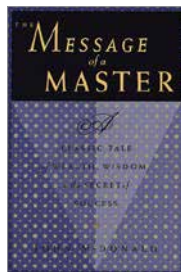
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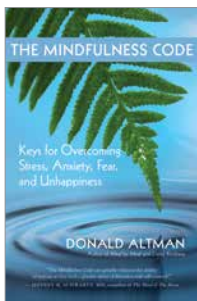
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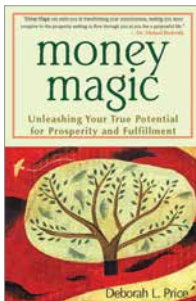


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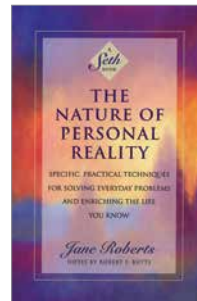


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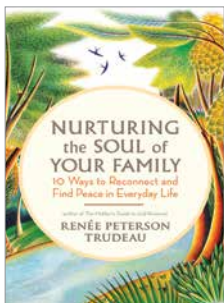
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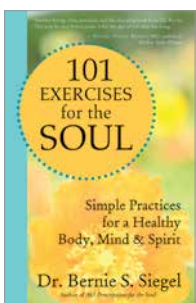


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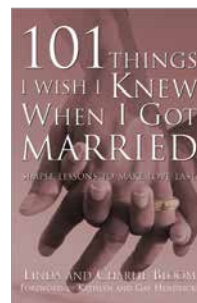


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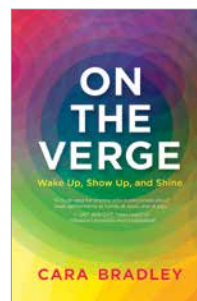


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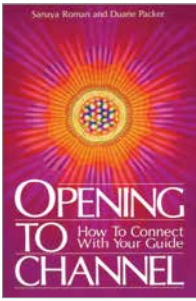


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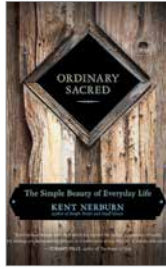
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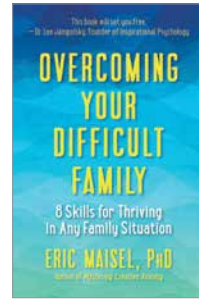
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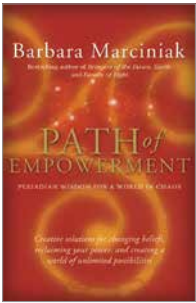
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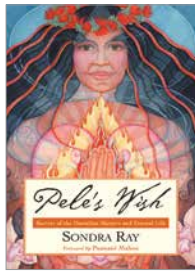
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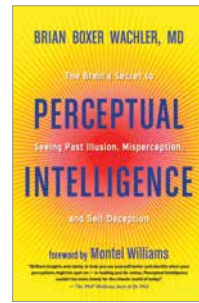
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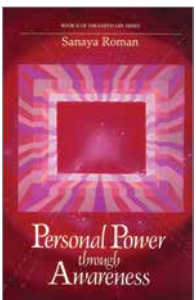
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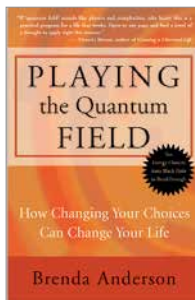
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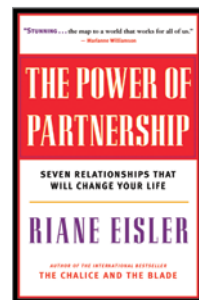
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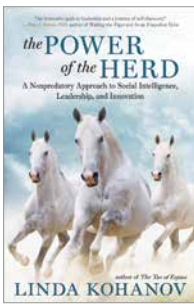
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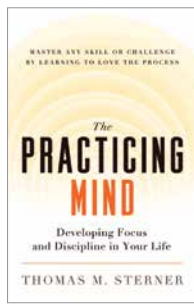


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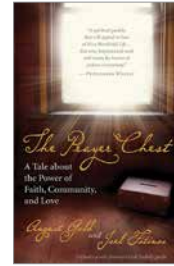


