[DOC] Gesundheit Bringing Good Health To You The Medical System And Society Through Physician Service Complementary Therapies Humor Joy Patch Adams

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Gesundheit!-Patch Adams 1998-10-01 The inspiring and hilarious story of Patch Adams's quest to bring free health care to the world and to transform the way doctors practice medicine • Tells the story of Patch Adam's lifetime quest to transform the health care system • Released as a film from Universal Pictures, starring Robin Williams Meet Patch Adams, M.D., a social revolutionary who has devoted his career to giving away health care. Adams is the founder of the Gesundheit Institute, a home-based medical practice that has treated more than 15,000 people for free, and that is now building a full-scale hospital that will be open to anyone in the world free of charge. Ambitious? Yes. Impossible? Not for those who know and work with Patch. Whether it means putting on a red clown nose for sick children or taking a disturbed patient outside to roll down a hill with him, Adams does whatever is necessary to help heal. In his frequent lectures at medical schools and international conferences, Adams's irrepressible energy cuts through the businesslike facade of the medical industry to address the caring relationship between doctor and patient that is at the heart of true medicine. All author royalties are used to fund The Gesundheit Institute, a 40-bed free hospital in West Virginia. Adams's positive vision and plan for the future is an inspiration for those concerned with the inaccessibility of affordable, quality health care. Today's high-tech medicine has become too costly, impersonal, and grim. In his frequent lectures to colleges, churches, community groups, medical schools, and conferences, Patch shows how healing can be a loving, creative, humorous human exchange--not a business transaction.

House Calls-Patch Adams 1998 A reminder that some of the most important factors in healing are not high-tech marvels but ordinary factors such as love, compassion, friendship, and hope.

Whistle While You Work-Richard J. Leider 2008-11-13

Punchlines-Leon Rappoport 2005 Explores how African Americans, Jews, Asians, and other under-represented groups use comedy to ease and sometimes foster social tensions. This work also examines the heated issue of when and why it's socially permissible to laugh along.

Modern American Communes-Robert P. Sutton 2005 Provides biographies and historical overviews of communes and utopias in the United States, discussing the beliefs, structure, and key figures in both religious and secular utopian communities.

Letters to Patch-Patch Adams 2009-11-01 Dr. Patch Adams shares some of the best of the more than 40,000 letters he's received over 30 years, not just from patients seeking answers, but from medical practitioners who yearn to bring compassion and caring back to modern medicine.

Teaching with Movies-Teresa O'Bannon 2008 Teaching With Movies: Recreation, Sports, Tourism, and Physical Education shows you how to use 77 popular culture and documentary movies as effective teaching tools in recreation, leisure, tourism, sport management, and physical education courses. The book contains a movie finder that categorizes movies by topics and themes for recreation, leisure, tourism, sport management, and physical education curricula. It also has these features: 19 core concepts, such as environmental issues, leadership, diversity, and commercial recreation, so you can easily find movies that reinforce specific themes; guidance in preparing for, teaching, and evaluating movies in your classroom; a strong foundation for justifying the use of movies as educational tools; and tools for effectively teaching each movie, Including framing methods, discussion questions, and debriefing activities for further exploration of recreation-related concepts. Teaching With Movies is an all-in-one resource that shows you how to use 'films to help students retain important course concepts and how movies can support learning on a particular topic or extend or reemphasize classroom learning.

B is for Balance, Second Edition: A Nurse's Guide to Caring for Yourself at Work and at Home, 2015 AJN Award Recipient-Sharon M. Weinstein 2014-10-15 B is for Balance is about the individual nurse – the professional, the multi-tasker, the 'be all things to all people' leader. While the first edition of B is for Balance was well-received and has been a great resource to nurses and other professionals, the second edition has been updated to focus on 12 steps to balance, including engagement, focus, sleep deficits, fatigue, diet, re-inventing one's career, and the need for each of us to live longer and to live well.

