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# Music Habits The Mental Game Of Electronic Music Production Finish Songs Fast Beat Procrastination And Find Your Creative Flow

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Music Theory for Electronic Music Producers  
Tools, Toys, and Techniques

How I Battled Blindness, Mental Illness, an  
Espresso Habit and Lived to Tell the Tale

Now I See

The Tools, Practices And Habits Used To Make  
Music You're Happy With

Music Production, 2020 Edition: The Advanced  
Guide On How to Produce for Music Producers

Create Habits That Last

How Success, Mental Toughness, Self Discipline,  
Self Improvement and Positive Thinking Can  
Become a Habit

Processing Creativity

How Elite Equestrians Master the Mental Game  
Overcome the Bad Habits of Procrastination and  
Laziness and Become More Productive

A System for Solving Problems with Greed, Fear,  
Anger, Confidence and Discipline

The Inner Game of Music

I Am Perfect

A Complete K-8 Sourcebook of Team and Lifetime  
Sport Activities for Skill Development, Fitness and  
Fun!

How to Develop an Unbeatable Mindset and an  
Unbreakable Will

The Essential Guide to Building and Sustaining  
Mental Toughness

The Psychology and Philosophy of Successful  
Investing

How to Think More Effectively, Navigate  
Uncertainty, & Build Mental Fortitude

100 Mental Game Best Practices

Music Production For Beginners 2020 Edition:

How to Produce Music, The Easy to Read Guide  
for Music Producers

Inside Jazz (inside Bebop)

Electrochoc

Outsmarting Your Brain to Play Your Best Golf

Stuck in My Head

Fortitude

Making Music

English for Children Picture

The Advanced Guide On How to Produce Music for  
EDM Producers

Baseball Game Stats Book  
The Producer's Guide to Harmony, Chord Progressions, and Song Structure in the MIDI Grid.  
The Physical Educator's Big Book of Sport Lead-up Games  
74 Creative Strategies for Electronic Music Producers  
177 Mental Toughness Secrets of the World Class Golfmind Play  
150 Fun and Challenging Brain Teasers  
Winning the Mental Game on Wall Street  
Finish Songs Fast, Beat Procrastination and Find Your Creative Flow  
What Will You Be? Musical Dialogues  
An Offbeat Look at Music and Mental Health

*Music Habits  
The Mental  
Game Of  
Electronic  
Music  
Production  
Finish Songs  
Fast Beat  
Procrastination  
And Find Your  
Creative Flow*

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**ALICIA  
MELINA**

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*Music Theory  
for Electronic  
Music  
Producers* CRC  
Press  
A song book  
that highlights  
that inside  
everyone

there is a  
perfect and  
loving heart,  
and that if we  
uncover our  
perfection and  
recognise it in  
others we can  
change the  
world for the  
better. The  
song takes  
you through  
the personal  
journey of a  
little monster

who discovers  
his self worth  
is not defined  
by his physical  
characteristics  
or by the  
definitions  
placed on him  
by others, but  
by how he  
allows his light  
and love to  
shine. Once  
he  
understands  
his own value

he is able to see the perfection in others even when they are hurtful. He then goes on to show that if we all recognised the perfection in each other and acted from a place of love we can change the world to a better place. "Let us live the perfection that we are and uncover ourselves to shine like a star. Our potential never stops to spread love on this earth, it is why we are here, it is the reason for our

birth."  
**Tools, Toys, and Techniques**  
 Routledge  
 The Mental Game is the most important game you'll ever play. If you didn't know, you're already playing it. Hopefully, you knew that. It's hard to win a game you don't even know you're playing. This book is a primer to start your All-Star career in the mental game. The next steps are my books The Mental Handbook and The Mirror Of

