



WELLBEING ACTIVITIES



FABULOUS ME!
Draw or describe in the shapes below, all the things that make you fabulous!

WHAT DOES HAPPY LOOK LIKE?
Draw or describe what happiness means to you.

TREE OF THANKFULNESS
Write something that you are grateful for on each branch & on the tree. Can you fill the tree?

TREE OF THANKFULNESS
Write something you are grateful for on each leaf. Cut them out and stick them on the tree.

MY WELLBEING
Draw or describe all the things you can do that are good for you.

WELLBEING IDEAS
Below are lots of activities you can do that are good for you. Colour in the ones you like to do. Think of something you don't normally do.

WELLBEING PINGO
Try and complete 1 activity in each week. Colour in the boxes as you complete them.

Make a giant smiley face for someone to make them smile.	Take an art break about your day.	Think about or write your happy place.	Take my medication.	Try some new things.
Go to a place of fun.	Learn how to juggle or learn a new skill.	Go to a library and read a book.	Have a drink of hot water with lemon.	Write a letter to someone.
Ask a friend or family member for help.	Do a helpful job for someone.	Have a list of things you are grateful for.	Go to a park or garden.	Take a walk.
Learn your favourite words.	Learn to write something new and someone.	Have a glass of water.	Go to a shop or supermarket.	Take a bath.
Have a drink of water.	Have a drink of water.	Have a drink of water.	Have a drink of water.	Have a drink of water.

FREEBIE



Nutrition In Health And Well Being Activities Manual

**Nichole Wood-Barcalow, Tracy
Tylka, Casey Judge**



Nutrition In Health And Well Being Activities Manual:

Nutrition in Health And Well Being Activities Manual Ruth A. Reilly, 2004-08-01 **Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, David Heber, 2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions providing a reference guide for many of the issues on health and well being that are affected by nutrition Completely revised the third edition contains 20 new chapters 50 percent new figures A comprehensive resource this book is a reference guide for many of the issues on health and well being that are affected by nutrition Divided into five parts the sections cover food including its composition constituents labeling and analysis nutrition as a science covering basic terminology nutritional biochemistry nutrition and genetics food intake regulation and micronutrients nutrient needs throughout the human life cycle assessment of nutrient intake adequacy and clinical nutrition from assessments to a wide variety of disease and health topics **Personal Nutrition Profile** Barbara J. Mayfield, 2005-10 Designed for nutrition courses that include a personal diet and activity analysis Personal Nutrition Profile Second Edition provides students with the tools they need to examine and change their personal eating and activity habits Used in conjunction with any nutrition text this manual helps students better understand the effects of their diet and activity habits on their overall health Not only does the text prompt students to examine their personal health risks and lifestyle choices but it shows them simple effective ways of changing problem behaviors Updates to the Second Edition include MyPyramid the 2005 Dietary Guidelines and current DRIs **Addiction Recovery Group Workbook** Theo Gaius, 2023-06-04 Addiction Recovery Group Workbook A Comprehensive Collection of Group Activities for Overcoming Addiction Introducing Addiction Recovery Group Workbook A Comprehensive Collection of Group Activities for Overcoming Addiction an essential resource designed to help addiction recovery support groups facilitate personal growth healing and long term success This comprehensive workbook combines transformative strategies engaging exercises and innovative group activities to revolutionize the way individuals and communities approach addiction recovery Personal Growth and Healing The workbook begins by delving into the importance of personal growth and healing within the context of addiction recovery By participating in carefully curated addiction recovery group activities individuals will learn to confront their past traumas identify triggers and develop healthy coping mechanisms to overcome challenges they may face in their journey towards sobriety The activities are designed to facilitate self reflection self awareness and emotional regulation all of which are crucial components of personal growth and healing Support Group Exercises As a comprehensive guide the workbook provides a wide range of support group exercises that cater to different stages of addiction recovery and various types of substance abuse These exercises not only offer practical techniques for managing cravings and maintaining sobriety but also address the underlying psychological and emotional factors that contribute to addiction Readers will discover new ways to build trust share their experiences and foster empathy and understanding within their support groups Transformative

Strategies The workbook's transformative strategies emphasize the power of group dynamics in addiction recovery. By engaging in group activities, individuals can draw strength from others who share similar struggles and experiences, ultimately creating a supportive and nurturing environment conducive to recovery. These transformative strategies include team building exercises, role playing scenarios, and creative problem solving tasks that challenge participants to think critically, develop empathy, and work collaboratively.

