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The Adventure

A Practical Guide to Spiritual Awakening

Steve Taylor

Foreword by Eckhart Tolle

Step-by-step practices for cultivating spiritual awakening, from a renowned psychologist who has studied the phenomenon in hundreds of people

- The author has appeared repeatedly in *Mind Body Spirit* magazine's list of the world's "100 Most Spiritually Influential Living People"
- The ninth title in New World Library's popular Eckhart Tolle Editions imprint
- Presents a nonsectarian approach to spirituality aimed at the growing "spiritual but not religious" demographic
- Based on Taylor's popular workshops

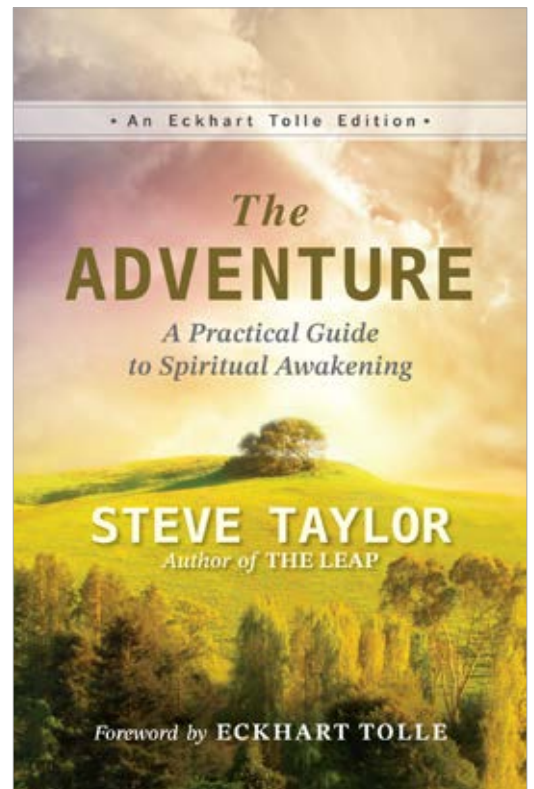
For many, the word *enlightenment* conjures visions of a meditating monk or a solitary guru perched on a remote mountain peak, but those popular images don't always reflect reality. Psychologist Steve Taylor has devoted his career to investigating the process of enlightenment — or *awakening*, which more accurately captures the original meaning — as both a scientist and a spiritual seeker. In his research, he has found that spiritual awakening is more common than generally believed and that it sometimes occurs spontaneously, outside the context of religion or even traditional spirituality.

In his trailblazing books *The Leap* (2017) and *Extraordinary Awakenings* (2021), Taylor discussed case histories of dozens of people who have experienced mystical shifts in consciousness. His follow-up, *The Adventure*, is a practical and experiential book based on his research. It poses a crucial question: Can humans awaken through their own individual efforts? The answer is a resounding yes. *The Adventure* offers specific practices for catalyzing spiritual transformation, along with guided meditations, contemplative exercises, lyric poems, and inspirational stories.

The Adventure outlines how to:

- recognize and cultivate the eight defining characteristics of wakefulness, including presence, acceptance, gratitude, and disidentification from the ego
- use everyday life — the challenges of home, workplace, and relationships — as spiritual practice and doorways to enlightenment
- maintain gratitude, compassion, and equanimity in the face of challenges
- transcend "thought chatter" and the restless mind to move toward increasing heights and depths of spiritual awakening

Taylor leaves readers with an intriguing possibility: that each individual awakening is a forerunner of our collective awakening as a species, foretelling a momentous change in human consciousness. The adventure is just beginning.



AVAILABLE IN JANUARY

Spirituality • \$19.95 • Trade paperback
232 pp. • 5½ x 8½ • 978-1-60868-885-2
Rights: world • An Eckhart Tolle Edition



STEVE TAYLOR, PHD, is a senior lecturer in psychology at Leeds Beckett University and the author of *The Calm Center*, *The Leap*, and *Extraordinary Awakenings*. He also blogs for *Psychology Today*. Eckhart Tolle describes his work as "an important contribution to the shift in consciousness which is happening on our planet at present." He lives in Manchester, England. **ECKHART TOLLE** is a spiritual teacher and the bestselling author of *The Power of Now* and other books.

