

EPISODE 15

# Reframing Body Image: Aligning Weight with Your Values

THE TWO-MINUTE WELLNESS PODCAST

# Reframing The Body

**Molly Bradley Schiffer**



## Reframing The Body:

**Reframing Bodies** Roger Hallas, 2009-12-02 Examines how queer filmmakers and viedographers bore witness to the historical trauma of the AIDS epidemic in the late 1980s and 1990s      Reframing Sex Stevie N. Berberick, 2020-11-02 This book is an exploration of both mainstream and independent media Grounded in qualitative methods this book explores three trans masculine run YouTube channels alongside the streaming productions The Chilling Adventures of Sabrina Orange is the New Black and Transparent Analyzing and contrasting these narratives illuminates how even the most progressive of pop culture productions fail to present multi dimensional transgender narratives thereby intensifying stigma and shame for those outside of the binary male or female man or woman gay or straight In contrast trans masculine produced YouTube vlogs such as those discussed in this book can help audience members unlearn the ways in which the continuum of sex gender and sexual orientation has been simplified and obscured through corporate media These vlogs thus exemplify the various ways in which independent media acts as an educational tool toward greater awareness and perhaps empathy of for the self and others in regards to sexual identity      *Reframing the Body* N. Watson, S. Cunningham-Burley, 2001-08-08 There has been a notable upsurge of interest in the body both in terms of empirical and theoretical study and debate Contributions to this book move these debates forward by considering a range of bodies as active in their own construction in social and economic processes Authors consider the body as a site of agency resistance and compromise and reflect upon the reluctance of sociology to engage with the body and notions of embodiment      The Insightful Body Julie McKay, 2010-01-01 SomaCentric Dialoguing offers therapists effective techniques for improving communication with clients and for helping clients articulate the messages of their body In this accessible introduction to the approach Julie McKay outlines the core techniques describing how they can be applied to make therapeutic sessions more effective      *The Body-Based Obsessions Workbook* Molly Bradley Schiffer, 2025-08-01 Many people with anxiety or obsessive compulsive disorder OCD also struggle with body based obsessions constant fears and worries about their physical or mental health Over time these obsessions can become debilitating and dramatically impair one s quality of life Drawing on a combination of cognitive behavioral therapy CBT exposure and response prevention ERP mindfulness and compassion focused therapy this workbook offers skills to help readers manage intrusive thoughts and body based obsessions and take back their life      **The Body Fat Solution** Tom Venuto, 2009-01-08 The national bestseller with the ultimate program to lose body fat and build muscle and keep the weight off for good By now we all know that we gain fat when we take in more calories than we burn But we re not always rational creatures when it comes to food and exercise Tom Venuto provides a sound plan that will help us put the brakes on overeating by pinpointing the mental roadblocks and emotional eating patterns that are preventing us from losing weight for good Guiding readers to dig deeper The Body Fat Solution explores Why it is so difficult to balance calorie output with input What prevents people from eating appropriately and exercising more The emotional and psychological factors that sabotage

success The Body Fat Solution shows how to personalize an eating plan that takes into account your unique metabolism and calorie needs while offering delicious new menus Tapping into his years of training expertise and personal experience Venuto helps readers change their relationship with food empowers them to take charge of their lives and delivers a program that promises dramatic and permanent results *Mind-Body Connection for Pain Management* Anna McConville DPT, PT, PNE, 2020-12-08 Tap in to the power of the mind body connection to manage pain The mind body connection is a holistic approach to healing that addresses how your thoughts feelings and attitude can positively impact your body Mind Body Connection for Pain Management shows you how to integrate this approach into your life with step by step exercises that help you use the power of your mind to relieve all types of pain Change how you perceive your well being with a wide range of strategies that let you feel breathe and move in new ways Mind Body Connection for Pain Management features Psychology based solutions Explore techniques rooted in Cognitive Behavioral Therapy mindfulness meditation breathwork and yoga that have a proven track record for helping manage chronic pain Practical and doable Learn how to make awareness of your mind body connection a consistent habit so you can engage it anytime and anywhere Anchored in science These exercises include simple scientific explanations of how they tap into your body's limbic and nervous systems to help you find pain relief Discover practical everyday strategies for relieving pain by mastering the mind body connection *The Mind-Body Cure* Bal Pawa, 2020-09-15 An accessible concise systematic and comprehensive primer on wellness and healing Dr Gabor Mat MD author of When the Body Says No The Cost of Hidden Stress Do you regularly experience chronic pain anxiety fatigue gut issues or other symptoms of chronic stress The Mind Body Cure will teach you how to manage your stress hormones and eliminate chronic stress in 7 simple steps In The Mind Body Cure Bal Pawa MD shares her own story of chronic pain following a tragic car accident Only when she recognized how stress hormones were disrupting every system in her body from digestion to immunity to sleep was she able to reclaim her health Having healed herself and many patients since Dr Pawa now shares the secrets to long lasting health and wellness in The Mind Body Cure Most people today are familiar with chronic stress whether it's family or work pressures the anxiety we experience each day never seems to end It may even feel like we're always in fight or flight mode As Dr Pawa explains the continuous and excessive release of stress hormones in our bodies are behind 75 percent of visits to a doctor's office What if we could manage our stress and its harmful side effects with easy and affordable tools The Mind Body Cure teaches you to do just that Dr Pawa's original REFRAME Toolkit offers 7 simple ways to reduce chronic stress including making specific changes to your diet sleep exercise habits and more tools including meditation and mindfulness techniques Interweaving evidence based science with practical advice to calm your mind The Mind Body Cure helps you move from primitive fight or flight mode to send healing hormones into your body instead Praise for The Mind Body Cure What a wonderful combination of medical smarts with heartfelt practical wisdom Comprehensive full of examples and always so useful The Mind Body Cure is an excellent book Rick Hanson