Building Resilience Resilience is a key factor in overcoming addiction, and this workbook provides effective group activities designed to cultivate this essential quality. By participating in these activities, individuals will learn to face adversity with courage, adapt to change, and persevere even in the most challenging circumstances. Participants will develop greater self-awareness, emotional intelligence, and personal resilience, all vital components of a successful recovery journey.

Fostering Connections The workbook emphasizes the importance of fostering connections within addiction recovery groups to ensure lasting success. By engaging in group activities that promote open communication, trust, and mutual support, individuals can build strong bonds with their peers and reinforce their commitment to sobriety. These activities also encourage participants to share their successes and setbacks, creating a sense of accountability and motivation that further contributes to lasting success in addiction recovery.

Innovative Group Exercises Lastly, the workbook introduces innovative group exercises designed to strengthen community support networks and create lasting change on a broader scale. By connecting with others in their local communities, individuals can not only access valuable resources and services but also contribute to raising awareness and reducing the stigma surrounding addiction. These exercises include community outreach projects, advocacy initiatives, and peer mentorship programs that empower individuals to take an active role in their recovery journey and inspire others to do the same.

Multicultural Handbook of Food, Nutrition and Dietetics Aruna Thaker, Arlene Barton, 2012-04-23. The Multicultural Handbook of Food Nutrition and Dietetics is the must-have practical resource for dietitians, nutritionists, and students working with both well-settled but also recently migrated ethnic groups. Written by a team of authors drawn from the British Dietetic Association's Specialist Multicultural Nutrition Group, the book provides in-depth information to equip the reader in the provision of nutrition advice to minority groups. Spanning a broad range of cultural groups, the book seeks to consider religious and cultural requirements in relation to traditional diets, research on migration studies, and chronic disease states and nutrition and dietetic treatment in relation to key chronic diseases.

WITCHCRAFT: ACTIONABLE WORKBOOK 9 PLUS 1 Sabrina Cunningham, 2024-05-31. Unlock the ultimate guide to modern witchcraft with WITCHCRAFT ACTIONABLE WORKBOOK 9 PLUS 1, a comprehensive and practical workbook designed to empower you in every aspect of your magical journey. Authored by the renowned Sabrina Cunningham, this essential workbook combines traditional wisdom with cutting-edge techniques, offering step-by-step instructions, actionable exercises, and insightful guidance across ten transformative areas of witchcraft.

Why You Need This Workbook Comprehensive Coverage Dive into the core practices of Wicca, master the energies of the 4 Elements, and harness

the power of Herbal Magic This workbook provides a holistic approach covering all the essential aspects of modern witchcraft Beauty and Self Care Discover magical rituals and herbal recipes to enhance your beauty routine and promote self care Learn how to create potions lotions and charms that nourish your body mind and spirit Love Spells Attract love and deepen romantic connections with powerful love spells and charms This workbook includes easy to follow instructions for casting effective spells to manifest your heart s desires Divination Tools Explore the mystical arts of Tarot Cards and Runes Gain practical insights on reading the cards interpreting runes and using these tools for guidance self discovery and decision making Modern Witchcraft Embrace the future of witchcraft with techniques for using Artificial Intelligence and Social Media to enhance your magical practice Learn how to integrate technology into your rituals connect with a global community of witches and amplify your intentions using digital platforms Actionable Exercises Each chapter is packed with hands on exercises practical activities and reflective prompts to deepen your understanding and application of magical principles This workbook is designed to be interactive engaging and transformative Empower Your Magical Practice WITCHCRAFT ACTIONABLE WORKBOOK 9 PLUS 1 is more than just a workbook it s a dynamic toolkit that empowers you to take action and create real change in your life Whether you re a beginner or an experienced practitioner this workbook will guide you step by step on your path to mastery Transform Your Life with Magic Sabrina Cunningham s expertise and engaging writing style make this workbook an indispensable resource for any witch looking to elevate their practice By blending traditional wisdom with modern techniques you ll unlock new levels of empowerment and possibility in your magical journey Ready to transform your magical practice Click Add to Cart now and let WITCHCRAFT ACTIONABLE WORKBOOK 9 PLUS 1 be your guide to mastering Wicca the 4 Elements Herbal Magic Beauty and Self Care Love Spells Tarot Runes and Modern Day Witchcraft Your journey to empowerment and transformation starts here