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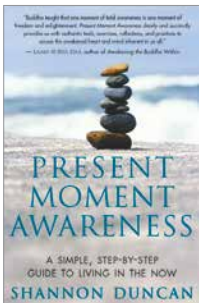


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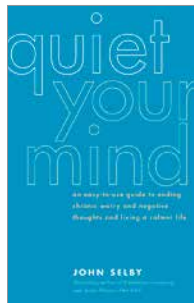


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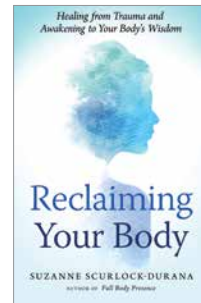


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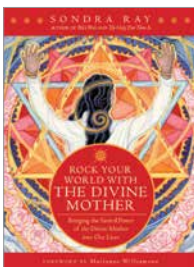


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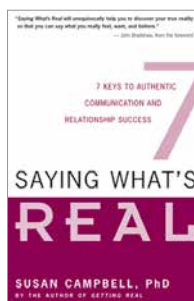


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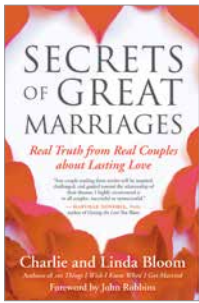


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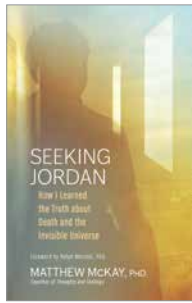
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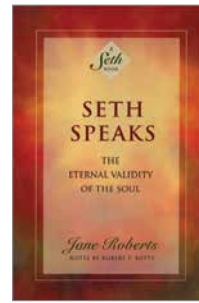
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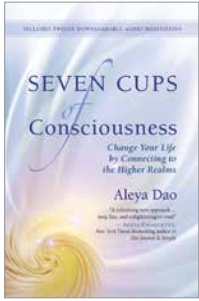
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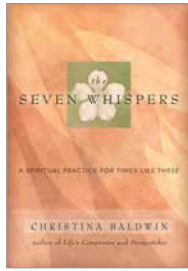
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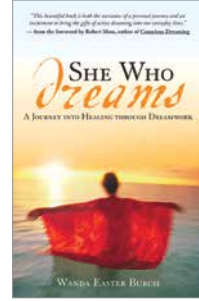
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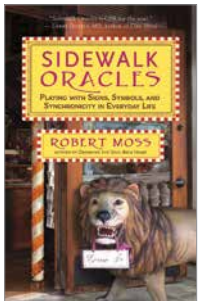
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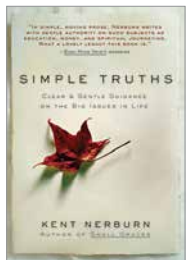
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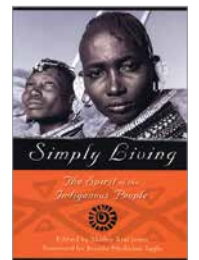
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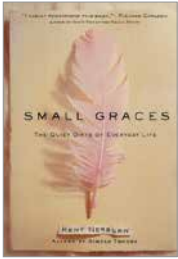
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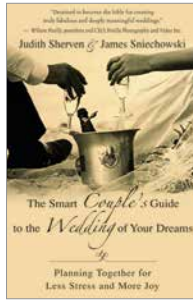
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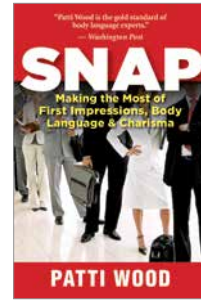
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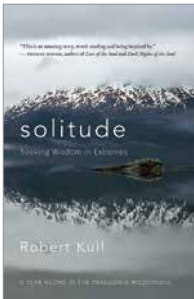
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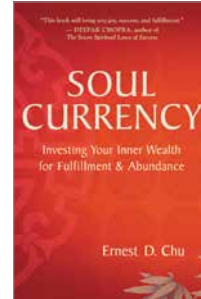
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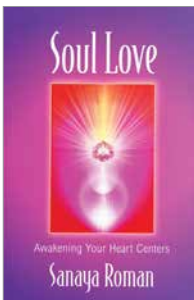
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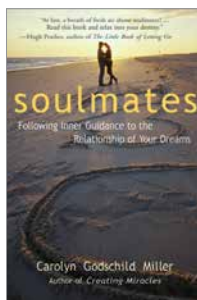
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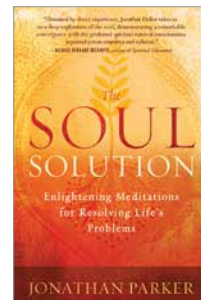
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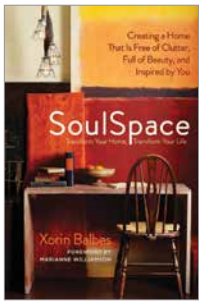
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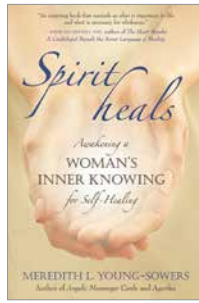