Ph D New York Times bestselling author of Buddha's Brain NeuroDharma Just One Thing Dr Pawa moves mind body medicine from the margins to the mainstream Written with compassion dedication and rigorous science this book is the definitive guide to holistic health both for those who know the mind's power to help heal the body and for those who have yet to discover it Shimi Kang MD psychiatrist and bestselling author of The Dolphin Parent and The Tech Solution Dr Bal Pawa is a compassionate physician who successfully integrates recommendations for the mind and body She helps us realize that our thoughts can be our reality especially when it comes to our health And she explains how hormones affect our sleep immune system and emotions and how we can support them for optimal health Lorna R Vanderhaeghe author of A Smart Woman's Guide to Hormones

**This Is Body Grief** Jayne Mattingly, 2025-03-18 We all need an opportunity to sit gently and thoughtfully with our grief Consider this book your invitation Rachel Cargle author of A Renaissance of Her Own A guide to living and making peace with your ever changing body Have you ever felt like your body has failed you Maybe you're not as quick or as strong as you used to be or an illness has wrecked your sense of self or no matter what diet you follow you still feel uncomfortable in your own skin So you go to war with your body for what it can no longer do when the truth is our bodies are always on our side In This Is Body Grief disability advocate and recovery expert Jayne Mattingly lays out a groundbreaking approach to mourning and accepting one's ever changing body Like all grief she says Body Grief cannot be overcome but felt in all its complexity Dismantling the narrative that your body is against you she presents new ways to cope with your body's fluctuating abilities with self compassion and grace Along the way she walks you through the seven stages of Body Grief from dismissal shock and self blame to hopelessness and hope and eventual body trust offering wisdom for how to make space for each difficult emotion as it arises Sharing stories from everyday people in the throes of Body Grief as well as her own journey as a newly disabled woman from the first of many harrowing hospital visits that resulted in her own life altering diagnosis to having to use a rollator on her wedding day because she could no longer walk safely on her own to accepting the need for a hysterectomy in her early 30s Mattingly shows that although healing isn't a linear journey it begins when we trust and work in tandem with our bodies

The Mind Body Connection: How To Harness Mental Health For Wellbeing Margaret Light, 2025-03-13 The Mind Body Connection How to Harness Mental Health for Wellbeing explores the profound link between mental and physical health offering practical insights into how nurturing both aspects can lead to overall well being This guide delves into scientific research highlighting how mental states influence physical health and vice versa It provides actionable strategies for reducing stress cultivating positivity practicing mindfulness and maintaining emotional resilience With a focus on integrating mental health practices into daily life this book empowers readers to create a balanced holistic approach to health unlocking the full potential of their mind body connection for lasting well being

Body Image Thomas F. Cash, Linda Smolak, 2012-10-09 The standard reference for practitioners researchers and students this acclaimed work brings together internationally recognized experts from diverse mental health medical and allied health

care disciplines Contributors review established and emerging theories and findings probe questions of culture gender health and disorder and present evidence based assessment treatment and prevention approaches for the full range of body image concerns Capturing the richness and complexity of the field in a readily accessible format each of the 53 concise chapters concludes with an informative annotated bibliography New to This Edition Addresses the most urgent current questions in the field Reflects significant advances in key areas assessment body image in boys and men obesity illness related body image issues and cross cultural research Conceptual Foundations section now incorporates evolutionary genetic and positive psychology perspectives Increased coverage of prevention Movement for Every Body Marcia Dernie, DPT,2024-08-13

With humor empathy and expertise a Black femme disabled and neurodivergent physical therapist retraces their journey through a weaponized fitness culture sharing an alternative path to honor all bodies and needs An inclusive full color guide to improving mobility building strength and increasing flexibility for every body and any size shape and ability Here s an idea exercise should be enjoyable not punishing elitist or overly competitive Nor should gym work cause us harm or bring us shame Part exercise manual and part workbook Movement for Every Body celebrates this approach and champions an inclusive movement practice for anyone who doesn t fit the typical fitness mold and doesn t wish to who refuses burdensome narratives that tell them they re broken and need to be fixed cured or mended to be whole With journaling and reflective prompts and activities helpful tips covering accommodations mobility aids and self advocacy strategies and highly adaptable exercise demonstrations reflecting a broad range of body types physical abilities and mobility aids Movement for Every Body provides the instruction and validation needed to redefine our approaches goals and pleasures around exercise and ability