100 Eating Disorder Worksheets for Self-Healing and Growth Craig James Langston, 100 Eating Disorder Worksheets for Self Healing and Growth is an empowering compassionate guide designed to support individuals on their journey to recovery With 100 thoughtfully crafted worksheets this workbook offers practical tools insightful exercises and proven therapeutic techniques that promote self understanding resilience and long term healing Structured into key sections that address each phase of recovery this workbook guides readers through self reflective exercises on topics such as identifying eating disorder patterns managing triggers building emotional resilience developing healthy relationships and creating balanced routines Each worksheet is based on methods from cognitive behavioral therapy CBT dialectical behavior therapy DBT and mindfulness practices making the book a valuable companion for individuals working independently or as a supplement to professional therapy Ideal for those looking to break free from disordered eating 100 Eating Disorder Worksheets for Self Healing and Growth provides readers with the tools to create sustainable change The exercises within these pages foster self compassion encourage positive habits and empower individuals to reclaim a balanced fulfilling life This workbook is also an excellent resource for

therapists counselors and mental health professionals seeking to support clients on their path to recovery Inside this book you ll find Worksheets that guide you through self awareness emotional healing and personal growth Practical exercises to support daily routines goal setting and healthy coping strategies Step by step guidance on building a strong support network and setting healthy boundaries Tools for managing stress reducing anxiety and promoting mindful habits Reflection prompts that inspire personal insight and foster self compassion Whether you re beginning your journey or looking to reinforce your progress 100 Eating Disorder Worksheets for Self Healing and Growth offers a supportive structured approach to healing Embrace this workbook as a partner in recovery designed to empower you with the skills and resilience needed to build a life beyond disordered eating Start your path to self healing and resilience today

An Introduction to Concepts of Nutrition: a Participant Workbook Anja Morris-Paxton,2019-02-13 The concepts of nutrition encompass two kinds of knowledge and ability The first one is a knowledge and understanding of the individual nutrients that we need as human beings to work learn socialize and exercise at our best We need to understand what they are what they do and what happens if we do not have these nutrients The second one is the ability to use these nutrients together to understand which foods they come from and what to do with these foods so that we get all the nutrients we need in the amounts that we need them This program looks at nutrition from a holistic point of view that it not only gives facts about the nutrients we need but also looks at what to do with our newfound knowledge and understanding

THE THINKING SKILLS WORKBOOK Mary Languirand,Lynn Tondat Ruggeri,2014-12-01 This new fourth edition is designed for use with adults who have suffered a stroke or other brain injury or who are affected by the aging process While the fundamental format covering such skills areas as visual scanning reading observing information acquisition listening memory and abstract reasoning has remained the same each of the individual training sections has been revised and updated with additional exercises and teacher suggestions for the teacher learner team More training exercises have been added and the authors address how to use some of the new technology now readily available to enhance the rehabilitation process The authors focus on the importance of personal choice responsibility health and wellness in successful recovery The book is designed to be most beneficial when the teacher and learner interact on a one to one basis so that individual needs can be incorporated effectively into the training sessions Additionally the exercises encourage the use of basic learning principles such as immediate feedback and positive reinforcement while gradually increasing the difficulty level of the exercises For each of the training sections specific suggestions are offered to assist the teacher in finding additional exercises and activities that are personally relevant to the learner The Thinking Skills Workbook will be a valuable tool for facilitating the recovery of cognitive skills and is written for easy use by professional rehabilitation staff paraprofessionals and or family members The incorporation of these effective learning strategies along with the many revisions will make the book very useful and provide for a rewarding experience for both teacher and learner