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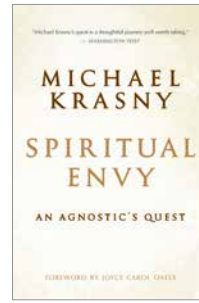


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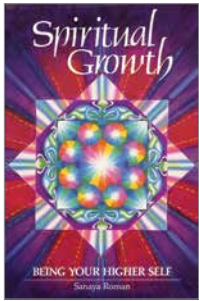


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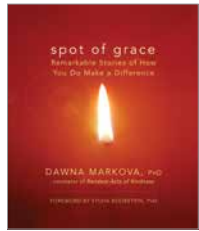
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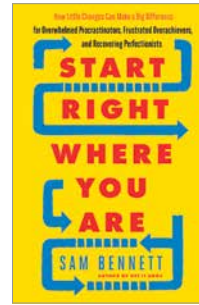


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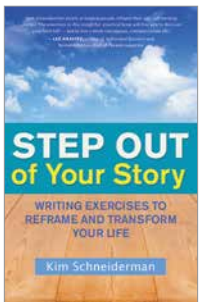


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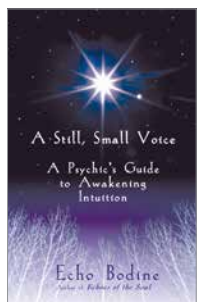


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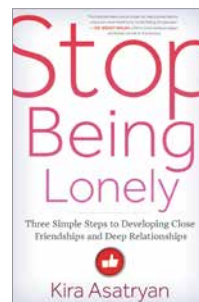


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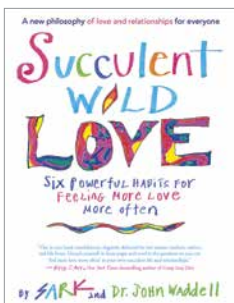