Motivation.  
 Here, you'll get 100 disciplines for your mental game which you can start using in the very spot you're sitting. Yes - right now. No waiting or preparation needed. Just start reading and do what I tell you, and the results will be self-evident. Your only job is to stick to the disciplines. You'll learn about: Decision-making How to lead people What to do with the negative

thoughts that creep in when you least want them Goal setting Selecting and keeping friends Tips for managing your time Taking care of your body, since the mind and body work together How to stand out from the crowd - any crowd The type of questions to ask yourself And much more. The mental game is an unforgiving game. When you make a mistake, the laws of the universe

demand you pay immediately. The game is 100% fair at all times too. When you play the right way, the results create a momentum which only you can stop. And when you see the results, why would you even want to? How I Battled Blindness, Mental Illness, an Espresso Habit and Lived to Tell the Tale Glen Gosch A unique and groundbreaking analysis of how to succeed in equestrian

sport, this book unpacks the winning habits of successful equestrians to form a toolkit for readers to develop their own winning habits. Applying psychological understanding in peak performance, this book is bolstered by interviews with top contemporary professional show jumping athletes to explore and show how leading equestrians have interpreted various methods and

built them into approaches for their own training. Theoretical concepts such as mindset, deliberate practice, focus and flow are broken down and translated into practical steps for a more powerful and effective way of thinking, training and performing. Renowned equestrian mental coach Annette Paterakis reveals factors of success, as well as answers common questions, from building

lasting confidence to responding to failure. Smashing the myths of talent and hard work, Paterakis offers a refreshing take on mindset, focus and approach to success both in and out of the show ring. An essential read for anyone who would like to learn about or improve their mental game, this book is uniquely suited for equestrian riders, coaches and other athletes,

as well as offering supplementary reading for applied sport psychology courses.

### **Now I See**

Noise Creators  
\*Whatever is that this book is talking about; it's based on real life experiences not on theories. What are the Success Secrets? What are Success Habits? How to achieve goals by overcoming the thought of giving up? How to develop Mental Toughness to not give up

when everything is falling apart? Why Self Discipline is important to develop a never give up attitude? Why Self Improvement is the key to everything? Well, you can find all the answers in the book. But, Why should you buy this book? What is that am I offering which is different from others? Why should you listen to me? WHY? You see, I don't want to help you to fight all your problems

or to face adversity with no fear or to not give up or to develop mental toughness or positive thinking. No one can help you to be honest. I just want to help you through this book so that you can help yourself. Self Help means helping yourselves. Simple as that. We can help each other so that we can help ourselves. Because I believe together we can help and inspire each other to

achieve our dreams and success in life. This book is not for someone who don't want to put in the efforts that this book is talking about, doesn't have a desire for Self-Improvement and just looking for some quick solution to get rid of their problems in life or for someone who is may be looking for some magic trick to develop a never give up attitude. I or anyone in this world can't convince you

to not give up  
 on your  
 dreams unless  
 it comes from  
 within. Nobody  
 can help you if  
 you're not  
 willing to help  
 yourself. This  
 book is all  
 about helping  
 you to help  
 yourself. So,  
 this book is for  
 someone who  
 is struggling in  
 life, feel like  
 giving up after  
 trying  
 everything  
 and trying so  
 hard but still  
 do not want to  
 give up and  
 ready to do  
 anything to  
 hold on to  
 their dreams  
 but they don't  
 know how? Or  
 for someone  
 who wants to

live their  
 dreams but do  
 not how to go  
 about it.  
 Living in fear  
 of failure. This  
 book is for  
 someone who  
 is looking for  
 the answers  
 Secrets of  
 Success? And  
 ready to do  
 whatever it  
 takes to  
 become  
 successful. Thi  
 s book is a  
 hope for those  
 people. And  
 that's all we  
 need isn't it?  
 Hope! When  
 our back is  
 against the  
 wall, when  
 everything is  
 falling apart,  
 when after  
 everything is  
 said and done,  
 all is left

somewhere  
 deep down  
 inside us is  
 Hope and we  
 need that  
 hope to hold  
 on, to not give  
 up. That is  
 when this  
 book comes  
 into play. This  
 book will  
 change your  
 vision to deal  
 with fear,  
 adversity,  
 problems,  
 basically  
 LIFE. In this  
 book you will  
 find a step by  
 step process  
 to develop  
 that Never  
 Give Up  
 mindset but  
 only and only  
 you are willing  
 to put in the  
 efforts. What  
 separates 1%  
 of successful