Actionable Workbook YOUR BODY KEEPS THE SCORE Dr. Benjamin Bautista,2024-05-30

Unlock the healing power within you with Actionable Workbook YOUR BODY KEEPS THE SCORE TRANSFORMING TRAUMA A HOLISTIC APPROACH TO REBUILDING MIND AND BODY This indispensable guide offers a comprehensive step by step approach to overcoming trauma and reclaiming your life through practical exercises insightful strategies and holistic healing techniques Trauma can leave lasting scars on both the mind and body affecting every aspect of your life However with the right tools and guidance you can break free from its grip and embark on a journey of profound transformation and healing This workbook is designed to empower you with actionable steps to address trauma at its roots helping you rebuild and restore your sense of self Inside this transformative workbook you ll discover Practical Exercises Engage with hands on activities and exercises that are tailored to help you process and release trauma build resilience and foster healing Holistic Healing Techniques Explore a variety of holistic methods including mindfulness meditation yoga and bodywork to promote overall well being and harmony between mind and body Expert Insights Gain valuable knowledge from leading experts in trauma therapy and holistic health offering you evidence based strategies and compassionate guidance Personal Reflection Delve into reflective prompts and journaling exercises that encourage self awareness and personal growth allowing you to track your progress and celebrate your achievements Mind Body Connection Understand the intricate relationship between your mental and physical health and learn how to harness this connection to facilitate healing Customized Healing Plan Develop a personalized healing plan that addresses your unique needs and goals empowering you to take control of your recovery journey Whether you re dealing with recent trauma or long standing emotional wounds Actionable Workbook YOUR BODY KEEPS THE SCORE TRANSFORMING TRAUMA A HOLISTIC APPROACH TO REBUILDING MIND AND BODY provides you with the essential tools to heal and thrive This comprehensive guide is perfect for individuals seeking self help therapists looking for effective resources or anyone interested in holistic approaches to mental and physical health Take the first step towards healing and transformation Invest in your well being and unlock the potential for a brighter healthier future with this actionable workbook Your journey to a renewed mind and body starts here embrace the power of holistic healing today

Summer Performing Arts Workbook Pasquale De Marco, 2025-04-23 This comprehensive guide to summer theatre is the ultimate resource for aspiring actors seasoned performers and theatre enthusiasts seeking to make their mark on the stage With a focus on practical advice and actionable insights this book provides a roadmap to success in the world of summer theatre Within these pages you ll embark on a journey through the enchanting realm of theatre exploring its rich history diverse forms and captivating performances You ll gain insights into the inner workings of theatre productions from the initial concept to the final curtain call Whether you re interested in treading the boards or working behind the scenes this guide provides a roadmap to success Aspiring actors will find invaluable advice on preparing for auditions honing their craft and overcoming performance anxiety Learn about different acting techniques voice and speech training movement and physicality and the importance of developing your unique artistic voice Additionally gain insights into

the business of theatre including contracts finances networking and marketing yourself as an actor For those interested in working behind the scenes this guide offers a glimpse into the various roles and responsibilities that make a theatre production possible Learn about stage management technical theatre costume design lighting design and sound design Gain an understanding of the importance of collaboration and teamwork in bringing a show to life Whether you re a seasoned performer or just starting your journey in the world of theatre this guide will inspire and empower you to pursue your passion with confidence and creativity The stage awaits and it s time to embrace the spotlight This comprehensive guidebook covers a wide range of topics including Preparing for auditions Honing your acting skills Mastering stagecraft Embracing the creative process Understanding theatre terminology Navigating the audition process Building your network Marketing yourself as an actor Overcoming performance anxiety Maintaining a healthy lifestyle The future of theatre With its engaging writing style expert insights and practical advice this book is an indispensable resource for anyone seeking to pursue a career in summer theatre If you like this book write a review on google books

Nutrition Education Printed Materials and Audiovisuals Shirley King Evans,1989 *The Intuitive Eating Workbook* Evelyn Tribole,Elyse Resch,2025-01-02 Many people overeat due to stress intense emotions or even out of boredom Based on the best selling book Intuitive Eating this fully revised and updated workbook addresses the ten principles of intuitive eating and provides an evidence based model to help readers reject diet mentality develop a healthy relationship with food pay attention to cues of hunger and satisfaction and cultivate a profound connection with both mind and body