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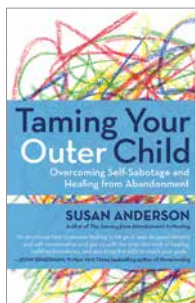
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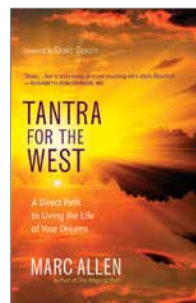
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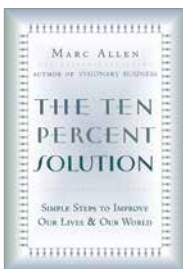
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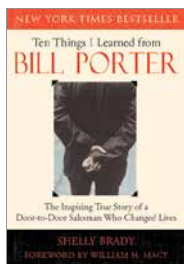
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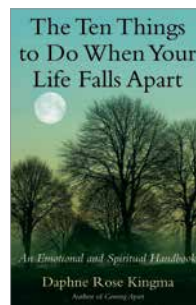
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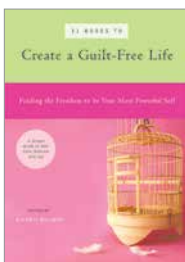
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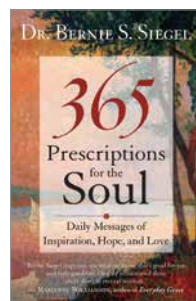
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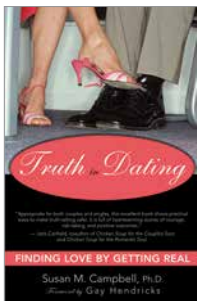
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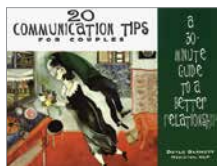
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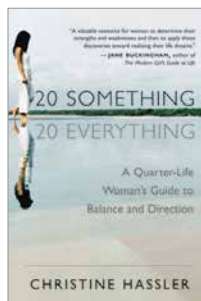
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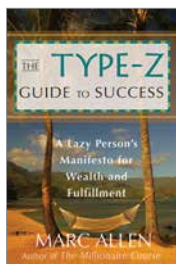
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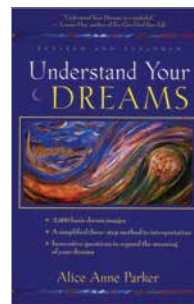
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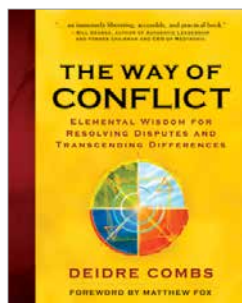
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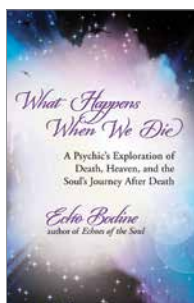
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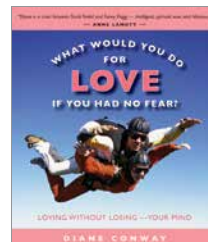
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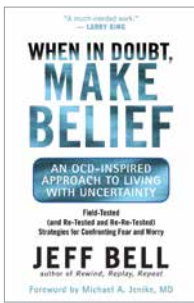
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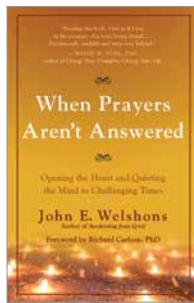
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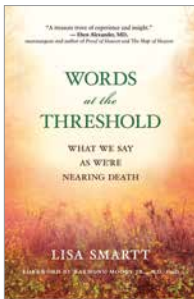
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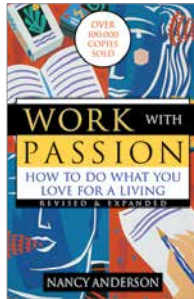
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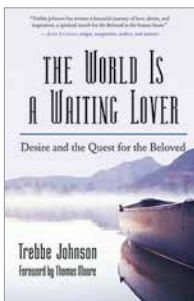
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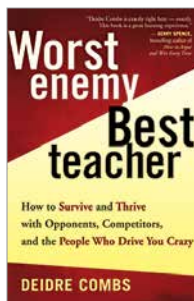
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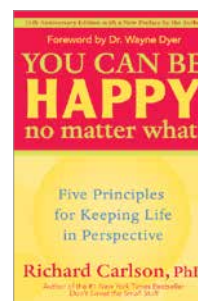
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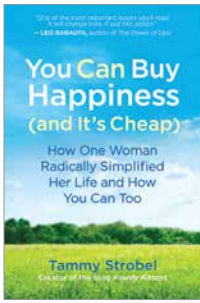
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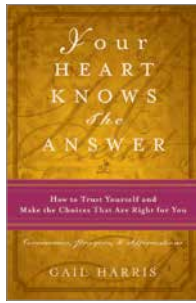
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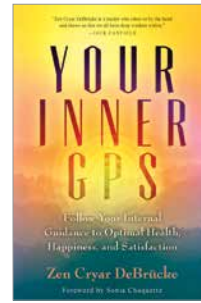
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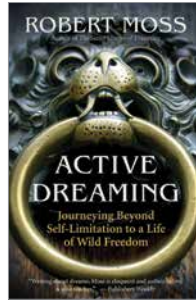
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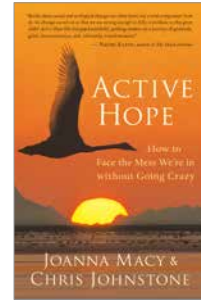
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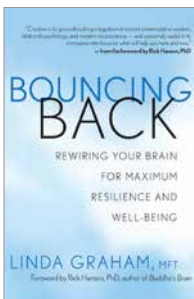
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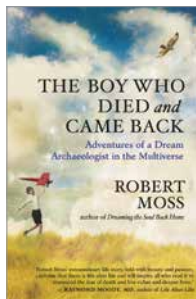
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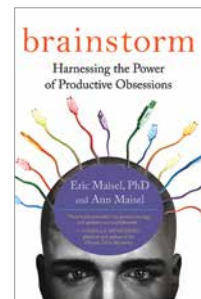
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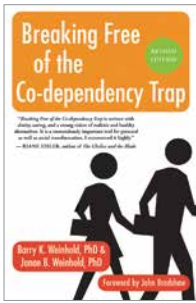
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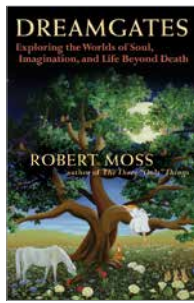
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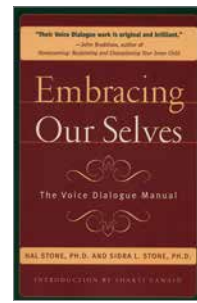