people from the others? What converts failure into success? Not everyone on this Planet is born successful. Everyone faces adversity in their life at some point. Everyone has problems. It's never ending. Life is all about ups and downs. Very few people maintain their mental toughness irrespective of the situation. They maintain the self discipline throughout because they

keep on focusing on self improvement, no matter how rough life gets, whereas, the rest of the people breaks when life gets tough. The only thing that separates the people who keep fighting from the others is they never give up no matter how hard, uncomfortable, painful it gets. They are the one who convert their dreams into reality because their dreams are much bigger than themselves. Th

is book talks about the root cause of why people give up on their dreams so easily or may be after trying so hard and how to handle those situations and develop the success habits. "A Self Improvement book for men or women no matter how old you are because there is always a scope for self improvement."  
*The Tools, Practices And Habits Used To Make Music You're Happy With Music Habits - The*

Mental Game  
of Electronic  
Music  
Production Finish  
Songs Fast,  
Beat  
Procrastination  
and Find  
Your Creative  
Flow  
To get ahead  
she'll have to  
become a  
man -- and a  
man, she  
always  
thought, never  
lets love get in  
the way...  
Clementine  
dreams of  
being a  
naturalist -- a  
career that  
leaves no time  
for romance.  
To sneak on  
an  
adventurous  
prospecting  
expedition,  
Clementine

will have to  
convince  
everyone  
she's a man. A  
mysterious  
tonic offers  
her just that  
disguise. But  
"Calvin," as  
she calls  
herself now,  
had no idea  
what she was  
giving up.  
When Wesley,  
the  
expedition's  
gentle  
preacher,  
catches her  
eye, she can't  
get him out of  
her head; not  
his lush lips,  
wide brown  
eyes ... or  
broad chest.  
Dare she  
reveal her  
secret to him,  
and can she  
keep her

career if she  
does? Among  
run-ins with  
cowboys,  
natural  
disasters, and  
traveling  
shows,  
Wesley's most  
fascinating  
adventure is  
meeting  
Calvin.  
Though  
Wesley's  
betrothed, the  
cute, clever  
naturalist  
threatens to  
make him fall  
into  
temptation...  
**Music  
Production,  
2020  
Edition: The  
Advanced  
Guide On  
How to  
Produce for  
Music  
Producers**

Tommy Swindali This book is the new edition of John Magee's classic General Semantics of Wall Street. An indispensable companion to John Magee's and Robert Edward's classic, Technical Analysis of Stock Trends, Winning the Mental Game on Wall Street covers the mind set, the preconceptions, the false and misleading habits that hinder peak performance.	It exhausts <b>Create Habits That Last</b> Createspace Independent Publishing Platform Take Your Music Productions To The Next Level & Make Timeless Music Want to take your Music Productions to the next level? If you feel like you're always getting stuck in your music productions, or if you feel like you're not improving, then don't worry because you're not alone. According to	Digital Music News just 1.4% of producers actually "make it" in producing music...which means almost 99% of producers are focusing on the wrong things...And this is why most of them end up giving up producing before they peak or they never finishing anything good. But if you had access to a wealth of proven technical, practical and theoretical knowledge in one book then
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you could take your music to the next level. These inside secrets can be applied to real-world scenarios - whether it's in audio production, electronic music production, mixing, editing, mastering or sound for media. They also work for teachers and schools, colleges and universities. This book will teach you all of that and empower your productions into masterpieces. In this book

you will discover: Everything you need to know about advanced audio, recording and music production in 2020 and beyond How a 19-year-old young producer used "deliberate practice" to create the global smash "Old Town Road" Building a Professional Recording Studio (without spending millions) How to acoustically treat a room - Pro Studio hacks revealed What

music gear do you actually need? The truth about pursuing a career in music What Music will dominate 2020 & the next decade? How to optimize your computer for Music Production (PC and MAC) Audio recording tips: Microphones & Placement Design any basic or complex sound from scratch Mixing & Mastering Explained - Elite Level And much, much more... This book covers

just about everything Music Production related, giving you the advanced skills required by today's global music industry. And if you take the time to apply the knowledge inside then your music will elevate to a whole new level! Get started now with This Book. How Success, Mental Toughness, Self Discipline, Self Improvement and Positive Thinking Can Become a Habit JT Press