Harm Reduction for Gambling-Henrietta Bowden-Jones 2019-12-20 This edited volume aims to facilitate the evolution of the new public health approach towards gambling. Bringing together the work of international experts, it gives a current overview of the field, highlighting the need for a coordinated framework of prevention and harm reduction measures to replace current "player protection" measures. Chapters begin by exploring the impact of problem gambling, looking at its effects on several levels, ranging from the individual to the family and society. Subsequently an overview of prevention and harm reduction models is presented, bringing the reader to an in-depth understanding of what a public health approach to gambling would entail. Later chapters focus on potential challenges to monitoring and evaluation, inviting the reader to envisage possible barriers towards implementation and ways of overcoming these. The book concludes with recommendations on how to take a harm reduction approach, from a political and human rights perspective. This work gives a rare synopsis of the present-day issues when considering the implementation of a harm reduction strategy for gambling. Recent work by key professionals is presented in order to encourage further developments in this ever-changing domain. Such issues will be relevant to all those with an interest in the field of problem gambling, from clinicians, students and healthcare professionals, to politicians.

Brass Ceiling-Maureen Mylander 2019-08-22 While women await another chance to break the Nation's ultimate glass ceiling, they continue to face disrespect, discrimination, and sexual violence in the home, workplace, media, and especially--as the novel Brass Ceiling: #ME-ilitary Too recounts--in the U.S. military.Army doctor Maggie Malone, one of the first women to graduate from West Point, encounters a culture of sexual violence that threatens to destroy the Nation's hyper-masculine armed forces from within.She wants to make it safe for women to serve, but first she must do the unthinkable and break the brass ceiling, if only her enemies will let her. Her journey spans continents, cultures, and decades as she rises to the top of a world of warriors the public admires, yet knows little about.The author knows exactly how a select few men (and now Maggie) can enter the inner elite of the military. And she knows how a fearless leader, once there, can stop every form of sexual assault in its tracks. Brass Ceiling is a reality-based novel about a world that decades of readers of Maureen Mylander's seminal critique of the U.S. military, The Generals: Making it, Military-Style, know all too well.

Health at Every Size-Linda Bacon 2010 Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates "thin" with "healthy" is the problem. The solution? Health at Every Size. Tune in to your body's expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good. You too can feel great in your body right now—and Health at Every Size will show you how. Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals. Updated with the latest scientific research and even more powerful messages, Health at Every Size is not a diet book, and after reading it, you will be convinced the best way to win the war against fat is to give up the fight.

Your Personality, Your Health-Carol Ritberger, Ph.D. 1998-09-01 Connecting Personality with the Human Energy System, Chakras, and Wellness! The author connects the human energy system with predictable behavioral characteristics dictated by our personalities. We come to understand why we become ill, and where in our physical bodies we are most susceptible to creating illness.

Clowns on the Bus-Judy Fisk Lucas 2010-04-23 Whether you have already been, or want to go, on a Humanitarian Clowning Tour, this day-by-day trip journal will entertain and enlighten you with its informal, conversational and silly style. Clowns from many countries, aged 3 to 74, spent two weeks traveling from Moscow to St. Petersburg, meeting Russians. Our two missions on this 24th annual Russian tour were to become a close-knit troupe, and to visit children and their caregivers in orphanages, hospitals and home hospices. Patchs passion for universal justice, peace and healing humor were contagious. Clowning brings love close. Patch Adams, M.D.

Guided Imagery-Rubin Battino 2007-03-10 This unique, practical and accessible healing manual explores the most powerful methods of healing, primarily focusing on guided imagery, a healing technique integrating the connection between mind and body. "Well-researched and authoritative." Belleruth Naparstek, LISW, The Guided Imagery Resource Center

The Art of Business-Emery H. Mikel 2013-04-28 Working as an independent contractor or in private practice is often the ideal scenario for creative therapists who want to control their own career and make decisions about the jobs and clients they take on. This practical guide to successful self-employment takes you through every step of the process, from coming up with the idea and marketing yourself, finding jobs, and interviewing, to maintaining jobs and what happens when you or your client want to end the job. Each chapter is packed with practical information and illustrative stories from the author's extensive experience of setting up her own art therapy business, considering all the likely obstacles you may face, and covering topics such as ethics and interns. This accessible companion contains all the information a creative therapist who wants to find work as an independent contractor will need to get started. It will be suitable for any level of experience and all creative therapists, including art, music, drama and dance therapists.