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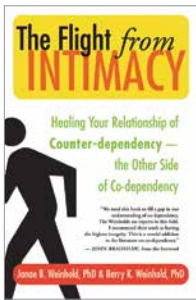


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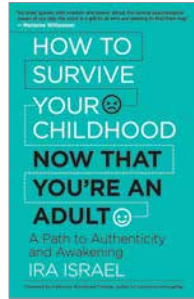


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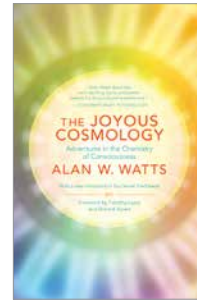


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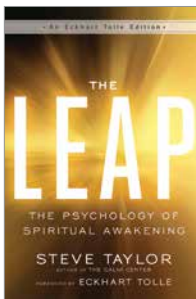


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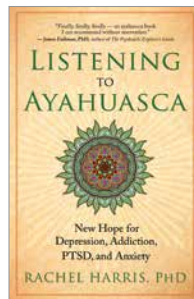


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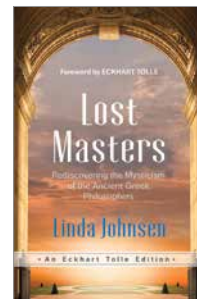


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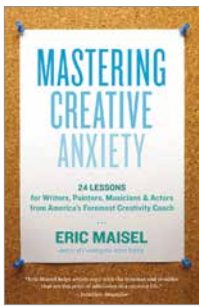


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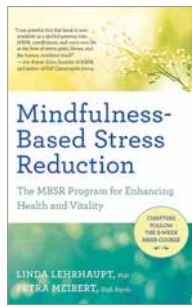


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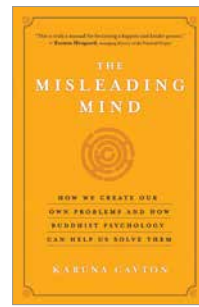


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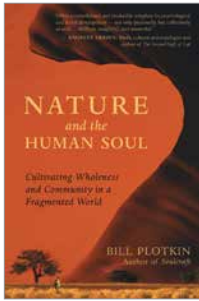


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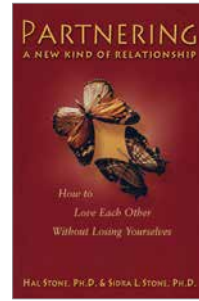
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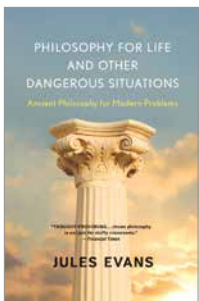


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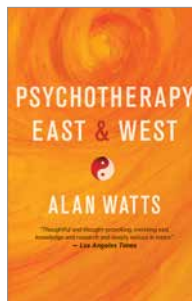