StevenMTaylor.com

Love Hacks

Simple Solutions to Your Most Common Relationship Issues

Kelli Miller, LCSW, MSW

An experienced therapist, radio personality, and bestselling author offers 21st-century solutions to the most frequent relationship pitfalls that continue to plague couples

- The author is a popular radio guest and featured expert in *O, The Oprah Magazine* and on CBS news, with a social media audience of more than 100,000 followers
- Miller's previous book, *Thriving with ADHD Workbook*, has sold more than 140,000 copies
- Tackles the 15 most common relationship issues with advice and techniques geared to an "on-demand" world
- Especially relevant to younger couples accustomed to quick fixes and lifestyle hacks

"Expert Kelli Miller offers quick, bite-size nuggets of wisdom to regain connection and love. A must-have for keeping the peace."
— **ARIELLE FORD**, author of *The Soulmate Secret*

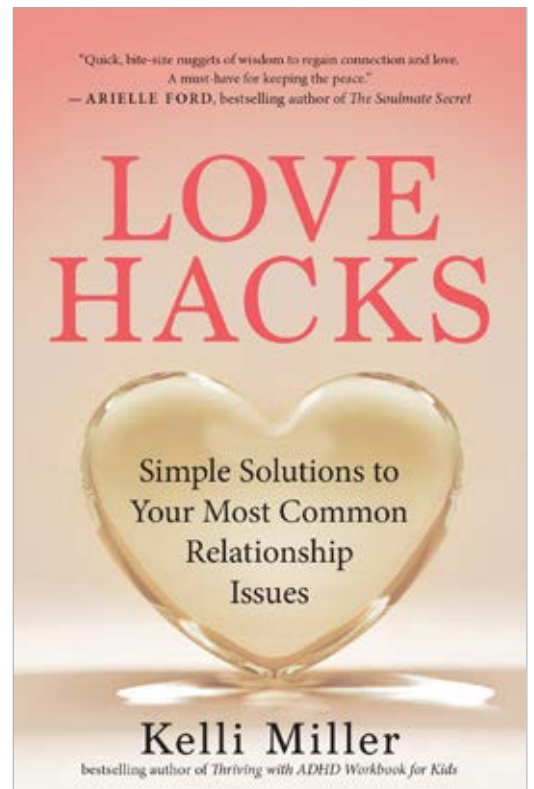
Therapist Kelli Miller knows that there is no replacement for traditional couples counseling. But therapy takes time, and in an increasingly "on-demand" culture, many couples find that they can't — or won't — invest the time, money, or motivation. They want solutions quickly, especially during a crisis. This inspired Miller to write *Love Hacks*, a simple, usable guide to addressing the most common relationship problems for the anywhere, anytime, quick-fix era.

After years of offering relationship advice, Miller has perfected succinct, memorable methods that solve relationship issues, and she brings this experience to *Love Hacks*. In concise, easy-to-digest chapters, it breaks down the fifteen most common issues in relationships and provides three innovative solutions for each. Designed to help couples, or even a single partner, zero in on the issue(s) they need to address, *Love Hacks* can be an active-participation manual for right now or a reference for later use.

For couples in need, this essential and entertaining book covers:

- strategies for communication, such as the "fast-food strategy" of repeating what someone says to ensure it's been understood
- techniques for dealing with sexual issues, from lack of interest to infidelity
- what to do when children enter the family
- advice for coping with addiction, anger, and past trauma

Miller's advice is concise, effective, and timeless. For couples dealing with age-old issues in modern relationships, *Love Hacks* is an indispensable resource.



AVAILABLE IN FEBRUARY

Relationships • \$18.95 • Trade paperback
200 pp. • 5½ x 8½ • 978-1-60868-908-8
Rights: world English



KELLI MILLER, LCSW, MSW, is an in-demand psychotherapist for individuals, couples, and families. She specializes in relationships, was an advice columnist, and has served on the editorial board of the California Association of Marriage and Family Therapists (CAMFT) magazine *The Therapist*. She was a cohost on LA Talk Radio; is a relationship expert on SiriusXM, wikiHow.com, and Balance by Nature TV; and has contributed to various national and regional publications. Currently the host of *All Things Relationships*, Miller is a frequent podcast guest and speaker to groups of all types and sizes. She lives in Studio City, California.