A lifelong dabbler in music, Michael Dane is also out of his mind. In this affectionately satirical memoir, you get a comedy crash course in music appreciation, from Bach to Bonnaroo. "Stuck" also chronicles the author's mental quirks, from OCD to anxiety disorder. The premise is simple: Everyone's crazy, crazy is funny, and whatever brand of crazy you have, there's probably a

playlist for it. The book has playlists for losing your grip and for finding your way back. You'll also learn how to remove an earworm, why karaoke isn't necessarily evil, and how to avoid making Dizzy Gillespie angry. Dane, author of "Does This Taste Funny?," also interviews a fictional eighteenth century composer, a piano tuner with a penchant for destroying pianos, a

legendary  
sixties icon,  
two  
accordionists,  
a hip-hop  
harpist, and  
his high  
school band  
director. No  
matter what  
style of music  
moves you,  
this book  
probably  
covers it, and  
whatever the  
state of your  
mental health,  
"Stuck In My  
Head" will  
have you  
laughing like a  
crazy person.  
*Processing  
Creativity*  
Createspace  
Independent  
Publishing  
Platform  
There are a lot  
of self-help  
books out on

the market  
today, each  
one promising  
you success if  
you will follow  
the prescribed  
formula. They  
establish  
"recipes for  
success" if  
you follow  
their plan and  
stick to it. This  
ebook,  
however, is  
different. It is  
not a how-to  
manual or  
recipe for  
success.  
Rather, it is a  
series of  
proven  
strategies  
designed to  
help you  
achieve  
mental  
toughness and  
become  
resilient to the  
many

adversities  
that you will  
inevitably face  
in life. You can  
become a  
better person.  
You can  
achieve your  
goals, but not  
before you set  
them and  
make a plan.  
You can  
transform  
anger and  
other  
unpleasant  
emotions into  
positive  
energy to help  
you overcome  
adversity and  
achieve your  
goals, but not  
before you  
become self-  
aware and  
understand  
your own  
tendencies  
behind anger.  
You can focus

better so that you can get the job done, but not before you take reasonable steps to eliminate or significantly reduce the distractions in your life. In short, you can be the best you out there! However, first you must change how you think about yourself. You must eliminate the negative self-talk and significantly reduce the negative influences in your life. You must surround yourself with

positive people who are on your side, in your corner, willing to do whatever they are able to do to help you achieve your goals. This ebook will guide you on transforming adversity, anger, and unpleasant emotions so that they generate more positive outcomes, setting realistic goals and achieving them, enabling your focus so that you can get the task accomplished, reducing the

stress in your life so that you can overcome stressful situations, and unlocking your true potential. It also has easily accessible information on the 25 cognitive biases, "the psychology of human misjudgment," as laid out by billionaire Warren Buffett's partner, Charlie Munger. Understanding the 25 cognitive biases will help you better know yourself and

make better decisions that consistently place you ahead of the crowd. In this ebook, a lot of emphasis is placed on setting manageable, achievable goals and making a plan to accomplish them. There is a difference between goals and dreams. Dreams reflect our highest aspirations - becoming a New York Times bestselling author, competing in the Olympics, being in Forbes Magazine as a

Top 50 entrepreneur. Goals, however, are realistic expectations that we can set for ourselves and then achieve as part of our own pathways to success. Ultimately, that success may look like being a New York Times bestselling author or an Olympic athlete. It may also look like making a down payment on a house, paying off a mortgage, getting a promotion at work, or

opening your own business. This ebook will help you set the goals that you need to set in order to enable your true success that reflects your own core values and potential. Enjoy reading this ebook, and may it influence and empower you to become the best person that you can be!  
*How Elite Equestrians Master the Mental Game*  
 Createspace Independent Publishing Platform  
 Dance Music Manual, aimed



at the novice and seasoned professional alike, takes the reader through the software and hardware needed to create original, captivating, and professional sounding music. Key features of Dance Music Manual include: How to create compelling, professional-sounding original or remixed dance tracks. The differences between different genres and

