

Anleitung Zum Unglücklichsein

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Partnerschaftsastronomie - Albrecht Klaus 2002
Leicht verständliche Einstiegshilfe in die Materie.
Jeder Mensch kennt die vier Elemente FEUER,

WASSER, LUFT und ERDE und hat seine
eigenen Vorstellungen davon. Das Buch hilft
diese elementare Vorstellungskraft zu verbessern,

um eine individuelle Wahrnehmung der Elemente und damit Bilder zu entwickeln, die helfen können, die Welt einmal aus einem anderen Blickwinkel zu betrachten. Dieses System erleichtert es, sich selbst und seine Beziehungen aufmerksamer wahrzunehmen. Jedes Tierkreiszeichen wird aus der Sicht aller zwölf anderen Tierkreiszeichenpartner beschrieben. Daraus ergeben sich zwölf sehr unterschiedliche Beurteilungen desselben Zeichens. Dies ermöglicht ein besseres Verständnis für die verschiedenen Standpunkte der Partner und führt zu konstruktiven Lösungen bei Konflikten.

Eine Gegenüberstellung von Paul Watzlawick und Erving Goffman - Pascal Heberlein 2009-06-02
Studienarbeit aus dem Jahr 2008 im Fachbereich Soziologie - Klassiker und Theorierichtungen, Note: 1,0, Universität Kassel (Fachbereich 5, Sozialwissenschaft, Soziologie), Veranstaltung: Soziologen und die Seele: Soziologie und/gegen Psychologie, Sprache: Deutsch, Abstract: Paul Watzlawick, der berühmte Psychologe und Philosoph, veröffentlichte im Jahre 1983 ein Buch mit dem Titel „Anleitung zum Unglücklichsein“. Darin beschreibt er auf sehr unterhalt-same Art und Weise, wie wir selbst unsere Wirklichkeit so

konstruieren können, dass wir unglücklich werden – und dies täglich tun. Deutlich wird, dass unsere Konstruktionen der Wirklichkeit – Watzlawick gilt als ein moderner Hauptvertreter des Konstruktivismus – dafür verantwortlich sind, wie es mit unserem Wohlbefinden steht. Erving Goffman, ein berühmter Soziologe des 20. Jahrhunderts, schildert unter anderem in seinen Untersuchungen, wie Menschen ihren Alltag gestalten und bezieht in diese Überlegungen ebenfalls die Geisteskrankheit mit ein. Deutlich wird auch bei ihm, dass es die objektive Sphäre innerhalb der Interaktion und innerhalb der

Gesellschaft nicht gibt, sondern dass diese durch ein Miteinander von Individuen geschaffen wird. Anhand dieser kurzen Darstellung wird ersichtlich, dass es sehr starke Verbindungen zwischen den beiden Autoren geben muss. Diese herauszukristallisieren ist Sinn der vorliegenden Hausarbeit. Ausgehend von der Soziologie bekommt Goffman das Primat und deshalb wird es schlussendlich Ziel sein, Goffmans Überlegungen stehen zu lassen und sie durch die Sprache des Psychologen (und Philosophen) Watzlawick zu verfeinern und zu erweitern. Meine Arbeitsfrage lautet also: Wie sehen die

herauszuarbeitenden Beobachtungen Goffmans in seinem Text „Die Verrücktheit des Platzes“ in einer Watzlawick’schen Sprache aus? Um diese Fragestellung zu beantworten, möchte ich zunächst einige Hauptgedanken Watzlawicks und dem damit verbundenen Konstruktivismus herausarbeiten; anschließend soll der erwähnte Text Goffmans inhaltlich bearbeitet wiedergegeben werden und zum Schluss möchte ich die erwähnte Synthese wagen.

Wenn du mich wirklich liebtest, würdest du gern Knoblauch essen - Paul Watzlawick 2008

Ultra-Solutions - Paul Watzlawick 1988

In his international best seller, *The Situation Is Hopeless, But Not Serious*, Paul Watzlawick showed us how to become unhappiness experts. Now in a new volume he turns to our strivings for ultra-solutions--those final solutions that do away with the problem and just about everything else. (A perfect ultra-solution lies in that old medical joke: The operation was successful, but the patient died.)