KelliMillerTherapy.com

Writing by Heart

A Poetry Path to Healing and Self-Discovery

Meredith Heller

Foreword by John Fox

Poet, writer, and educator Meredith Heller provides inspiration and invitations anyone can use to explore, express, heal, and find belonging through the power of their own words

- Built on the lessons and techniques the author created while teaching writing to at-risk teens, women during the isolation of the pandemic, and incarcerated women
- Heller is a California Poet in the Schools who has taught at the Kennedy Center for the Arts, the Institute for Poetic Medicine, public and private schools, wellness retreats, creativity summits, and online
- With a focused and engaged social media and newsletter audience, the author is known as a voice for healing and empowerment through poetry writing
- Heller's previous book *Write a Poem, Save Your Life* was hailed by Kirkus Reviews as "practical and inspirational"
- Poetry and poetry books have surged in popularity recently, and readership among adults has grown more than 75 percent over the past decade

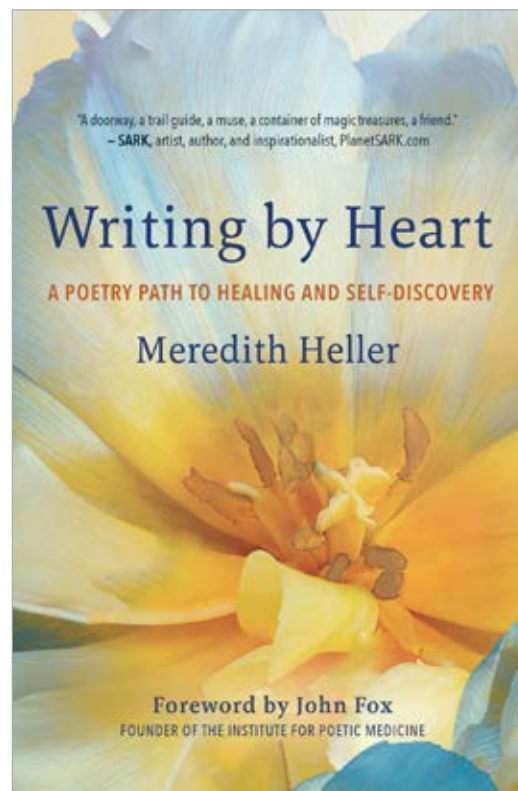
It's in tough times that we need belonging the most. Author, educator, and poet Meredith Heller feels that writing can meet this need — as a steadfast, lifelong refuge and friendship with yourself. Used to explore, heal, and move through life's many changes, writing can provide the ultimate emotional support and connect you to yourself and the world around you.

As a writer and musician, Heller used writing to restore her own life. As an educator, she's worked with vulnerable groups and individuals on using the power of writing to heal and grow. In this book, she shares the techniques she developed instructing others and helping them explore their emotions, find their voice, and better navigate the challenging experiences we confront in our lives.

Readers will learn:

- how to approach writing as a practice rather than something that needs to be perfect
- techniques that unlock various modes of self-expression, instill trust in creative instincts, and build confidence
- the tools of poetry, such as metaphor and simile, point of view, editing techniques, and more
- practical exercises and invitations to get started and keep writing

With special attention to women writers, *Writing by Heart* is a must-read for anyone, from seasoned writer to novice, who wants to use the transformative power of writing to heal, grow, and create belonging.



AVAILABLE IN FEBRUARY

Writing / Personal Growth • \$21.95

Trade paperback • 336 pp. • 5¼ x 8

978-1-60868-910-1 • Rights: world



MEREDITH HELLER is a poet, avid nature lover, singer-songwriter, and educator with degrees in writing and education. A California Poet in the Schools, she leads workshops at schools, juvenile detention centers, women's prisons, the Institute for Poetic Medicine, the Kennedy Center for the Arts, creativity summits, wellness retreats, and online. She is the author of *Write a Poem, Save Your Life* and three poetry collections: *Songlines*, *Yuba Witch*, and *River Spells*. She lives in Marin County, California. **JOHN FOX** is the founder of the Institute for Poetic Medicine and author of *Finding What You Didn't Lose: Expressing Your Truth and Creativity through Poem-Making*.