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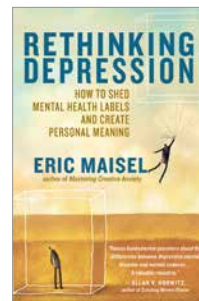
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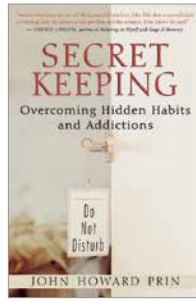
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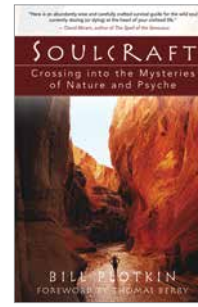


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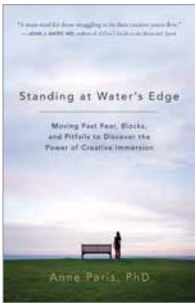


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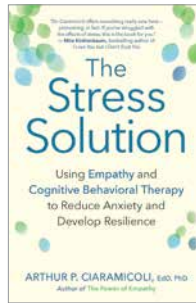


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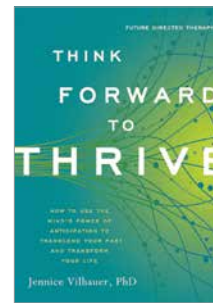


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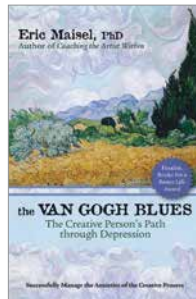


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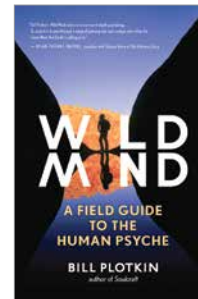


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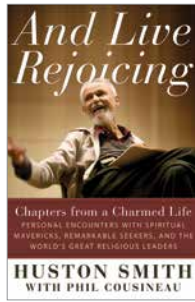
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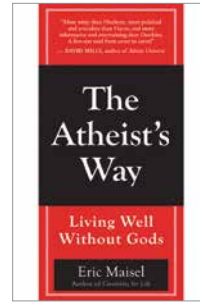


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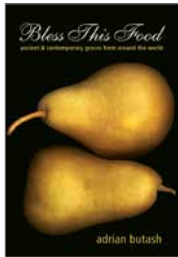


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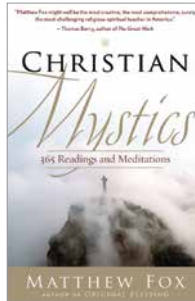


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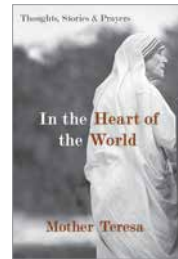


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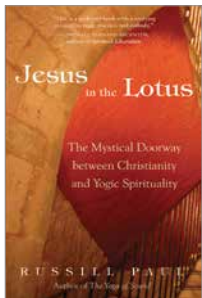


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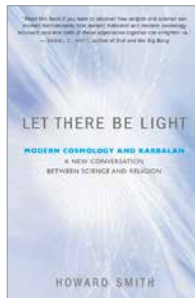


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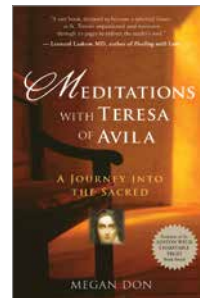


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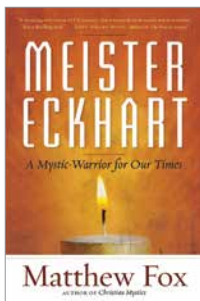


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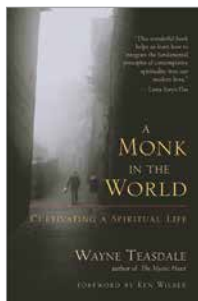


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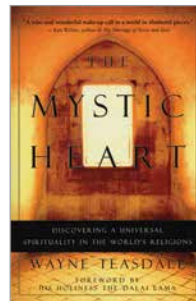


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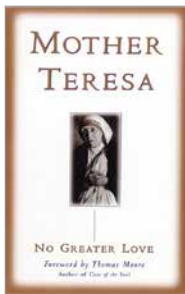