**Exceptional Experience and Health** Christine Simmonds-Moore,2014-01-10 The study of the effect of exceptional experiences and beliefs on health including anomalous placebo or hypnotic healing and mystical religious transpersonal and creative experiences is attracting increasing academic and public interest This collection of essays explores the nature of mind its impact on the body and the relationship between exceptional experiences and physical health mental health and the potential for other types of perception Examining the influence of spiritual practices mental imagery and alternative healing methods such as Reiki and Johrei the essays encourage the expansion of mental health practice to include the full range of exceptional experiences By normalizing experiences that are often pathologized this book recognizes that exceptional human experiences can and do have value for physical and mental health *Psychobiology Of Mind Body Healing Revised Edition* Ernest Lawrence Rossi,1993-11-02 Rossi examines new evidence from psychoneuroimmunology neuroendocrinology molecular genetics and neurobiology and shows how we can utilize these natural processes to facilitate our emotional and physical well being More than a dozen new approaches to Many of the hypotheses that Rossi proposed when this book was published in 1986 have now been confirmed The mind body connection is a process that can be seen measured and accessed through hypnosis In establishing that it is possible to use the mind to heal body illness he now brings together new evidence

from psychoneuroimmunology neuroendocrinology molecular genetics and neurobiology More than a dozen new approaches to mind body healing are outlined in a series of teaching tutorials [The Mind-Body Politic](#) Michelle Maiese, Robert Hanna, 2019-06-28 Building on contemporary research in embodied cognition enactivism and the extended mind this book explores how social institutions in contemporary neoliberal nation states systematically affect our thoughts feelings and agency Human beings are necessarily social animals who create and belong to social institutions But social institutions take on a life of their own and literally shape the minds of all those who belong to them for better or worse usually without their being self consciously aware of it Indeed in contemporary neoliberal societies it is generally for the worse In [The Mind Body Politic](#) Michelle Maiese and Robert Hanna work out a new critique of contemporary social institutions by deploying the special standpoint of the philosophy of mind in particular the special standpoint of the philosophy of what they call essentially embodied minds and make a set of concrete positive proposals for radically changing both these social institutions and also our essentially embodied lives for the better

**The Body Politics of Glocal Social Work** Mona B. Livholts, 2022-12-30 This book shapes a situated body politics to re think re write and de colonise social work as a post anthropocentric discipline headed towards glocalisation where human and non human embodiments and agencies are entangled in glocal environmental worlds It critically and creatively examines how social work can be theorised practised and written in renewed ways through dialogical and transdisciplinary practices This book is composed of eight essayistic spaces envisioning social work through embodied glocal and earthly entanglements By drawing on research based knowledge autobiographical notes stories poetry photographs and an art exhibition in social work education these essays provide readers with analysis and strategies that are useful for research education and practice as well as life long learning The book constitutes key literature for researchers educators practitioners and activists in social work sociology architecture art and creative writing feminist and postcolonial studies human geography and post anthropocentric philosophy It offers the readers sustainable ways to re think and re write social work towards a glocal and post anthropocentric more than human worldview

**Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis** Ernest L. Rossi, David B. Cheek, 1994-11-17 A remarkable collaboration between psychologist Rossi and gynecologist obstetrician Cheek this book guides and empowers therapists and patients to find the keys to their own health and well being through therapeutic hypnosis Hundreds of engaging case reports from Cheek's forty years of clinical work bring the theory of mind body therapy to life while Rossi's chapters link Cheek's often intuitive work to the latest research in psychobiology

[Mind Body Diabetes Type 1 and Type 2](#) Emma Mardlin, 2016-05-10 Positively refreshing this practical resource book offers unique information and support to emotionally and physically break free from diabetes now Written with extensive experience of type 1 diabetes and top professional expertise in mind body medicine this book provides a very new and exciting way of thinking about this condition creating profound and positive change on so many levels It also outlines ground breaking practical resources that can help to improve the condition and even stop it if we

choose to take it that far This is applicable to all types of diabetes and to all circumstances This book provides the tools to develop a completely different and inspiring mind set to change and conquer the common perception and often daunting baggage of diabetes that can prove challenging for anyone to get to grips with It demonstrates how we do not just have to manage this condition and the vast array of emotions that go with it it shows you how to fully release them and live a life without limits From dramatically improving diabetes and successfully taking control to completely reversing it it is all out there with the knowledge to explain why the information to cover what diabetes is and what we mean by it to the very practical resources explaining how to do this whilst making life easier in the process the encouragement to inspire positive change and the reassurance of what to do if things do not always go according to plan Mind Body Diabetes Type 1 and Type 2 is written in an easy to follow step by step format and supportive manner with down to earth personal experiences and research along the way including managing the worst of this condition through to taking it in hand and experiencing extraordinary results and progress The writing integrates humor character and dialogue throughout as it engages with the reader as well as containing facts information and practical resources

**Minding the Body, Mending the Mind (Large Print 16pt)** Joan Borysenko, 2010-06 Based on Dr Borysenko's groundbreaking work nearly twenty years ago at the Mind Body Clinic in Boston Minding the Body Mending the Mind continues to be a classic in the field with time tested tips on how to take control of your own physical and emotional wellbeing The clinic's dramatic success with thousands of patients with conditions ranging from allergies to cancer offers vivid proof of the effectiveness of the mind body approach to health and its power to transform your life Here are tips on how to elicit the mind's powerful relaxation response to boost your immune system cope with chronic pain and alleviate symptoms of a host of stress related illnesses Updated with the recent developments in the field the new edition is a must have for anyone interested in taking an active role in healing himself or herself

*Persuasive Technology* Shlomo Berkovsky, Jill Freyne, 2013-03-15 This book constitutes the refereed proceedings of the 8th International Conference on Persuasive Technology PERSUASIVE 2013 held in Sydney NSW Australia in April 2013 The 16 revised full papers and 12 revised short papers presented were carefully reviewed and selected from 47 submissions The papers address not only typical persuasive domains like health and environment but also cover emerging research topics such as data safety and evaluation of persuasive technologies