MeredithHeller.com

The College Student's Guide to Mental Health

Essential Wellness Strategies for Flourishing in College

Mia Nosanow, MA, LP

The first – and only – comprehensive guide to mental and emotional health for college students

- Mental health issues in the college demographic have grown exponentially in recent years
- The author is an expert in the field, with more than 20 years of firsthand college counseling experience
- Step-by-step strategies for coping with the most common and problematic issues, formatted in short chapters so readers can focus on what applies to them
- Special focus on growing friendships and community – and why this is so essential to mental and emotional health

“The perfect companion for any student heading off to or already in college.”

– **DAN BUETTNER**, #1 *New York Times* bestselling author, National Geographic Fellow, and founder of Blue Zones

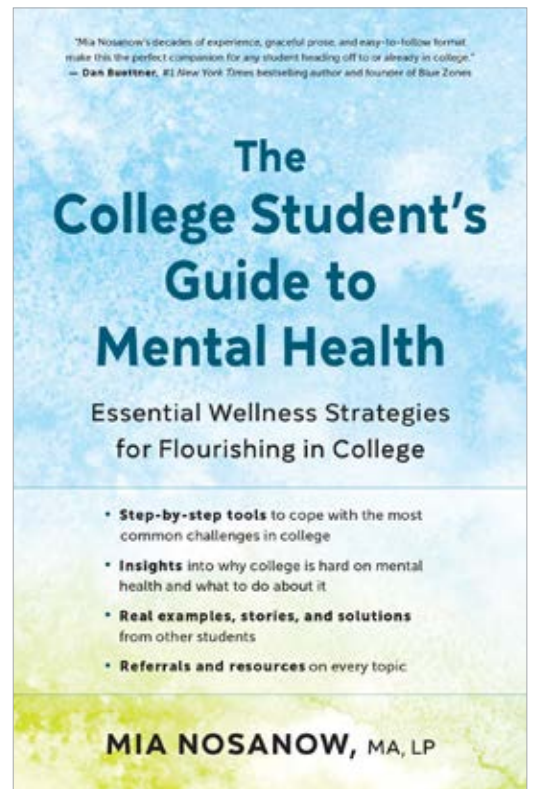
“Mia Nosanow provides a road map for the often-missed hidden curriculum of the college experience – teaching students how to take care of themselves. I'd recommend it to all students and families at my university!”

– **DR. LISA LANDREMAN**, vice president of student affairs at Willamette University

Every year tens of millions of young adults are enrolled in college. While this can be an exciting time, it is also often a period of uncertainty, anxiety, isolation, and depression for both new and current students. For those living with these mental health issues already, and especially for a generation coping with the disruption to schooling brought on by the pandemic, these conditions can worsen during the college years. And the problem appears to be growing. According to the Center for Collegiate Health, the number of students seeking mental health services has increased at five times the rate of enrollment.

To address this growing need, psychologist and therapist Mia Nosanow has created *The College Student's Guide to Mental Health*, a complete resource for students, parents, and loved ones – and even professionals who work with students. Drawing on her more than twenty years of direct experience counseling a diverse student body at Macalester College, Nosanow has written the first comprehensive mental and emotional health manual designed specifically for those in college. Presented in clear, practical language and organized in short chapters, this book breaks down common problems and provides actionable strategies for help.

The College Student's Guide to Mental Health will help the millions of students struggling with mental health to transform college into a healthy, enjoyable, and fulfilling experience.



AVAILABLE IN FEBRUARY

College / Self-Help • \$21.95 • Trade paperback
368 pp. • 6 x 9 • Black-and-white illustrations
978-1-60868-901-9 • Rights: world



MIA NOSANOW, MA, LP, is a licensed psychologist and longtime therapist who specializes in college mental health. For twenty years, Nosanow worked at Macalester College in St. Paul, Minnesota, seeing thousands of students for individual and group counseling. Macalester is one of the most culturally diverse undergraduate colleges in the United States, with students from every state and ninety-nine countries, including many first-generation college students. Nosanow lives in St. Paul, Minnesota.