how to produce them. How to expose your tracks to their chosen audience and equip you with the skills to develop your career as a dance music producer and engineer. Along with the book is a companion website, which provides examples of synthesis programming, compression, effects, MIDI files, and examples of the tracks discussed in this edition. The new and improved fourth edition covers

processes and techniques used by music producers, masters, mixers, and DJs. Each page is full of facts presented in a manner that is easy to absorb and implement. **Overcome the Bad Habits of Procrastination and Laziness and Become More Productive** Tommy Swindali War has been declared and demon possessed Queen Euphoria has struck the first

blow against  
the Territories.  
Little does she  
know, Da'Lynn  
a dark elf  
possessed by  
an evil herself  
has command  
of the elf army  
and is moving  
in to defend  
the land. Kara,  
realizing the  
trouble  
brewing,  
seeks out her  
non human  
friends,  
hoping to sort  
out the  
trouble ahead.  
But will  
Hambone,  
Snow, Ra'na,  
and the wizard  
Ynob be  
enough to  
stop the  
ensuing  
apocalypse?  
*A System for  
Solving*

*Problems with  
Greed, Fear,  
Anger,  
Confidence  
and Discipline*  
Ignite Reads  
There is no  
secret to  
losing weight,  
building  
muscle, and  
getting in  
shape. We  
have always  
had the tools.  
We have  
lacked in  
creating  
habits using  
the tools we  
have. In this  
breakthrough  
book you will  
not hear the  
same old  
advice you  
have always  
heard about  
health, fitness,  
and dieting.  
This book is  
about truly

creating a  
healthy  
lifestyle and  
making  
exercise a  
lifelong habit.  
Get Fit, Stay  
Fit, Remain Fit  
is a discovery  
of: - How to  
build a system  
for achieving  
the healthy  
body you  
want. - How to  
set goals,  
achieve goals,  
and stay on  
track as your  
go after your  
goals. - How  
to stay  
motivated  
with exercise  
for the long-  
term so that  
nothing will  
stop you in  
the pursuit of  
what you want  
to accomplish.  
It's time for

you to achieve your health and fitness goals. Forever. No more fitness-related New Year's resolutions. No more going on diets. No more temporary results. With Get Fit, Stay Fit, Remain Fit you will create habits that last and create results that last.

**The Inner Game of Music**

Routledge So You Think You're Smart is an eclectic collection of word games, riddles and logic puzzles to tantalize,

tease and boggle the brains of readers of all ages and educational levels. The brain teasers are about ordinary words and things that everybody knows about so only common sense and a bit of resourcefulness are needed to solve them. The book is in its 17th printing and has appeared on Saturday Night Live. *I Am Perfect International Puzzle Feature* Now I See is a heart-

wrenching yet humorous true tale of struggle, survival, amazing grace, unconditional love, and a fresh look at the American Dream. It's an account of one young woman's journey overcoming devastating odds while stumbling her way through darkness into light.

**A Complete K-8 Sourcebook of Team and Lifetime Sport Activities for Skill Development**

**t, Fitness  
and Fun!**

Createspace  
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Suggests  
techniques for  
overcoming  
self-  
consciousness  
and improving  
musical  
performances,  
shares a  
variety of  
exercises, and  
includes  
advice on  
improving  
one's listening  
skills

**How to  
Develop an  
Unbeatable  
Mindset and  
an  
Unbreakable  
Will**

Independently  
Published  
"Mental

toughness is  
the natural or  
developed  
psychological  
edge that  
results from a  
collection of  
skills,  
attributes,  
values,  
emotions, and  
behaviors that  
allow people  
to overcome  
any obstacle,  
adversity, or  
pressure as  
well as deal  
with the  
general day-  
to-day  
demands  
(lifestyle,  
training,  
competition)  
placed upon  
them and still  
remain  
consistent,  
focused,  
confident, and  
motivated to

achieve their  
goals."Fortitud  
e is a guide  
for high  
performing  
athletes and  
business  
professionals  
on  
understanding  
mental  
toughness,  
how to build  
and sustain it  
over time.  
Kate Allgood  
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individuals like  
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this book  
you'll  
discover: -  
What you  
need to know  
to build real  
and long