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web solve each equation if the equation is an identity write identity if it has no solution write no solution  $3x^2 - 2x + 6 = x^2 + 3x + 2$   $x^2 + 6x + 9 = (x + 3)^2$   $x^2 - 1 = (x + 1)(x - 1)$   $x^2 + 5x + 6 = (x + 2)(x + 3)$   $x^2 - 4 = (x + 2)(x - 2)$   $x^2 + 7x + 12 = (x + 3)(x + 4)$   $x^2 - 9 = (x + 3)(x - 3)$   $x^2 + 8x + 15 = (x + 3)(x + 5)$   $x^2 - 16 = (x + 4)(x - 4)$   $x^2 + 9x + 14 = (x + 2)(x + 7)$   $x^2 - 25 = (x + 5)(x - 5)$   $x^2 + 10x + 16 = (x + 2)(x + 8)$   $x^2 - 36 = (x + 6)(x - 6)$   $x^2 + 11x + 18 = (x + 3)(x + 6)$   $x^2 - 49 = (x + 7)(x - 7)$   $x^2 + 12x + 20 = (x + 4)(x + 5)$   $x^2 - 64 = (x + 8)(x - 8)$   $x^2 + 13x + 24 = (x + 3)(x + 4)$   $x^2 - 81 = (x + 9)(x - 9)$   $x^2 + 14x + 24 = (x + 4)(x + 6)$   $x^2 - 100 = (x + 10)(x - 10)$   $x^2 + 15x + 24 = (x + 3)(x + 8)$   $x^2 - 121 = (x + 11)(x - 11)$   $x^2 + 16x + 25 = (x + 5)(x + 3)$   $x^2 - 144 = (x + 12)(x - 12)$   $x^2 + 17x + 24 = (x + 3)(x + 4)$   $x^2 - 169 = (x + 13)(x - 13)$   $x^2 + 18x + 25 = (x + 5)(x + 3)$   $x^2 - 196 = (x + 14)(x - 14)$   $x^2 + 19x + 24 = (x + 3)(x + 4)$   $x^2 - 225 = (x + 15)(x - 15)$   $x^2 + 20x + 25 = (x + 5)(x + 3)$   $x^2 - 256 = (x + 16)(x - 16)$   $x^2 + 21x + 24 = (x + 3)(x + 4)$   $x^2 - 289 = (x + 17)(x - 17)$   $x^2 + 22x + 25 = (x + 5)(x + 3)$   $x^2 - 324 = (x + 18)(x - 18)$   $x^2 + 23x + 24 = (x + 3)(x + 4)$   $x^2 - 361 = (x + 19)(x - 19)$   $x^2 + 24x + 25 = (x + 5)(x + 3)$   $x^2 - 400 = (x + 20)(x - 20)$   $x^2 + 25x + 24 = (x + 3)(x + 4)$   $x^2 - 441 = (x + 21)(x - 21)$   $x^2 + 26x + 25 = (x + 5)(x + 3)$   $x^2 - 484 = (x + 22)(x - 22)$   $x^2 + 27x + 24 = (x + 3)(x + 4)$   $x^2 - 529 = (x + 23)(x - 23)$   $x^2 + 28x + 25 = (x + 5)(x + 3)$   $x^2 - 576 = (x + 24)(x - 24)$   $x^2 + 29x + 24 = (x + 3)(x + 4)$   $x^2 - 625 = (x + 25)(x - 25)$   $x^2 + 30x + 25 = (x + 5)(x + 3)$   $x^2 - 676 = (x + 26)(x - 26)$   $x^2 + 31x + 24 = (x + 3)(x + 4)$   $x^2 - 729 = (x + 27)(x - 27)$   $x^2 + 32x + 25 = (x + 5)(x + 3)$   $x^2 - 784 = (x + 28)(x - 28)$   $x^2 + 33x + 24 = (x + 3)(x + 4)$   $x^2 - 841 = (x + 29)(x - 29)$   $x^2 + 34x + 25 = (x + 5)(x + 3)$   $x^2 - 900 = (x + 30)(x - 30)$   $x^2 + 35x + 24 = (x + 3)(x + 4)$   $x^2 - 961 = (x + 31)(x - 31)$   $x^2 + 36x + 25 = (x + 5)(x + 3)$   $x^2 - 1024 = (x + 32)(x - 32)$   $x^2 + 37x + 24 = (x + 3)(x + 4)$   $x^2 - 1089 = (x + 33)(x - 33)$   $x^2 + 38x + 25 = (x + 5)(x + 3)$   $x^2 - 1156 = (x + 34)(x - 34)$   $x^2 + 39x + 24 = (x + 3)(x + 4)$   $x^2 - 1225 = (x + 35)(x - 35)$   $x^2 + 40x + 25 = (x + 5)(x + 3)$   $x^2 - 1296 = (x + 36)(x - 36)$   $x^2 + 41x + 24 = (x + 3)(x + 4)$   $x^2 - 1369 = (x + 37)(x - 37)$   $x^2 + 42x + 25 = (x + 5)(x + 3)$   $x^2 - 1444 = (x + 38)(x - 38)$   $x^2 + 43x + 24 = (x + 3)(x + 4)$   $x^2 - 1521 = (x + 39)(x - 39)$   $x^2 + 44x + 25 = (x + 5)(x + 3)$   $x^2 - 1600 = (x + 40)(x - 40)$   $x^2 + 45x + 24 = (x + 3)(x + 