MiaNosanow.com

Untapped Magic

Manifestation Methods for Living a Limitless Life

Chloe Panta

Ancient and ageless advice for a new generation on harnessing the law of attraction to achieve success, abundance, and happiness

- A rich combination of story and inspiration from first-time author, life coach, and entrepreneur Chloe Panta
- Weaves together personal anecdotes and ancient wisdom to provide real-life examples and techniques
- *The Secret* meets Gabrielle Bernstein in a vibrant, easy-to-read book filled with proven mantras and exercises designed for diverse readers
- The author is a frequent speaker at wellness retreats, summits, and group wellness workshops, with a social media outreach that surpasses 50,000 connections
- Manifestation is of huge interest to millennials and Gen Z, with Google searches of the topic growing more than 600 percent during the pandemic and #manifestation returning more than 5 billion views on TikTok

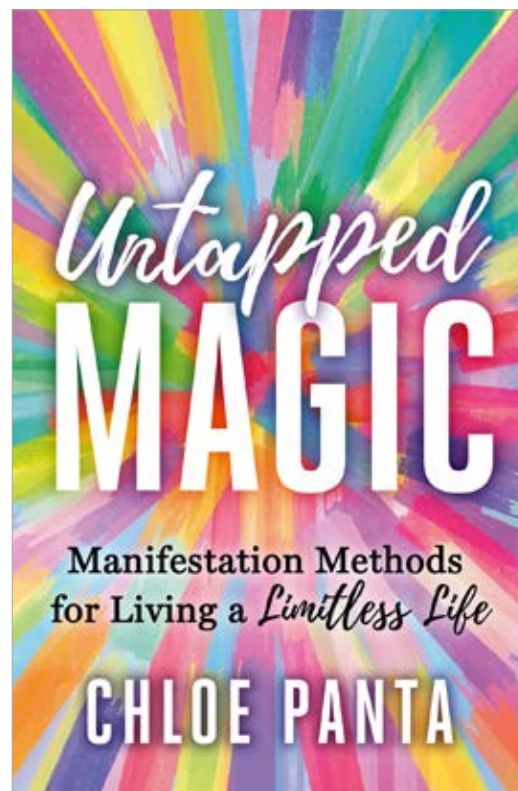
In *Untapped Magic*, life coach and successful entrepreneur Chloe Panta shares her personal journey from growing up in poverty in Detroit to creating a successful career and life. She offers readers practical advice on how to tap into their own inner magic and create the life they desire.

Drawing deeply from ancient wisdom and foundational principles, the book is full of powerful stories, exercises, and mantras that will help readers overcome limiting beliefs, demolish anxiety, and replace a scarcity mindset with an outlook of abundance. *Untapped Magic* is an inspiring and empowering read for anyone who wants to create a more positive, effortless, and joyous life.

Key features include:

- chapters on growth, self-awareness, opportunities, relationships, forgiveness, and getting past your past
- exercises and mantras perfect for everyone, from the boy in the 'hood to the corporate Black woman
- real-world stories from the author, her friends, and her clients
- an engaging and motivating writing style that combines the spiritual insight of Gabrielle Bernstein with the magical energy of Elizabeth Gilbert

Going beyond self-growth and empowerment, Panta demonstrates that by helping make the world better, readers will discover that there is enough for everyone and that we can all thrive. *Untapped Magic* is a must-read for a generation eager to unlock the power of manifestation and create a more positive, effortless, and joyous life.



AVAILABLE IN MARCH

Personal Growth / Prosperity • \$18.95

Trade paperback • 232 pp. • 5½ x 8½

978-1-60868-890-6 • Rights: world



CHLOE PANTA is a highly sought-after mindset expert and transformational coach dedicated to helping people achieve their ultimate life goals. With a passion for holistic coaching, she left her corporate job to pursue her dream of helping others. After working with her own techniques for several years, she established a successful coaching practice in 2017. She has been featured in numerous media outlets, including the *Los Angeles Times*, where she was praised for her insightful approach to helping clients create their ideal lives. Panta lives in sunny Los Angeles.