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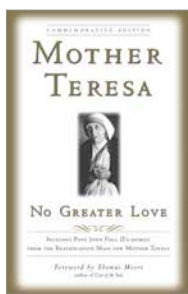


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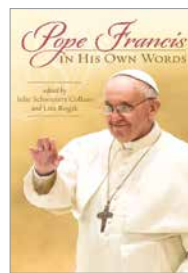


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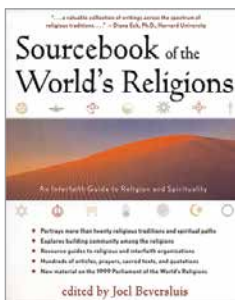
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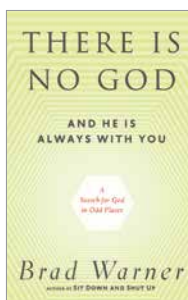


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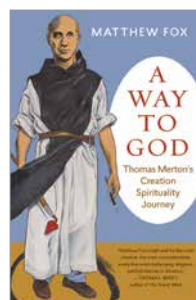


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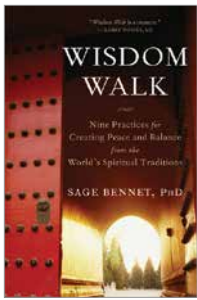


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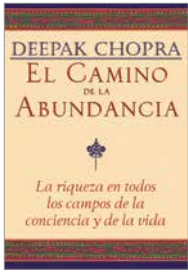
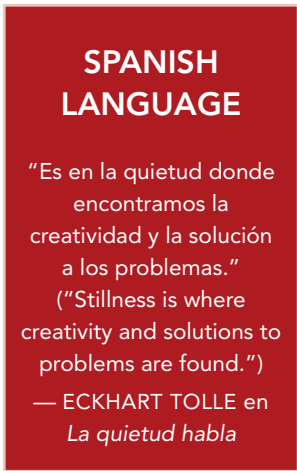
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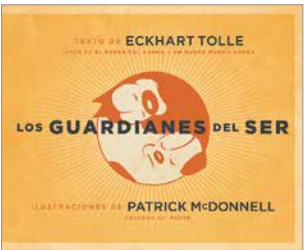
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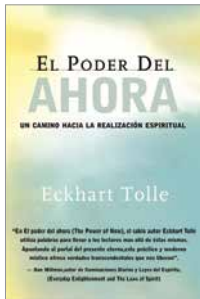
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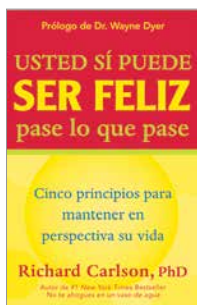
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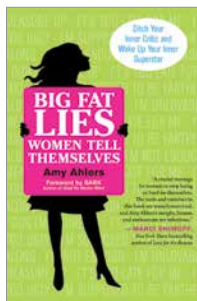
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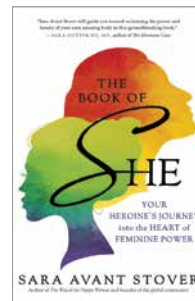
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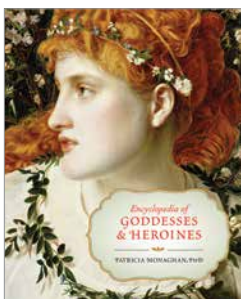
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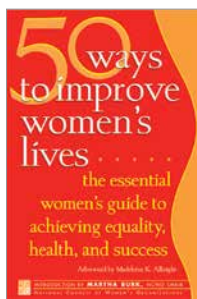