Coping-Rubin Battino 2000-11-23 A practical guide for those living with or dealing with life-challenging diseases. Coping features a wide range of techniques and exercises that have proved to have a healing influence. " An excellent source of information and wisdom" Bernie Siegel MD, author of Love, Medicine & Miracles and Prescriptions for Living

Whole Body Vibration-Becky Chambers 2013-04 The benefits of whole body vibration, and how to best use it to improve health.

The Frog Said Gesundheit-Lori O'Dea 2015-09-28 A catastrophic series of events, involving a menagerie of animals and their owners enclosed within a Victorian family home, is triggered by the mischievous move of a single wily frog.

The Library of Health and Teacher on the Human Constitution-William Andrus Alcott 1842

The Body Knows How to Tune In to Your Body and Improve Your Health-Caroline Sutherland 2001-09-28 This book is dedicated to bringing you the pearls of "physical body wisdom" distilled into an easy-to-follow formula. From cover to cover, Caroline Sutherland takes you on an "edge-of-the-seat" journey into understanding the terrain of the physical, emotional, and spiritual components of vibrant health. Weaving her compelling story as a medical intuitive into fascinating case histories; and topics such as menopause, children, the elderly, and more, Caroline explains how to "hone" your instincts and demystify your physical body processes. If you've ever wondered why you gain weight, retain fluid, feel jittery, get headaches, have joint stiffness, or lack energy—and want to know what to do about it—then this book is the key to finding out the truth of your own health equation.

Closing the Gap in a Generation-WHO Commission on Social Determinants of Health 2008 Social justice is a matter of life and death. It affects the way people live, their consequent chance of illness, and their risk of premature death. We watch in wonder as life expectancy and good health continue to increase in parts of the world and in alarm as they fail to improve in others.

Sammy Spider's First Rosh Hashanah-Sylvia A. Rouss 2014-01-01 Sammy Spider wants to taste the golden honey the Shapiros set out for a sweet New Year. Mom tells him to stick to spinning webs, but will curious Sammy listen?

Natural Health- 1993

Brodo-Marco Canora 2015-12-01 No one has been more responsible for the recent explosion of interest in bone than New York City chef Marco Canora. After completely revitalizing his health by integrating bone broth into his diet, Marco began to make his nourishing broths available by the cupful to New Yorkers from a small window in his East Village restaurant, drawing sell-out crowds virtually from the beginning. No longer just a building block for soups and sauces, bone broths are now being embraced for their innumerable health benefits, from cultivating a healthier gut to greater resistance to colds and other illnesses. In Brodo, Marco shares the recipes for his flavorful, nutritious broths and shows how to serve them year round as well as incorporate them into recipes and as a daily health practice. Perfect for stirring into a broth bowl or a pot of risotto, as a more gentle, supportive alternative to the afternoon caffeine fix, and an immunity and health booster any time, the homey bone broths in Brodo should be a part of every well-stocked pantry.

Quest Journal-Gesundheit Publishing 2019-06-20 Role Playing Quest Journal.

Eat, Drink, and Be Healthy-Walter Willett 2017-09-19 In this national bestseller based on Harvard Medical School and Harvard School of Public Health research, Dr. Willett explains why the USDA guidelines--the famous food pyramid--are not only wrong but also dangerous.

The Nature Doctor-Alfred Vogel

International Handbook of Health Literacy-Okan, Orkan 2019-07-31 Available Open Access under CC-BY-NC license. Health literacy addresses a range of social dimensions of health including knowledge, navigation, communication as well as individual and organizational skills for accessing, understanding, evaluating and using of information. Especially over the past decade, health literacy has become a major public health concern globally as an asset for promoting health, wellbeing and sustainable development. This comprehensive handbook provides an invaluable overview of current international thinking about health literacy, highlighting cutting edge research, policy and practice in the field. With a diverse team of contributors, the book addresses health literacy across the life-span and offers insights from different populations and settings. Providing a wide range of major findings, the book outlines current discourse in the field and examines necessary future dialogues and new perspectives.