ChloePanta.co

Welcoming Your Puppy from Planet Dog

How to Go Beyond Training and Raise Your Best Friend

Kathy Callahan, CPDT-KA

An innovative, engaging puppy guide that teaches you how to get great results by working with – rather than against – your puppy’s innate tendencies

- The author is an experienced professional dog trainer who has fostered more than 200 puppies
- Her training approach is rooted in empathy, with a unique emphasis on the owner’s mindset
- The book’s guiding principle is this: to end up with the behavior you’re looking for, start by understanding that your puppy is a transplant from a vastly different culture
- Throughout her encouraging how-to chapters, Callahan uses an easy-to-grasp Planet Dog / Planet Human concept to light the path to a less stressful, more rewarding journey from brand-new puppy to well-adjusted adult dog

“I absolutely cannot wait for this book.... There’s nothing like it out there, and this fresh voice is just what today’s puppy owners need. Kathy Callahan’s everyday work with current owners shows on every page. She knows exactly what they’re going through and exactly what they need to hear.”

– **NANCY KERNS**, editor of *Whole Dog Journal*

A decade of working with people who’ve just added a puppy to the household has taught certified professional dog trainer Kathy Callahan (CPDT-KA) a fundamental truth: at some point after the initial honeymoon, *every single one of them* feels overwhelmed. When they seek out expertise, they’re flooded with impossibly detailed advice, conflicting opinions, and a surprising number of techniques that seem unkind.

In contrast, Callahan reassures owners that success flows not from nailing an intimidating list of disciplinary details, but instead from shifting their approach from that of “master” to one of “cultural ambassador.” The key to great training is recognizing that we have essentially kidnapped these puppies from their own vastly different culture. Using that grounding Planet Dog principle, Callahan covers the puppy essentials and more, including:

- how to prepare your house (and yourself) for puppyhood
- the best ways to handle potty training, chewing, jumping, and other challenges
- why it might seem your puppy “just doesn’t listen”
- how to help puppies and young kids, other dogs, and/or cats live safely and happily together

With fun-to-read chapters in a wise, friendly tone, *Welcoming Your Puppy from Planet Dog* paves the way for a rewarding friendship between a relaxed, well-prepared human and a canine family member who’s happily at ease in our world.



AVAILABLE IN APRIL

Dog Training • \$18.95 • Trade paperback

232 pp. • 5½ x 8½ • Black-and-white illustrations

978-1-60868-921-7 • Rights: world



KATHY CALLAHAN, CPDT-KA, FDM, is an experienced certified professional dog trainer. Her family has fostered more than 200 at-risk puppies, and her first book with New World Library, *101 Rescue Puppies*, features those heartwarming stories. Callahan writes monthly on training and behavior for *Whole Dog Journal*, cohosts the training podcast *Pick of the Litter*, and occasionally writes on dogs for her local newspaper, the *Zebra*. She runs PupStart, a puppyhood coaching, socialization, and training business in Alexandria, Virginia.

PuppyPicks.com

The Emotional Lives of Animals

A Leading Scientist Explores Animal Joy, Sorrow, and Empathy — and Why They Matter

Revised Edition

Marc Bekoff

Foreword by Jane Goodall

In this updated and expanded edition of a seminal and award-winning exploration of animal emotion, sentience, and cognition, a prominent animal researcher discusses and incorporates the surge of new science in a fascinating and vital field of study

- The original (2007) edition of this book presaged the dramatic growth in research on animal minds, going on to sell more than 55,000 copies
- This revised edition packs in more than 15 years of new science that bolsters Bekoff's original claims about animal emotions
- Bekoff is recognized as a preeminent voice in the media for animal sentience and dog behavior, with high-profile appearances in *Time*, *Life*, the *New York Times*, *New Scientist*, and *BBC Wildlife* and on *Good Morning America*, *60 Minutes*, and *20/20*, among others
- Includes an updated foreword by renowned primatologist Jane Goodall

“I firmly believe that the more we care for the happiness of others, the greater our own sense of well-being becomes. Therefore, I welcome Marc Bekoff's book *The Emotional Lives of Animals*.”

— **His Holiness the DALAI LAMA**

“Combining careful scientific methodology with intuition and common sense, this book will be a great tool for those who are struggling to improve the lives of animals.”