lasting confidence-  
How to improve the ability to focus and refocus -  
The power of mindfulness-  
How to build motivation in yourself and others -  
And much, much, more!  
"Kate is a force in the sports business and with her new book she brings the best insight directly to your field of play."  
Jeremy M. Evans, Founder of and Managing Attorney at California Sports Lawyer(R)  
"If you want to

step up your game, your business or just kill it in life, Fortitude is an easy to read guide to do it."  
- Majo Orellana - Pro Athlete, Coach and Entrepreneur  
**The Essential Guide to Building and Sustaining Mental Toughness**  
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NEW EDITION:  
Is it possible for a person of average intelligence and modest means to ascend to the throne of the

world class?  
The answer is YES! Not only is it possible - it's being done everyday. This book shows you how.  
Some of the Mental Toughness Secrets You Will Learn:  
Champions Lead Through Facilitated Introspection  
The World Class  
Compartmentalize Their Emotions  
The World Class Are Ferociously Cooperative  
The Great Ones Possess Supreme Self Confidence  
The World Class Embrace

Metacognition	Organization	recording,
The World	The Great	mixing and
Class Are	Ones Only	music
Coachable	Negotiate	production
Champions	Win-Win Deals	was only
Know Why	Champions	available to
They Are	Seek Balance	the rich and
Fighting The	Champions	famous
World Class	Believe In	artists.
Operate From	Honesty The	However
Love and	Great Ones	these days it's
Abundance	Arent Afraid	now possible
School Is	To Suffer Read	to produce
Never Out For	more at <a href="http://www.mentaltroughnesssecrets.com">http://www.mentaltroughnesssecrets.com</a>	professional
The Great	<i>The</i>	sounding
Ones	<i>Psychology</i>	music from
Champions	<i>and</i>	your own
Are	<i>Philosophy of</i>	home. In fact,
Interdependen	<i>Successful</i>	you don't
t The Great	<i>Investing</i>	even need to
Ones Are Bold	ArtisPro	know how to
Champions	Everything	play an
Are Zealots	You Need To	instrument or
For Change	Know About	know anything
The Great	Making Music	about the
Ones Dont	In One Place!	technology or
Give	Not so long	need
BackThey Just	ago, studio	expensive
Give	quality	equipment. All
Champions		you need is a
Are Masters Of		decent
Mental		computer +

inspiration and this book will show you the rest. If you are a first timer, this book will lead you in the right direction in the least amount of time. Or if you have some experience you will definitely incorporate some new insights into how to produce your best music. Here is just a tiny fraction of what you will discover: Best Music Production Software to Start Learning in 2020 Achieve	Release Quality Mixes On a Budget How to Write Chords, Drum Beats, Basslines, Melodies and More Common Beginner Music Production Mistakes + How to Avoid or Fix Them Essential Home Recording Studio Equipment For Under \$500 Music Theory Explained - Without Needing To Study a Course Creative Hacks To Get You Inspired Right Away Step by Step	Guide To Mix + Master Your Music - Even If Your Not a Technical Person DON'T Do Remixes or Edits Before Reading This! How Collaboration in Music Opens Doors Proven Guidelines on How to Get your Music Signed And much, much more.. Stop wasting your time on forums, YouTube and asking the same old questions because everything you need to know is in this book. Be the
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music	Platform	<i>100 Mental</i>
producer	A	<i>Game Best</i>
you've always	comprehensiv	<i>Practices</i>
wanted to be	e resource of	Doubleday
and make	physical	Music Habits -
your best	education	The Mental
music with	games	Game of
This Book	designed to	Electronic
<i>How to Think</i>	help children	Music
<i>More</i>	in grades K-8	ProductionFini
<i>Effectively,</i>	develop the	sh Songs Fast,
<i>Navigate</i>	skills	Beat
<i>Uncertainty, &amp;</i>	important to	Procrastinatio
<i>Build Mental</i>	performing a	n and Find
<i>Fortitude</i>	wide variety of	Your Creative
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Independent	lifetime	ently
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