Prostate Health in 90 Days-Larry Clapp, Ph.D./J.D. 1997-08-01 Dr. Larry Clapp was diagnosed with prostate cancer in 1990. Given the limited options of surgery and radiation, he began intensive research into self-healing alternatives and developed a treatment for prostate cancer, which he successfully used to cure himself. Today, cancer-free, he continues his research while helping others using nutrition, massage, herbs, homeopathy, and other alternatives.

Psychology-Philip G. Zimbardo 2000

Change the Story of Your Health-Carl Greer 2017-02-24 The story of our health is more in our control than we might think, according to clinical psychologist, Jungian analyst, and shamanic practitioner Carl Greer, PhD, PsyD. We can not only reframe our experiences but actually experience less stress, greater well-being, and even better physical health than it might appear if we are willing to identify our health story and begin rewriting it. Through journaling exercises and expanded-awareness practices, many of which involve working with and in nature, and which are influenced by Jungian and shamanic traditions, anyone can tap into hidden resources for healing and work with them effectively. Whether gaining insights and balancing energies outdoors, dialoguing and interacting with the earth or a river or lake, or working with dreams, an inner healer, or a symbol encountered on a shamanic journey, readers will find they are able to learn why they have struggled to change their habits and will be empowered to experience greater wellness within a satisfying health story. "Change the Story of Your Health" focuses on four key chapters of a person's health story: • Eating and drinking, and weight • Movement/exercise, flexibility, balance, stamina, and strength • Sexuality, body image and acceptance, and changes due to midlife hormonal shifts (commonly known as menopause and andropause) • Management of an acute ailment or symptoms of a chronic condition It also helps readers revise their health stories as their health changes as a result of aging or unexpected challenges. Gaining insights into their health, letting go of what is standing in the way of optimal health and well-being, and bringing in what is needed to make a preferred new health story a reality—all are possible when readers take on the challenge of "Change the Story of Your Health" and begin using the practices regularly.

Health Design Thinking-Bon Ku 2020-03-17 Applying the principles of human-centered design to real-world health care challenges, from drug packaging to early detection of breast cancer. This book makes a case for applying the principles of design thinking to real-world health care challenges. As health care systems around the globe struggle to expand access, improve outcomes, and control costs, Health Design Thinking offers a human-centered approach for designing health care products and services, with examples and case studies that range from drug packaging and exam rooms to internet-connected devices for early detection of breast cancer. Written by leaders in the field—Bon Ku, a physician and founder of the innovative Health Design Lab at Sidney Kimmel Medical College, and Ellen Lupton, an award-winning graphic designer and curator at Cooper Hewitt Smithsonian Design Museum—the book outlines the fundamentals of design thinking and highlights important products, prototypes, and research in health design. Health design thinking uses play and experimentation rather than a rigid methodology. It draws on interviews, observations, diagrams, storytelling, physical models, and role playing; design teams focus not on technology but on problems faced by patients and clinicians. The book's diverse case studies show health design thinking in action. These include the development of PillPack, which frames prescription drug delivery in terms of user experience design; a credit card–size device that allows patients to generate their own electrocardiograms; and improved emergency room signage. Drawings, photographs, storyboards, and other visualizations accompany the case studies. Copublished with Cooper Hewitt, Smithsonian Design Museum

Eat to Beat Disease-William W Li 2019-03-19 Discover the new science of how eating can enable your body to heal itself from cancer, dementia, and dozens of avoidable diseases. Eat your way to better health with this New York Times bestseller. We have long radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. This book isn't about what foods to avoid, but rather is a life-changing guide detailing the hundreds of healing foods you can add to your meals that support the body's defense systems, including: Plums Cinnamon Sourdough breadRed wine and beer Black Beans San Marzano tomatoes Olive oil Cheeses like Jarlsberg, Camembert and cheddar With Dr. Li's plan, the foods you already love can be optimized to activate your body's five natural health defense systems--Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity--to fight cancer; diabetes; cardiovascular, neurodegenerative, and autoimmune diseases; and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, strategies for using food to actively boost health, and points the study of well-being and disease recovery in an exhilarating new direction.

Health at a Glance: Europe 2018 State of Health in the EU Cycle-OECD 2018-11-22 Health at a Glance: Europe 2018 presents comparative analyses of the health status of EU citizens and the performance of the health systems of the 28 EU Member States, 5 candidate countries and 3 EFTA countries.