The Medical Trauma Recovery Workbook Dobry Jagger Stevenson, Medical Trauma Recovery Workbook Somatic Healing and CBT Tools for Reclaiming Your Body After Healthcare Experiences Medical trauma affects millions of patients and healthcare workers yet few resources address the unique psychological wounds that healthcare experiences can create This comprehensive workbook combines evidence based somatic therapy techniques with cognitive behavioral therapy CBT to help survivors heal from surgical complications medical gaslighting hospital anxiety and healthcare PTSD Drawing from trauma informed care principles this practical guide offers step by step exercises for reconnecting with your body safely after overwhelming medical experiences Learn to break free from the fear avoidance cycle that keeps many trauma survivors from accessing necessary healthcare while developing tools to transform your relationship with medical environments from terror to empowerment Inside this medical trauma recovery workbook you ll discover Somatic techniques specifically adapted for medical trauma survivors CBT strategies to challenge catastrophic health thoughts and medical anxiety Pendulation exercises designed to regulate your nervous system during medical encounters Pre surgery preparation protocols that reduce retraumatization risk Communication scripts for advocating with healthcare providers Exposure therapy frameworks for gradually approaching avoided medical care Post treatment integration practices to process medical experiences positively Long term health empowerment strategies for sustainable recovery Each chapter includes practical worksheets self assessment tools and real world case examples that

illustrate healing principles in action From emergency room trauma to chronic illness adjustment this workbook addresses the full spectrum of medical trauma experiences while respecting the complexity of healthcare relationships Perfect for Surgical trauma survivors seeking body based healing approaches Patients struggling with medical anxiety and healthcare avoidance Healthcare workers experiencing vicarious trauma or medical gaslighting Trauma therapists working with medically traumatized clients Anyone seeking to transform their relationship with medical care This workbook acknowledges that medical trauma recovery requires more than positive thinking it demands practical tools that work with your nervous system s protective responses while building genuine resilience By integrating somatic awareness with cognitive restructuring you can heal from past medical experiences while developing the confidence to engage with future healthcare needs from a place of strength rather than survival Stop letting medical trauma control your health decisions Start your journey toward medical empowerment with evidence based tools designed specifically for healthcare related psychological injuries

Nutrition and Food Services for Integrated Health Care Rita Jackson, 1997 Dietetics educators and practitioners will find much in these pages to challenge them As integrated health care systems evolve For better or for worse dietitians need to develop the skills and attitudes that will facilitate not just survival but also expansion of the profession Journal of the American Dietetic Association A must have resource for nutrition and food service administrators providing vital information about trends in the industry how others are meeting current demands with innovative programs that contain costs without compromising quality The standards of care in more progressive settings and how innovative techniques and technological advancements can be implemented to control resources while upholding these standards Optional methods For The delivery of food service and nutrition care are presented along with actual case studies illustrating innovative solutions To The common dilemmas confronting dietetic professionals today Includes an Instructor s Manual

The International Handbook of Psychology Kurt Pawlik, Mark R Rosenzweig, 2000-07-21 The International Handbook of Psychology is an authoritative resource covering all the main areas of psychological science and written by an outstanding set of authors from around the world The 31 chapters cover not only scientific but also applied cross disciplinary aspects Supervised by an International Editorial Advisory Board IEAB of 13 eminent psychologists and edited by Professors Kurt Pawlik and Mark R Rosenzweig it is being published under the auspices of the International Union of Psychological Science IUPsyS by SAGE Publications Ltd in London The International Handbook of Psychology will be invaluable to advanced undergraduates graduate students and academics in psychology and will also be of interest to students of education sociology political science humanities philosophy informatics cognitive sciences neuroscience legal sciences and criminology and will serve as a general resource reference text written at a level comparable to Scientific American This impressive volume covers a tremendous amount of work It is well organized authors have generally kept to a standard brief It is also truly international both in authorship and the origin of the work referenced This will provide a very useful reference book for undergraduate and post graduate