[Applied Data Science](#) - Martin Braschler
2019-06-13

This book has two main goals: to define data

science through the work of data scientists and their results, namely data products, while simultaneously providing the reader with relevant lessons learned from applied data science projects at the intersection of academia and industry. As such, it is not a replacement for a classical textbook (i.e., it does not elaborate on fundamentals of methods and principles described elsewhere), but systematically highlights the connection between theory, on the one hand, and its application in specific use cases, on the other. With these goals in mind, the book is divided into three parts: Part I pays tribute

to the interdisciplinary nature of data science and provides a common understanding of data science terminology for readers with different backgrounds. These six chapters are geared towards drawing a consistent picture of data science and were predominantly written by the editors themselves. Part II then broadens the spectrum by presenting views and insights from diverse authors – some from academia and some from industry, ranging from financial to health and from manufacturing to e-commerce. Each of these chapters describes a fundamental principle, method or tool in data science by analyzing

specific use cases and drawing concrete conclusions from them. The case studies presented, and the methods and tools applied, represent the nuts and bolts of data science. Finally, Part III was again written from the perspective of the editors and summarizes the lessons learned that have been distilled from the case studies in Part II. The section can be viewed as a meta-study on data science across a broad range of domains, viewpoints and fields. Moreover, it provides answers to the question of what the mission-critical factors for success in different data science undertakings are. The book

targets professionals as well as students of data science: first, practicing data scientists in industry and academia who want to broaden their scope and expand their knowledge by drawing on the authors' combined experience. Second, decision makers in businesses who face the challenge of creating or implementing a data-driven strategy and who want to learn from success stories spanning a range of industries. Third, students of data science who want to understand both the theoretical and practical aspects of data science, vetted by real-world case studies at the intersection of academia and industry.

Calm and Confident Under Stress - Gert Kaluza

2022-09-29

"Stressed!" - "No time!" - "I don't know where my head is!" Stress is familiar to almost everyone, and many suffer the negative consequences of constant stress. So what to do? This book shows a variety of possible courses of action and encourages you to find your own way to a calm and healthy way of dealing with stress at work and in everyday life. It is written for stress sufferers for self-help and as comprehensible accompanying reading for stress management courses or in the context of a consultation, for

personnel managers and executives in business and administration, for consultants and therapists who support stressed clients, and for everyone who wants to further develop their personal stress competence. From the contents: Instrumental stress competence: making everyday life less stressful, actively meeting demands - Mental stress competence: developing beneficial attitudes and evaluations - Regenerative stress competence: creating balance, relaxing and recovering - With checklists, exercises and numerous tips. The author: Prof. Dr. Gert Kaluza is a psychological psychotherapist and works as a

trainer, coach and author in the field of individual and workplace health promotion. After working at various universities for over 20 years, he founded his own continuing education and training institute, the GKM Institute for Health Psychology, in 2002.

Anleitung zum Unglücklichsein - 2013

The Coward's Guide to Conflict - Tim Ursiny

2003-03-01

Nobody likes conflict, but you can't avoid it. Top performers just like you face problems every day. If you know how to deal with conflict well, you

can turn it into your biggest opportunity for success. The Top Performer's Guide to Conflict is your essential conflict handbook, giving you the tools you need to manage conflict and come out on top. Discover: --Why you must know how to handle conflict --How to recognize conflict before it happens --The best ways to deal with difficult people --How to build strength by overcoming problems --Secrets to impacting and leading others --Tools to guide you past conflict Top performers face conflict head-on and come out on top. You are just a short read away from mastering this essential skill.

Vom Unsinn des Sinns oder vom Sinn des

Unsinns - Paul Watzlawick 2012-02-01

Ein brillanter Essay über die Unverbindlichkeit der Wirklichkeit. Der Philosoph und Psychoanalytiker Paul Watzlawick geht der Frage nach den Wirklichkeiten, den Sinnzuweisungen unserer Wahrnehmung nach. Vordergründig scheint es so etwas wie einen allgemeinen Konsens darüber zu geben, was "die Wirklichkeit" ist. Diesen Konsens stellt Watzlawick in Frage.

Anleitung zum Unglücklichsein - Paul Watzlawick
2013

Principles and Practice of Expressive Arts

Therapy - Paolo J. Knill 2005

This book lays the foundation for a fresh interpretation of art-making and the therapeutic process by re-examining the concept of poiesis. The authors clarify the methodology and theory of practice with a focus on intermodal therapy, crystallization theory and polyaesthetics, and give guidance on the didactics of acquiring practical skills.