4)$   $x^2 - 1681 = (x + 41)(x - 41)$   $x^2 + 46x + 25 = (x + 5)(x + 3)$   $x^2 - 1764 = (x + 42)(x - 42)$   $x^2 + 47x + 24 = (x + 3)(x + 4)$   $x^2 - 1849 = (x + 43)(x - 43)$   $x^2 + 48x + 25 = (x + 5)(x + 3)$   $x^2 - 1936 = (x + 44)(x - 44)$   $x^2 + 49x + 24 = (x + 3)(x + 4)$   $x^2 - 2025 = (x + 45)(x - 45)$   $x^2 + 50x + 25 = (x + 5)(x + 3)$   $x^2 - 2116 = (x + 46)(x - 46)$   $x^2 + 51x + 24 = (x + 3)(x + 4)$   $x^2 - 2209 = (x + 47)(x - 47)$   $x^2 + 52x + 25 = (x + 5)(x + 3)$   $x^2 - 2304 = (x + 48)(x - 48)$   $x^2 + 53x + 24 = (x + 3)(x + 4)$   $x^2 - 2401 = (x + 49)(x - 49)$   $x^2 + 54x + 25 = (x + 5)(x + 3)$   $x^2 - 2500 = (x + 50)(x - 50)$   $x^2 + 55x + 24 = (x + 3)(x + 4)$   $x^2 - 2601 = (x + 51)(x - 51)$   $x^2 + 56x + 25 = (x + 5)(x + 3)$   $x^2 - 2704 = (x + 52)(x - 52)$   $x^2 + 57x + 24 = (x + 3)(x + 4)$   $x^2 - 2809 = (x + 53)(x - 53)$   $x^2 + 58x + 25 = (x + 5)(x + 3)$   $x^2 - 2916 = (x + 54)(x - 54)$   $x^2 + 59x + 24 = (x + 3)(x + 4)$   $x^2 - 3025 = (x + 55)(x - 55)$   $x^2 + 60x + 25 = (x + 5)(x + 3)$   $x^2 - 3136 = (x + 56)(x - 56)$   $x^2 + 61x + 24 = (x + 3)(x + 4)$   $x^2 - 3249 = (x + 57)(x - 57)$   $x^2 + 62x + 25 = (x + 5)(x + 3)$   $x^2 - 3364 = (x + 58)(x - 58)$   $x^2 + 63x + 24 = (x + 3)(x + 4)$   $x^2 - 3481 = (x + 59)(x - 59)$   $x^2 + 64x + 25 = (x + 5)(x + 3)$   $x^2 - 3600 = (x + 60)(x - 60)$   $x^2 + 65x + 24 = (x + 3)(x + 4)$   $x^2 - 3721 = (x + 61)(x - 61)$   $x^2 + 66x + 25 = (x + 5)(x + 3)$   $x^2 - 3844 = (x + 62)(x - 62)$   $x^2 + 67x + 24 = (x + 3)(x + 4)$   $x^2 - 3969 = (x + 63)(x - 63)$   $x^2 + 68x + 25 = (x + 5)(x + 3)$   $x^2 - 4096 = (x + 64)(x - 64)$   $x^2 + 69x + 24 = (x + 3)(x + 4)$   $x^2 - 4225 = (x + 65)(x - 65)$   $x^2 + 70x + 25 = (x + 5)(x + 3)$   $x^2 - 4356 = (x + 66)(x - 66)$   $x^2 + 71x + 24 = (x + 3)(x + 4)$   $x^2 - 4489 = (x + 67)(x - 67)$   $x^2 + 72x + 25 = (x + 5)(x + 3)$   $x^2 - 4624 = (x + 68)(x - 68)$   $x^2 + 73x + 24 = (x + 3)(x + 4)$   $x^2 - 4761 = (x + 69)(x - 69)$   $x^2 + 74x + 25 = (x + 5)(x + 3)$   $x^2 - 4900 = (x + 70)(x - 70)$   $x^2 + 75x + 24 = (x + 3)(x + 4)$   $x^2 - 5041 = (x + 71)(x - 71)$   $x^2 + 76x + 25 = (x + 5)(x + 3)$   $x^2 - 5184 = (x + 72)(x - 72)$   $x^2 + 77x + 24 = (x + 3)(x + 4)$   $x^2 - 5329 = (x + 73)(x - 73)$   $x^2 + 78x + 25 = (x + 5)(x + 3)$   $x^2 - 5476 = (x + 74)(x - 74)$   $x^2 + 79x + 24 = (x + 3)(x + 4)$   $x^2 - 5625 = (x + 75)(x - 75)$   $x^2 + 80x + 25 = (x + 5)(x + 3)$   $x^2 - 5776 = (x + 76)(x - 76)$   $x^2 + 81x + 24 = (x + 3)(x + 4)$   $x^2 - 5929 = (x + 77)(x - 77)$   $x^2 + 82x + 25 = (x + 5)(x + 3)$   $x^2 - 6084 = (x + 78)(x - 78)$   $x^2 + 83x + 24 = (x + 3)(x + 4)$   $x^2 - 6241 = (x + 79)(x - 79)$   $x^2 + 84x + 25 = (x + 5)(x + 3)$   $x^2 - 6400 = (x + 80)(x - 80)$   $x^2 + 85x + 24 = (x + 3)(x + 4)$   $x^2 - 6561 = (x + 81)(x - 81)$   $x^2 + 86x + 25 = (x + 5)(x + 3)$   $x^2 - 6724 = (x + 82)(x - 82)$   $x^2 + 87x + 24 = (x + 3)(x + 4)$   $x^2 - 6889 = (x + 83)(x - 83)$   $x^2 + 88x + 25 = (x + 5)(x + 3)$   $x^2 - 7056 = (x + 84)(x - 84)$   $x^2 + 89x + 24 = (x + 3)(x + 4)$   $x^2 - 7225 = (x + 85)(x - 85)$   $x^2 + 90x + 25 = (x + 5)(x + 3)$   $x^2 - 7396 = (x + 86)(x - 86)$   $x^2 + 91x + 24 = (x + 3)(x + 4)$   $x^2 - 7569 = (x + 87)(x - 87)$   $x^2 + 92x + 25 = (x + 5)(x + 3)$   $x^2 - 7744 = (x + 88)(x - 88)$   $x^2 + 93x + 24 = (x + 3)(x + 4)$   $x^2 - 7921 = (x + 89)(x - 89)$   $x^2 + 94x + 25 = (x + 5)(x + 3)$   $x^2 - 8100 = (x + 90)(x - 90)$   $x^2 + 95x + 24 = (x + 3)(x + 4)$   $x^2 - 8281 = (x + 91)(x - 91)$   $x^2 + 96x + 25 = (x + 5)(x + 3)$   $x^2 - 8464 = (x + 92)(x - 92)$   $x^2 + 97x + 24 = (x + 3)(x + 4)$   $x^2 - 8649 = (x + 93)(x - 93)$   $x^2 + 98x + 25 = (x + 5)(x + 3)$   $x^2 - 8836 = (x + 94)(x - 94)$   $x^2 + 99x + 24 = (x + 3)(x + 4)$   $x^2 - 9025 = (x + 95)(x - 95)$   $x^2 + 100x + 25 = (x + 5)(x + 3)$   $x^2 - 9216 = (x + 96)(x - 96)$   $x^2 + 101x + 24 = (x + 3)(x + 4)$   $x^2 - 9409 = (x + 97)(x - 97)$   $x^2 + 102x + 25 = (x + 5)(x + 3)$   $x^2 - 9604 = (x + 98)(x - 98)$   $x^2 + 103x + 24 = (x + 3)(x + 4)$   $x^2 - 9801 = (x + 99)(x - 99)$   $x^2 + 104x + 25 = (x + 5)(x + 3)$   $x^2 - 10000 = (x + 100)(x - 100)$   $x^2 + 105x + 24 = (x + 3)(x + 4)$   $x^2 - 10201 = (x + 101)(x - 101)$   $x^2 + 106x + 25 = (x + 5)(x + 3)$   $x^2 - 10404 = (x + 102)(x - 102)$   $x^2 + 107x + 24 = (x + 3)(x + 4)$   $x^2 - 10609 = (x + 103)(x - 103)$   $x^2 + 108x + 25 = (x + 5)(x + 3)$   $x^2 - 10816 = (x + 104)(x - 104)$   $x^2 + 109x + 24 = (x + 3)(x + 4)$   $x^2 - 11025 = (x + 105)(x - 105)$   $x^2 + 110x + 25 = (x + 5)(x + 3)$   $x^2 - 11236 = (x + 106)(x - 106)$   $x^2 + 111x + 24 = (x + 3)(x + 4)$   $x^2 - 11449 = (x + 107)(x - 107)$   $x^2 + 112x + 25 = (x + 5)(x + 3)$   $x^2 - 11664 = (x + 108)(x - 108)$   $x^2 + 113x + 24 = (x + 3)(x + 4)$   $x^2 - 11881 = (x + 109)(x - 109)$   $x^2 + 114x + 25 = (x + 5)(x + 3)$   $x^2 - 12100 = (x + 110)(x - 110)$   $x^2 + 115x + 24 = (x + 3)(x + 4)$   $x^2 - 12321 = (x + 111)(x - 111)$   $x^2 + 116x + 25 = (x + 5)(x + 3)$   $x^2 - 12544 = (x + 112)(x - 112)$   $x^2 + 117x + 24 = (x + 3)(x + 4)$   $x^2 - 12769 = (x + 113)(x - 113)$   $x^2 + 118x + 25 = (x + 5)(x + 3)$   $x^2 - 12996 = (x + 114)(x - 114)$   $x^2 + 119x + 24 = (x + 3)(x + 4)$   $x^2 - 13225 = (x + 115)(x - 115)$   $x^2 + 120x + 25 = (x + 5)(x + 3)$   $x^2 - 13456 = (x + 116)(x - 116)$   $x^2 + 121x + 24 = (x + 3)(x + 4)$   $x^2 - 13689 = (x + 117)(x - 117)$   $x^2 + 122x + 25 = (x + 5)(x + 3)$   $x^2 - 13924 = (x + 118)(x - 118)$   $x^2 + 123x + 24 = (x + 3)(x + 4)$   $x^2 - 14161 = (x + 119)(x - 119)$   $x^2 + 124x + 25 = (x + 5)(x + 3)$   $x^2 - 14400 = (x + 120)(x - 120)$   $x^2 + 125x + 24 = (x + 3)(x + 4)$   $x^2 - 14641 = (x + 121)(x - 121)$   $x^2 + 126x + 25 = (x + 5)(x + 3)$   $x^2 - 14884 = (x + 122)(x - 122)$   $x^2 + 127x + 24 = (x + 3)(x + 4)$   $x^2 - 15129 = (x + 123)(x - 123)$   $x^2 + 128x + 25 = (x + 5)(x + 