students British Journal of Educational Psychology **Independent and Supplementary Prescribing At a Glance** Barry Hill, Aby Mitchell, 2022-11-09 Independent and Supplementary Prescribing At a Glance The market leading at a Glance series is popular among healthcare students and newly qualified practitioners for its concise simple approach and excellent illustrations Each bite sized chapter is covered in a double page spread with clear easy to follow diagrams supported by succinct explanatory text Covering a wide range of topics books in the at a Glance series are ideal as introductory texts for teaching learning and revision and are useful throughout university and beyond Everything you need to know about Independent and Supplementary Prescribing at a Glance Independent and Supplementary Prescribing At a Glance is an accessible and practical resource for healthcare students looking to become independent and supplementary prescribers Each part of the book is mapped against a recognised prescribing framework published by the Royal Pharmaceutical Society RPS for all Registered Healthcare Professionals and addresses NMC and HCPC regulatory body requirements The text presents full colour images a user friendly approach to key prescribing topics and a structure that allows readers to dip in and out as needed appealing to a variety of learning styles Topics include Professional legal and ethical prescribing considerations independent and supplementary prescribing critical thinking and clinical reasoning exploring interventions and differential diagnosis Non pharmacological approaches and pharmacological treatment options prescribing reference guides medication selection and how to prescribe Holistic assessment quality of life and evidence based practice public health infection prevention and control consultation models and principles of history taking and physical examination skills Building relationships inclusive prescribing and informed choices medicine optimisation adverse reactions and prescribing generic products Independent and Supplementary Prescribing At a Glance is a comprehensive and complete learning and study resource for Registered Nurses Registered Midwives Physician Associates and Healthcare Professionals who want to become independent prescribers within the UK For more information on the complete range of Wiley nursing and health publishing please visit www.wiley.com To receive automatic updates on Wiley books and journals join our email list Sign up today at www.wiley.com/email All content reviewed by students for students Wiley nursing books are designed exactly for their intended audience All of our books are developed in collaboration with students This means that our books are always published with you the student in mind If you would like to be one of our student reviewers go to www.reviewnursingbooks.com to find out more This new edition is also available as an e book For more details please see www.wiley.com/buy/9781119837916 Nutrition Education Isobel R. Contento, 2015-08-24 The Third Edition of Nutrition Education Linking Research Theory and Practice provides a simple straightforward model for designing effective nutrition education programs that address the personal and environmental influences that affect individuals food choices and assist them in adopting healthy behaviors throughout their lifetime Using a six step process this Third Edition integrates research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education

Anxiety and Depression Workbook For Dummies Elaine Iljon Foreman, Charles H. Elliot, Laura L. Smith, 2011-01-06

Anxiety and depression affect over 10% of the population. They can become debilitating conditions if not managed carefully so there are thousands of people looking for advice on how to keep their symptoms under control. Anxiety and Depression Workbook For Dummies provides readers with practical exercises and worksheets to help them analyse their thinking patterns and overcome the issues that are holding them back. The workbook format is ideal for those wanting to track their progress and make positive changes to both their mental and physical health. Anxiety and Depression Workbook For Dummies UK Edition covers Part I: Recognising and Recording Anxiety and Depression; Chapter 1: Spotting the Signs of Anxiety and Depression; Chapter 2: Digging Up the Roots of Your Worries; Chapter 3: Overcoming Obstacles to Change; Chapter 4: Monitoring Your Moods; Part II: Understanding Your Thinking; Cognitive Therapy; Chapter 5: Viewing Things A Different Way; Chapter 6: Challenging and Changing Thoughts; Chapter 7: Seeing Clearly: Gaining A New Perspective; Chapter 8: Maintaining Awareness and Achieving Acceptance; Part III: Taking Action: Behaviour Therapy; Chapter 9: Facing Feelings: Avoiding Avoidance; Chapter 10: Lifting Your Spirits With Exercise; Chapter 11: Taking Pleasure from Leisure; Chapter 12: Just Do It: Tackling Life's Problems; Part IV: Feeling It Where It Hurts: Healing the Body; Chapter 13: Taking the Relaxation Route; Chapter 14: Making Your Mind Up About Medication; Part V: Revitalising Relationships; Chapter 15: Working on Relationships; Chapter 16: Smoothing Out Conflict; Part VI: Life Beyond Anxiety and Depression; Chapter 17: Reducing the Risk of Relapse; Chapter 18: Promoting The Positive; Part VII: The Part of Tens; Chapter 19: Ten Helpful Resources; Chapter 20: Ten Terrific Tips.

Workbook for Beyond Burnout, Second Edition: Overcoming Stress in Nursing & Healthcare for Optimal Health & Well-Being Suzanne Waddill-Goad, 2023-05-08. This workbook is designed to accompany Beyond Burnout by providing scenarios and prompts to help students and other learners get the most out of the book.

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