Wer lebt, dem muss geholfen werden - Markus
Moog 2002

Seneca oder die Entdeckung der Gelassenheit -

Karl-Heinz Risto 2011

Anleitung zum Unglücklichsein - Paul Watzlawick

1983

Paul Watzlawicks kleiner Band *Anleitung zum Unglücklichsein* bricht rigoros mit der Vorstellung, Ziel des Menschen sei das Streben nach Glück. In Form von Metaphern, Aphorismen, Anekdoten und hintergründigen Geschichten beschreibt Watzlawick in amüsanter und ironischer Art die vielfältigen Möglichkeiten, den eigenen Alltag unerträglich zu gestalten und trivialen Ereignissen

eine außergewöhnliche Bedeutung beizumessen.

Voraussetzungen: Als theoretischer Hintergrund

des Buchs dienten die Erkenntnisse der so

genannten Palo-Alto-Schule, zu deren

Mitinitiatoren Watzlawick gehört. Die dort

entstandene Kommunikationstheorie wurde im

Wesentlichen aus der Erforschung von

Paradoxien der menschlichen Kommunikation und

ihrer Störungen gewonnen.

Twelve - Nick McDonell 2014-12-18

Waterstones' Books of the Year Nick McDonell's

electrifying novel tells the story of a fictional drug

called Twelve and its devastating effects on the

beautiful rich and desperate poor of New York City. From page one, this novel pulsates towards its apocalyptic climax. Twelve is cool, cruel and utterly compulsive. Twelve has been adapted for film by Hollywood director Joel Schumacher starring Chace Crawford, Emma Roberts, and 50 Cent. Praise for Twelve 'As fast as speed, as relentless as acid' -- Michiko Kakutani , New York Times 'The hype is all true' -- Sunday Telegraph 'Bret Easton Ellis territory...an extraordinary assured debut' -- Harper & Queen 'McDonnell is an authentic talent and, long after the storms of hype have died away, his novel will endure as a

snapshot of his generation' -- Observer
'Consistently brilliant... One of the most exciting new writers around' -- Independent on Sunday 'A brilliant satirical debut' -- Time Out 'A compulsive elegy to wasted, privileged youth, lives up to the hype... lean, elegant and bleakly witty' -- Elle
Anleitung zum Unglücklichsein - 2019

Anleitung zum Unglücklichsein : oder wie die Liebe Tiffany trotzdem fand - Sherry Horman
2013

The Psychology Book - DK 2015-02-02

Learn about human nature, behaviour and how the mind works with The Psychology Book. Part of the fascinating Big Ideas series, this book tackles tricky topics and themes in a simple and easy to follow format. Learn about Psychology in this overview guide to the subject, brilliant for beginners looking to learn and experts wishing to refresh their knowledge alike! The Psychology Book brings a fresh and vibrant take on the topic through eye-catching graphics and diagrams to immerse yourself in. This captivating book will broaden your understanding of Psychology, with:

- More than 100 ground-breaking ideas in this

field of science - Packed with facts, charts, timelines and graphs to help explain core concepts - A visual approach to big subjects with striking illustrations and graphics throughout - Easy to follow text makes topics accessible for people at any level of understanding The Psychology Book is the perfect introduction to the science, aimed at adults with an interest in the subject and students wanting to gain more of an overview. Here you'll discover key concepts by psychologists who have significantly enhanced our understanding of the human mind and behaviour. Learn about everyone who's

contributed to the big ideas in psychology, incorporating the ideas of today's scientists as well those of the ancient philosophers and pioneers. Your Psychological Questions, Simply Explained If you thought it was difficult to learn psychology and its many concepts, The Psychology Book presents the key ideas in a clear layout. Learn about the key personalities of the 19th and 20th centuries whose work has made significant contributions to our understanding of human behaviour. Superb mind maps and step-by-step summaries explain the line of thought clearly for students of psychology

and for anyone with a general interest in understanding the human mind. The Big Ideas Series With millions of copies sold worldwide, The Psychology Book is part of the award-winning Big Ideas series from DK. The series uses striking graphics along with engaging writing, making big topics easy to understand.