3)$   $x^2 - 15376 = (x + 124)(x - 124)$   $x^2 + 129x + 24 = (x + 3)(x + 4)$   $x^2 - 15625 = (x + 125)(x - 125)$   $x^2 + 130x + 25 = (x + 5)(x + 3)$   $x^2 - 15876 = (x + 126)(x - 126)$   $x^2 + 131x + 24 = (x + 3)(x + 4)$   $x^2 - 16129 = (x + 127)(x - 127)$   $x^2 + 132x + 25 = (x + 5)(x + 3)$   $x^2 - 16384 = (x + 128)(x - 128)$   $x^2 + 133x + 24 = (x + 3)(x + 4)$   $x^2 - 16641 = (x + 129)(x - 129)$   $x^2 + 134x + 25 = (x + 5)(x + 3)$   $x^2 - 16900 = (x + 130)(x - 130)$   $x^2 + 135x + 24 = (x + 3)(x + 4)$   $x^2 - 17161 = (x + 131)(x - 131)$   $x^2 + 136x + 25 = (x + 5)(x + 3)$   $x^2 - 17424 = (x + 132)(x - 132)$   $x^2 + 137x + 24 = (x + 3)(x + 4)$   $x^2 - 17689 = (x + 133)(x - 133)$   $x^2 + 138x + 25 = (x + 5)(x + 3)$   $x^2 - 17956 = (x + 134)(x - 134)$   $x^2 + 139x + 24 = (x + 3)(x + 4)$   $x^2 - 18225 = (x + 135)(x - 135)$   $x^2 + 140x + 25 = (x + 5)(x + 3)$   $x^2 - 18496 = (x + 136)(x - 136)$   $x^2 + 141x + 24 = (x + 3)(x + 4)$   $x^2 - 18769 = (x + 137)(x - 137)$   $x^2 + 142x + 25 = (x + 5)(x + 3)$   $x^2 - 19044 = (x + 138)(x - 138)$   $x^2 + 143x + 24 = (x + 3)(x + 4)$   $x^2 - 19321 = (x + 139)(x - 139)$   $x^2 + 144x + 25 = (x + 5)(x + 3)$   $x^2 - 19600 = (x + 140)(x - 140)$   $x^2 + 145x + 24 = (x + 3)(x + 4)$   $x^2 - 19881 = (x + 141)(x - 141)$   $x^2 + 146x + 25 = (x + 5)(x + 3)$   $x^2 - 20164 = (x + 142)(x - 142)$   $x^2 + 147x + 24 = (x + 3)(x + 4)$   $x^2 - 20449 = (x + 143)(x - 143)$   $x^2 + 148x + 25 = (x + 5)(x + 3)$   $x^2 - 20736 = (x + 144)(x - 144)$   $x^2 + 149x + 24 = (x + 3)(x + 4)$   $x^2 - 21025 = (x + 145)(x - 145)$   $x^2 + 150x + 25 = (x + 5)(x + 3)$   $x^2 - 21316 = (x + 146)(x - 146)$   $x^2 + 151x + 24 = (x + 3)(x + 4)$   $x^2 - 21609 = (x + 147)(x - 147)$   $x^2 + 152x + 25 = (x + 5)(x + 3)$   $x^2 - 21904 = (x + 148)(x - 148)$   $x^2 + 153x + 24 = (x + 3)(x + 4)$   $x^2 - 22201 = (x + 149)(x - 149)$   $x^2 + 154x + 25 = (x + 5)(x + 3)$   $x^2 - 22500 = (x + 150)(x - 150)$   $x^2 + 155x + 24 = (x + 3)(x + 4)$   $x^2 - 22801 = (x + 151)(x - 151)$   $x^2 + 156x + 25 = (x + 5)(x + 3)$   $x^2 - 23104 = (x + 152)(x - 152)$   $x^2 + 157x + 24 = (x + 3)(x + 4)$   $x^2 - 23409 = (x + 153)(x - 153)$   $x^2 + 158x + 25 = (x + 5)(x + 3)$   $x^2 - 23716 = (x + 154)(x - 154)$   $x^2 + 159x + 24 = (x + 3)(x + 4)$   $x^2 - 24025 = (x + 155)(x - 155)$   $x^2 + 160x + 25 = (x + 5)(x + 3)$   $x^2 - 24336 = (x + 156)(x - 156)$   $x^2 + 161x + 24 = (x + 3)(x + 4)$   $x^2 - 24649 = (x + 157)(x - 157)$   $x^2 + 162x + 25 = (x + 5)(x + 3)$   $x^2 - 24964 = (x + 158)(x - 158)$   $x^2 + 163x + 24 = (x + 3)(x + 4)$   $x^2 - 25281 = (x + 159)(x - 159)$   $x^2 + 164x + 25 = (x + 5)(x + 3)$   $x^2 - 25600 = (x + 160)(x - 160)$   $x^2 + 165x + 24 = (x + 3)(x + 4)$   $x^2 - 25921 = (x + 161)(x - 161)$   $x^2 + 166x + 25 = (x + 5)(x + 3)$   $x^2 - 26244 = (x + 162)(x - 162)$   $x^2 + 167x + 24 = (x + 3)(x + 4)$   $x^2 - 26569 = (x + 163)(x - 163)$   $x^2 + 168x + 25 = (x + 5)(x + 3)$   $x^2 - 26896 = (x + 164)(x - 164)$   $x^2 + 169x + 24 = (x + 3)(x + 4)$   $x^2 - 27225 = (x + 165)(x - 165)$   $x^2 + 170x + 25 = (x + 5)(x + 3)$   $x^2 - 27556 = (x + 166)(x - 166)$   $x^2 + 171x + 24 = (x + 3)(x + 4)$   $x^2 - 27889 = (x + 167)(x - 167)$   $x^2 + 172x + 25 = (x + 5)(x + 3)$   $x^2 - 28224 = (x + 168)(x - 168)$   $x^2 + 173x + 24 = (x + 3)(x + 4)$   $x^2 - 28561 = (x + 169)(x - 169)$   $x^2 + 174x + 25 = (x + 5)(x + 3)$   $x^2 - 28900 = (x + 170)(x - 170)$   $x^2 + 175x + 24 = (x + 3)(x + 4)$   $x^2 - 29241 = (x + 171)(x - 171)$   $x^2 + 176x + 25 = (x + 5)(x + 3)$   $x^2 - 29584 = (x + 172)(x - 172)$   $x^2 + 177x + 24 = (x + 3)(x + 4)$   $x^2 - 29929 = (x + 173)(x - 173)$   $x^2 + 178x + 25 = (x + 5)(x + 3)$   $x^2 - 30276 = (x + 174)(x - 174)$   $x^2 + 179x + 24 = (x + 3)(x + 4)$   $x^2 - 30625 = (x + 175)(x - 175)$   $x^2 + 180x + 25 = (x + 5)(x + 3)$   $x^2 - 30976 = (x + 176)(x - 176)$   $x^2 + 181x + 24 = (x + 3)(x + 4)$   $x^2 - 31329 = (x + 177)(x - 177)$   $x^2 + 182x + 25 = (x + 5)(x + 3)$   $x^2 - 31684 = (x + 178)(x - 178)$   $x^2 + 183x + 24 = (x + 3)(x + 4)$   $x^2 - 32041 = (x + 179)(x - 179)$   $x^2 + 184x + 25 = (x + 5)(x + 3)$   $x^2 - 32400 = (x + 180)(x - 180)$   $x^2 + 185x + 24 = (x + 3)(x + 4)$   $x^2 - 32761 = (x + 181)(x - 181)$   $x^2 + 186x + 25 = (x + 5)(x + 3)$   $x^2 - 33124 = (x + 182)(x - 182)$   $x^2 + 187x + 24 = (x + 3)(x + 4)$   $x^2 - 33489 = (x + 183)(x - 183)$   $x^2 + 188x + 25 = (x + 5)(x + 3)$   $x^2 - 33856 = (x + 184)(x - 184)$   $x^2 + 189x + 24 = (x + 3)(x + 4)$   $x^2 - 34225 = (x + 185)(x - 185)$   $x^2 + 190x + 25 = (x + 5)(x + 3)$   $x^2 - 34596 = (x + 186)(x - 186)$   $x^2 + 191x + 24 = (x + 3)(x + 4)$   $x^2 - 34969 = (x + 187)(x - 187)$   $x^2 + 192x + 25 = (x + 5)(x + 3)$   $x^2 - 35344 = (x + 188)(x - 188)$   $x^2 + 193x + 24 = (x + 3)(x + 4)$   $x^2 - 35721 = (x + 189)(x - 189)$   $x^2 + 194x + 25 = (x + 5)(x + 3)$   $x^2 - 36100 = (x + 190)(x - 190)$   $x^2 + 195x + 24 = (x + 3)(x + 4)$   $x^2 - 36481 = (x + 191)(x - 191)$   $x^2 + 196x + 25 = (x + 5)(x + 3)$   $x^2 - 36864 = (x + 192)(x - 192)$   $x^2 + 197x + 24 = (x + 3)(x + 4)$   $x^2 - 37249 = (x + 193)(x - 193)$   $x^2 + 198x + 25 = (x + 5)(x + 3)$   $x^2 - 37636 = (x + 194)(x - 194)$   $x^2 + 199x + 24 = (x + 3)(x + 4)$   $x^2 - 38025 = (x + 195)(x - 195)$   $x^2 + 200x + 25 = (x + 5)(x + 3)$   $x^2 - 38416 = (x + 196)(x - 196)$   $x^2 + 201x + 24 = (x + 3)(x + 4)$   $x^2 - 38809 = (x + 197)(x - 197)$   $x^2 + 202x + 25 = (x + 5)(x + 3)$   $x^2 - 39204 = (x + 198)(x - 198)$   $x^2 + 203x + 24 = (x + 3)(x + 4)$   $x^2 - 39601 = (x + 199)(x - 199)$   $x^2 + 204x + 25 = (x + 5)(x + 3)$   $x^2 - 40000 = (x + 200)(x - 200)$   $x^2 + 205x + 24 = (x + 3)(x + 4)$   $x^2 - 40401 = (x + 201)(x - 201)$   $x^2 + 206x + 25 = (x + 5)(x + 3)$   $x^2 - 40804 = (x + 202)(x - 202)$   $x^2 + 207x + 24 = (x + 3)(x + 4)$   $x^$

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