The Literary Filmography: Preface, A-L-Leonard Mustazza 2006 From the very infancy of the film industry, filmmakers have relied heavily upon literature as the foundation for their movie material. Well-known literary works such as Dickens's ""A Christmas Carol"" and Hawthorne's ""The Scarlet Letter"" were adapted to film in the era, as were such books as Thomas Dixon's Jr.'s ""The Klansman"" basis for the film ""Birth of a Nation"". In recent years, Nick Hornsby's ""About a Boy"" and each of Helen Fielding's ""Bridget Jones's Diary"" novels were the basis for popular movies bearing the same names. A guide to English-language works that have been adapted as theatrical and television films, this volume includes books (both fiction and non-fiction), short stories, newspaper and magazine articles and poems. Entries are arranged alphabetically by literary title with cross-listings for films made under different titles. Each entry includes the original works title, author, year of first publication, literary prizes, and a brief plot summary. Information on film adaptation(s) of the work, including adaptation titles, director, screenwriter, principal cast and the names of the characters they portray, major awards, and availability in the most common formats (DVD, VHS) is also offered.

Partner to the Poor-Paul Farmer 2010 "Dr. Paul Farmer is one of the most extraordinary people I've ever known. Partner to the Poor recounts his relentless efforts to eradicate disease, humanize health care, alleviate poverty, and increase opportunity and empowerment in the developing world. It will inspire us all to do our parts."--William J. Clinton "If the world is curious about Paul Farmer, there is a reason for that. No one has done more than he has in bringing modern medicine to the poor across the globe and no one has exceeded him in making us appreciate the diverse barriers that prevent proper medicine from reaching the underdogs of the world. In this wonderful collection of essays, putting together Paul Farmer's writings over more than two decades, we can see how his far-reaching ideas have developed and radically enhanced the understanding of the challenges faced by healthcare in the uneven world in which we live. This is an altogether outstanding book."--Amartya Sen, Nobel Laureate, Economics "To delve into these pages is to join one of the world's great explorers on an epic life journey--to grapple with culture, poverty, disease, health care, ethics, and ultimately our common humanity in the Age of AIDS. Paul Farmer is a pioneer, guide, and inspiration at a time of unprecedented contrasts: between wealth and poverty, power and powerlessness, health and disease, compassion and neglect. His medical expertise, anthropological vision, and unflinching decency have helped to recharge our world with moral purpose."--Jeffrey D. Sachs, Columbia University "Wow! Perfect for teaching. This is more than vintage Farmer. Editor Haun Saussy knows Farmer's work inside out and has assembled and organized 25 classic articles that project the heart of Farmer's brilliant, radical, inspiring, eminently practical and (dare I say) genuinely subversive work."--Philippe Bourgois, author of Righteous Dopefiend "If they gave Nobel Prizes for raising moral awareness, Paul Farmer would have won his a long time ago. For several decades now, his work has posed a challenge to anyone who dares say that radically improving the health of the world's poor can't be done. This splendid compilation of the best of his work allows us to follow a restless, creative, compassionate mind in action, in and out of prisons and barrios and mud huts and hospital wards, from Haiti to Rwanda to Moscow, never taking 'no' for an answer."--Adam Hochschild, author of Bury the Chains "Paul Farmer is a deep scholar of Haitian society, a formidable medical anthropologist, an implacable theorist of structural violence and health as a human right, and an ethicist for whom the place of social justice in medicine and in the world is an existential need. This book is the platform of interconnected intellectual, academic, and practical engagements upon which the amazing, world-transforming life of Farmer stands."--Arthur Kleinman, author of What Really Matters: Living a Moral Life amidst Uncertainty and Danger "This collection shows the impressive catalytic effects of original scholarship when combined with action, activism, and a commitment to social justice in health. Paul Farmer and his PIH colleagues have twice changed World Health Organization policies; they continue to have a lasting impact on the global health movement and on the lives of the poor.--Peter Brown, Emory University