Anleitung zum Unglücklichsein - Paul Watzlawick
(Psychologist, Behavioural scientist) 1984

Pragmatics of Human Communication: A Study of Interactional Patterns, Pathologies and Paradoxes
- Paul Watzlawick 2011-04-25

The properties and function of human communication. Called “one of the best books ever about human communication,” and a perennial bestseller, *Pragmatics of Human Communication* has formed the foundation of much contemporary research into interpersonal communication, in addition to laying the groundwork for context-based approaches to psychotherapy. The authors present the simple but radical idea that problems in life often arise from issues of communication, rather than from deep psychological disorders, reinforcing their conceptual explorations with case studies and

well-known literary examples. Written with humor and for a variety of readers, this book identifies simple properties and axioms of human communication and demonstrates how all communications are actually a function of their contexts. Topics covered in this wide-ranging book include: the origins of communication; the idea that all behavior is communication; meta-communication; the properties of an open system; the family as a system of communication; the nature of paradox in psychotherapy; existentialism and human communication.

[The Joy of Missing Out](#) - Tanya Dalton

2019-10-01

This book is two things. It's an eye-opener to the fact that we don't have to do a million things to be productive (or successful). And it's a coach that helps us trim the fat, get real with our purpose, and start living more intentionally-Goop Dalton helps readers by teaching us to focus on the most important things and create our own operating systems that are exclusive to our lives as individuals. By doing this, we can simplify and make life even better- San Francisco Book Review Dalton's ground-up approach to productivity teaches readers to identify their real

priorities and, in doing so, cut their massive to-do lists down to size by learning to say no to the tasks that pull them away from their North Star- Grateful Overwhelmed. Do you wake up in the morning already feeling behind? Does the pressure of keeping it all together make you feel anxious and irritable? Tanya Dalton, CEO and productivity expert, offers you a liberating shift in perspective: feeling overwhelmed isn't the result of having too much to do -- it's from not knowing where to start. Doing less might seem counterintuitive, but doing less is more productive, because you're concentrating on the work you

actually want to be doing. Through this book, you can learn how to: Identify what is important to you and clarify your priorities. Develop ways to streamline your specific workflow. Discover your purpose. Named Top 10 Business Book of the Year by Fortune magazine, *The Joy of Missing Out* is chock-full of resources and printables. This is a legitimate action plan for change. Once you reject the pressure to do more, something amazing happens: you discover you can finally live a guilt-free, abundant life.

Die Lage ist hoffnungslos, aber nicht ernst - Paul Watzlawick 2010

[Anleitung Zum Burn-Out - Peter Furtsch 2019](#)

Sie haben noch keinen Burn-out? Wo leben Sie denn? Mit diesem handlichen Ratgeber erfahren Sie auf humorvolle Weise, wie Sie in Lebensbereichen wie Ernährung, Schlaf, Freizeit und natürlich auch Arbeit die Weichen für einen Burn-out par excellence stellen. Wer die *Anleitung zum Unglücklichsein* von Paul Watzlawick mochte, wird dieses Buch lieben.

The Heidelbergerin - The Heidelbergerin
2023-07-17

The Heidelbergerin - is a magnificent book that takes us on a journey into the fascinating world of

the city of Heidelberg and tells us the stories of its unique residents. "The typical Heidelbergerin is [...] in love with life, she loves the Old Town and the Neckar. In this book, you will not only learn about the mindset of the Heidelbergerin but also discover a wealth of information about Germany's oldest university town." (Reader's review) Allow yourself to be swept away into the vibrant tapestry of the Heidelbergerin's world. Get to know us and fall in love with the city!"