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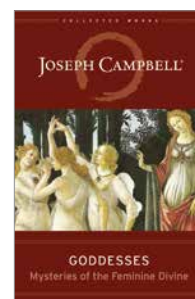
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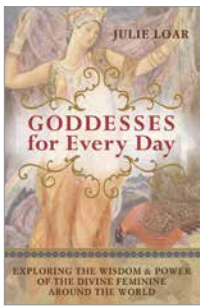
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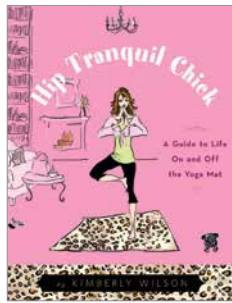
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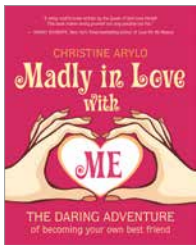
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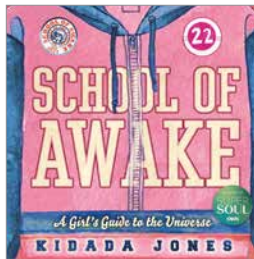
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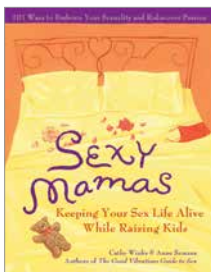
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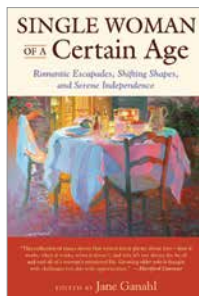
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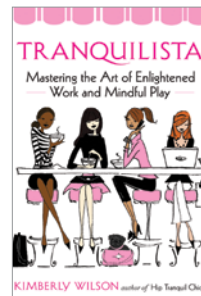
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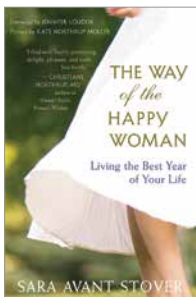
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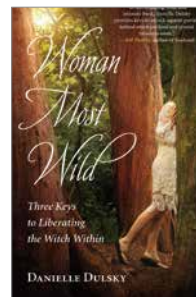


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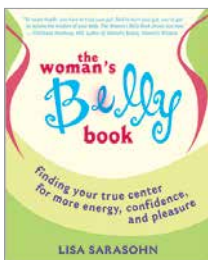


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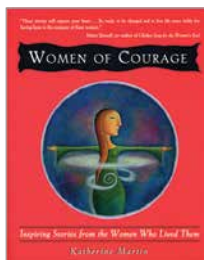


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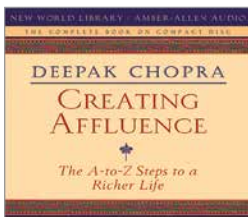
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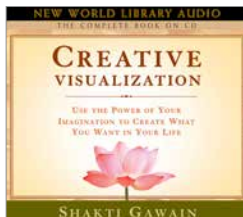
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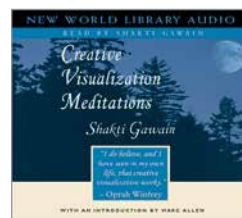


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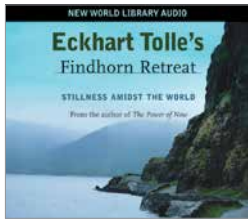


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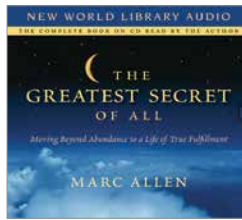
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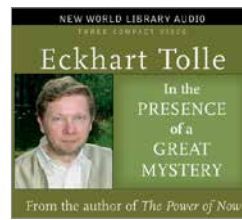
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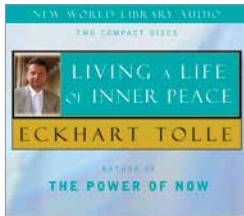


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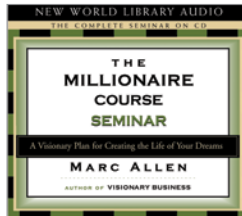


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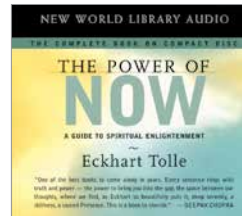
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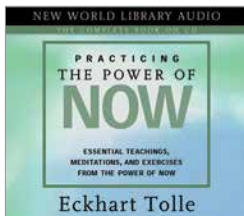
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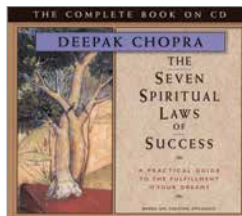
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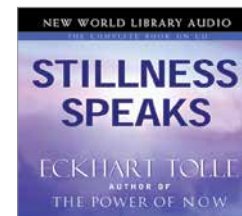
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