The Clean 20-Ian K. Smith, M.D. 2018-04-10 New York Times bestseller From the New York Times bestselling author of SHRED and Blast the Sugar Out, the ultimate guide to clean eating! What is clean eating? In his newest diet book, Dr. Ian K. Smith teaches readers the benefits of clean eating and how to implement it in their own lives. He tells readers how to easily reduce unhealthy processed foods in their diets, a key to weight loss, disease prevention, and overall health. The Clean 20 focuses on twenty clean foods--from avocado to whole wheat pasta and everything in between--that readers can easily find, prepare, and incorporate into their diets. The Clean 20 includes a complete clean eating program with a daily meal plan, 60 recipes and substitutions, as well as 20 minute easy-to-work-in workouts. Dr. Ian knows what works: it's not eliminating food groups, but choosing foods within each group wisely to satisfy the palate and the body's nutritional demands. The Clean 20 isn't just vegetables. Grains are in. And so is fruit, fat, meat and fish. When palate and nutrition are in sync, weight loss not only follows, it sticks. The Clean 20 is a life and body changer.

Health in the 21st Century-Oecd 2020-01-07 This report explores how data and digital technology can help achieve policy objectives and drive positive transformation in the health sector while managing new risks such as privacy, equity and implementation costs. It examines the following topics: improving service delivery models; empowering people to take an active role in their health and their care; improving public health; managing biomedical technologies; enabling better collaboration across borders; and improving health system governance and stewardship. It also examines how health workforces should be equipped to make the most of digital technology. The report contains findings from surveys of OECD countries and shares a range of examples that illustrate the potential benefits as well as challenges of the digital transformation in the health sector. Findings and recommendations are relevant for policymakers, health care providers, payers, industry as well as patients, citizens and civil society.

The Social Determinants of Mental Health-Michael T. Compton 2015-04-01 The Social Determinants of Mental Health aims to fill the gap that exists in the psychiatric, scholarly, and policy-related literature on the social determinants of mental health: those factors stemming from where we learn, play, live, work, and age that impact our overall mental health and well-being. The editors and an impressive roster of chapter authors from diverse scholarly backgrounds provide detailed information on topics such as discrimination and social exclusion; adverse early life experiences; poor education; unemployment, underemployment, and job insecurity; income inequality, poverty, and neighborhood deprivation; food insecurity; poor housing quality and housing instability; adverse features of the built environment; and poor access to mental health care. This thought-provoking book offers many beneficial features for clinicians and public health professionals: Clinical vignettes are included, designed to make the content accessible to readers who are primarily clinicians and also to demonstrate the practical, individual-level applicability of the subject matter for those who typically work at the public health, population, and/or policy level. Policy implications are discussed throughout, designed to make the content accessible to readers who work primarily at the public health or population level and also to demonstrate the policy relevance of the subject matter for those who typically work at the clinical level. All chapters include five to six key points that focus on the most important content, helping to both prepare the reader with a brief overview of the chapter's main points and reinforce the "take-away" messages afterward. In addition to the main body of the book, which focuses on selected individual social determinants of mental health, the volume includes an in-depth overview that summarizes the editors' and their colleagues' conceptualization, as well as a final chapter coauthored by Dr. David Satcher, 16th Surgeon General of the United States, that serves as a "Call to Action," offering specific actions that can be taken by both clinicians and policymakers to address the social determinants of mental health. The editors have succeeded in the difficult task of balancing the individual/clinical/patient perspective and the population/public health/community point of view, while underscoring the need for both groups to work in a unified way to address the inequities in twenty-first century America. The Social Determinants of Mental Health gives readers the tools to understand and act to improve mental health and reduce risk for mental illnesses for individuals and communities. Students preparing for the Medical College Admission Test (MCAT) will also benefit from this book, as the MCAT in 2015 will test applicants' knowledge of social determinants of health. The social determinants of mental health are not distinct from the social determinants of physical health, although they deserve special emphasis given the prevalence and burden of poor mental health.

The Gale Encyclopedia of Alternative Medicine: D-K-Jacqueline L. Longe 2005 Presents a four-volume alphabetically-arranged medical reference set that examines a variety of supplemental therapies and herbal remedies along with treatments for certain conditions and diseases.

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