Metamorphosis - Anna-Teresa Tymieniecka
2004-07-27

How do we perdure when we and everything

around us are caught up in incessant change? But the course of this change does not seem to be haphazard and we may seek the modalities of its Logos in the transformations in which it occurs. The classic term "Metamorphosis" focuses upon the proportions between the transformed and the retained, the principles of sameness and otherness. Applied to life and its becoming, metamorphosis pinpoints the proportions between the vital and the aesthetic significance of life. Where could this metaphysical in-between territory come better to light than in the Fine Arts? In this collection are investigated the various

proportions between the vital significance of the constructivism of life and a specifically human contribution made by the creative imagination to the transformatory search for beauty and aesthetic values. Papers by: Lawrence Kimmel, Mark L. Brack, Sheryl Tucker de Vazquez, William Roberts, Jadwiga Smith, Victor Gerald Rivas, Max Statkiewicz, Matti Itkonen, George R. Tibbetts, Linda Stratford, Jorella Andrews, Ingeborg M. Rocker, Stephen J. Goldberg, Leah Durner, Donnalee Dox, Catherine Schear, Samantha Henriette Krukowski, Gary Maciag, Kelly Dennis, Wanda Strukus, Magda Romanska,

Patricia Trutty-Coohill, Ellen Burns, Tessa Morrison, Sabine Coelsch-Foisner, Gary Backhaus, Daniel M. Unger, Howard Pearce. **Das Summa Summarum des Erfolgs** - Cornelius Boersch 2007-12-31
Was macht persönlichen Erfolg aus? Wie finden erfolgreiche Menschen ihre persönliche Motivation und wie gestalten sie ihr Handeln effektiv? Die beiden Herausgeber geben darauf Antwort, indem sie - quer durch Zeiten und Themenbereiche - eine persönlich gefärbte Anthologie der ihrer Meinung nach wichtigsten und besten Werke zu "Motivation", "Effektivität" und "persönlichem

Erfolg" zusammengestellt haben. "Die Anthologie des Erfolgs" bringt 25 der wichtigsten Werke der "Erfolgsliteratur" auf den Punkt und umfasst Werke so wichtiger Autoren wie Johan Niccolo Machiavelli, Wolfgang von Goethe, Paul Watzlawick, Albert Camus oder Mihaly Csikszentmihaly.

Unity in Diversity Revisited? - Barbara Korte 1998

Rethink! Project Stakeholder Management -

Pernille Eskerod, PhD, MSc 2016-02-01

Rethink! Project Stakeholder Management

broadens the current view of project landscapes

in this thoroughly researched investigation of project stakeholder theory, methods, and practices. Building on the current literature, Huemann, Eskerod, and Ringhofer portray the two most common stakeholder management approaches as existing on a continuum between managing of stakeholders and managing for stakeholders. Their research study offers detailed insights into how four contemporary projects, each with complex stakeholder situations and different stakeholder management styles, used focus groups and systemic constellation methods to aid project teams in clarifying roles, visualizing

relationships, and identifying stakeholders and their needs.

Zeitgemäss Kirche denken - Alex Kurz 2007

Kurz nimmt den Postmoderne-Begriff zum Ausgangspunkt seines theologischen und ekklesiologischen Denkansatzes. Zunächst erarbeitet er anhand gezielter perspektivischer Zugriffe auf Schriften von Michel Foucault, Jean-Francois Lyotard und Jacques Derrida eine charakteristische Kontur von Religion in der Postmoderne. Mit Hilfe soziologischer Untersuchungen und Theorien beleuchtet er den zugehörigen gesellschaftlichen Kontext und

überprüft, inwieweit die genannten theoretischen Ansätze hier Resonanz gefunden haben.

Schliesslich wird, gleichsam als Konkretion und Nagelprobe der vorangehenden Analysen, das Modell einer kirchlichen Erwachsenenbildung entworfen (Kirche als Projekt). Dieses Modell nimmt die ganze Bandbreite postmoderner Lebensgefühle und Denkweisen ernst. So lässt sich Kirche zeitgemäss denken.

Munchausen's Pigtail - Paul Watzlawick

1990-05-01

The Invented Reality - Paul Watzlawick 1984-03

Common sense suggests that reality can be discovered. In contrast, constructivism postulates that what we call reality is a personal interpretation, a particular way of looking at the world acquired through communication. Reality is, therefore, not discovered, but literally invented.

Assisted Learning - Rolf Arnold 2011

[How to be Idle](#) - Tom Hodgkinson 2007-06-07

How to be Idle is Tom Hodgkinson's entertaining guide to reclaiming your right to be idle. As Oscar Wilde said, doing nothing is hard work. The Protestant work ethic has most of us in its thrall,

and the idlers of this world have the odds stacked against them. But here, at last, is a book that can help. From Tom Hodgkinson, editor of the Idler, comes *How to be Idle*, an antidote to the work-obsessed culture which puts so many obstacles between ourselves and our dreams. Hodgkinson presents us with a laid-back argument for a new contract between routine and chaos, an argument for experiencing life to the full and living in the moment. Ranging across a host of issues that may affect the modern idler - sleep, the world of work, pleasure and hedonism, relationships, bohemian living, revolution - he draws on the

writings of such well-known apologists for idleness as Dr Johnson, Oscar Wilde, Robert Louis Stevenson and Nietzsche. His message is clear: take control of your life and reclaim your right to be idle. 'Well written, funny and with a scholarly knowledge of the literature of laziness, it is both a book to be enjoyed at leisure and to change lives' Sunday Times 'In his life and in this book the author is 100 per cent on the side of the angels' Literary Review 'The book is so stuffed with wisdom and so stuffed with good jokes that I raced through it like a speed freak' Independent on Sunday Tom Hodgkinson is the founder and

editor of The Idler and the author of How to be Idle, How to be Free, The Idle Parent and Brave Old World. In spring 2011 he founded The Idler Academy in London, a bookshop, coffeehouse and cultural centre which hosts literary events and offers courses in academic and practical subjects - from Latin to embroidery. Its motto is 'Liberty through Education'. Find out more at www.idler.co.uk.

Love Yourself And It Doesn't Matter Who You Marry - Eva-Maria Zurhorst 2007-04-26

Did you know the relationship you're in now is probably the best one you'll ever have? Did you

know that most divorces could be avoided? This is the striking discovery behind Eva-Maria Zurhorst's international bestselling book – a book that has transformed thousands of relationships. Eva-Maria writes from her own personal experience of being involved in a 'dreadful marriage' where she realised that she had a choice of either leaving her husband and starting a new relationship or trying to turn her marriage around. This extraordinary book shows that a deep relationship is possible even when all hope seems to be lost. What ever the problem is, the solution lies in finding love for yourself. Eva-

Maria's powerful techniques and ideas will change the way you look at your relationships and yourself forever.

Situation Is Hopeless But Not Serious - Paul Watzlawick 1993-07-06

This is a tongue-in-cheek look at the ways in which we turn ourselves into our own worst enemies. Using metaphors, vignettes, jokes, innuendoes and other "right-hemispheric" language games, Dr. Watzlawick shows how we can make everyday life miserable and inflate trivialities beyond recognition. Those who believe that the search for happiness eventually leads to

happiness should consult the chapter "Beware of Arriving."--Publisher description.

Anleitung zum Unglücklichsein - Paul Watzlawick
2020

Sprache in der Slavia und auf dem Balkan -
Norbert Reiter 1993

Anleitung zum unglücklich sein - 1990

Historical Dialogue Analysis - Andreas H. Jucker
1999-07-15

Historical dialogue analysis is a new branch of

historical pragmatics. The papers of this interdisciplinary volume contribute to charting the developing field by presenting a survey of recent research from the different traditions of English, German and Romance language studies. Both the introductory paper by the editors and the individual papers deal with fundamental theoretical questions, e.g. the question of types of historical developments in dialogue forms, and methodological problems, e.g. the finding and interpretation of relevant data. The fifteen case studies presented in this volume provide a wide range of new data. The range of topics includes

the pragmatic form of 16th century religious controversies in Germany, forms of polite answers in Early Modern German conversation culture, forms of dialogue in Early Modern English medical writing, learning English through dialogues in the 16th century, structures of bargaining dialogues in Late Medieval French, and reflections of spontaneous dialogue in Early Romance texts.

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Konstruktivismus - dafür verantwortlich sind, wie es mit unserem Wohlbefinden steht. Erving Goffman, ein berühmter Soziologe des 20. Jahrhunderts, schildert unter anderem in seinen Untersuchungen, wie Menschen ihren Alltag gestalten und bezieht in diese Überlegungen ebenfalls die Geisteskrankheit mit ein. Deutlich wird auch bei ihm, dass es die objektive Sphäre innerhalb der Interaktion und innerhalb der Gesellschaft nicht gibt, sondern dass diese durch ein Miteinander von Individuen geschaffen wird. Anhand dieser kurzen Darstellung wird ersichtlich, dass es sehr starke Verbindungen zwischen den

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