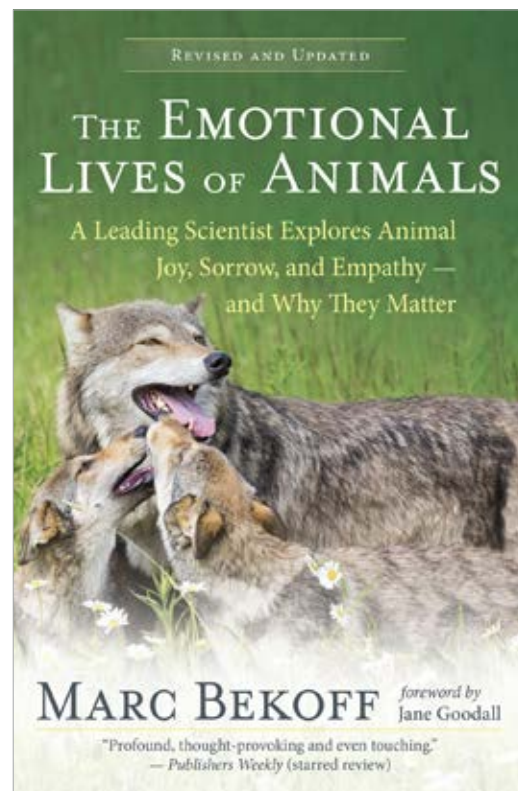
— **JANE GOODALL**, from the foreword

“Demonstrating the far-reaching implications for readers' relationships with any number of living beings, Bekoff's book is profound, thought-provoking and even touching.”

— **PUBLISHERS WEEKLY** (starred review)

When award-winning scientist Marc Bekoff penned the first edition of *The Emotional Lives of Animals* in 2007, he predicted that in twenty years' time our understanding of animal cognition and emotion would be “richer, more accurate, and possibly different.” This turned out to be an understatement. Not only has the field seen an explosion of new and startling research, but the popular appetite for this research has grown as well, spawning podcasts, countless articles, and bestselling books from Frans de Waal, Peter Godfrey-Smith, and Ed Yong, among others.

Based on Bekoff's years of studying social communication in a wide range of species, this book was one of the first to establish the rich emotional lives of animals. Bekoff skillfully blends extraordinary stories of animal joy, empathy, grief, embarrassment, anger, and love with the latest scientific research confirming the existence of emotions that common sense and experience have long implied. Filled with light humor and touching stories, *The Emotional Lives of Animals* is a clarion call for reassessing both how we view and how we treat animals.



AVAILABLE IN APRIL

Animals / Science • \$18.95 • Trade paperback

272 pp. • 6 x 9 • 978-1-60868-919-4

Rights: world



MARC BEKOFF, professor emeritus of ecology and evolutionary biology at the University of Colorado, Boulder, has published more than thirty books and writes the “Animal Emotions” blog for *Psychology Today*. He has won many awards for his research on animal behavior, animal emotions (cognitive ethology), compassionate conservation, and animal protection; has worked closely with Jane Goodall; and is a former Guggenheim Fellow. He also works with inmates at the Boulder County Jail. In June 2022 Bekoff was recognized as a Hero by the Academy of Dog Trainers. He lives in Boulder, Colorado. **JANE GOODALL** is a world-renowned conservationist and animal advocate.

MarcBekoff.com

The Illumination Code

7 Keys to Unlock Your Quantum Intelligence

Kim Chestney

A groundbreaking theory of human consciousness that reconciles mysticism and science

- As the founder of IntuitionLab, Kim Chestney teaches individuals and leading-edge, high-profile companies to harness the power of intuition for extraordinary success
- The author's work has been supported by world-class artists, filmmakers, entrepreneurs, universities, and technology companies including SXSW, Uber, Comcast, Google, and Hewlett-Packard
- Chestney's social network reaches 40,000 users, and her previous books have sold more than 30,000 copies

Praise for the author's *Radical Intuition*

"Disrupting traditional conceptions about the way we think, create, and evolve, this book takes us deep into the mysteries of consciousness itself — where we discover what it really means to be human."

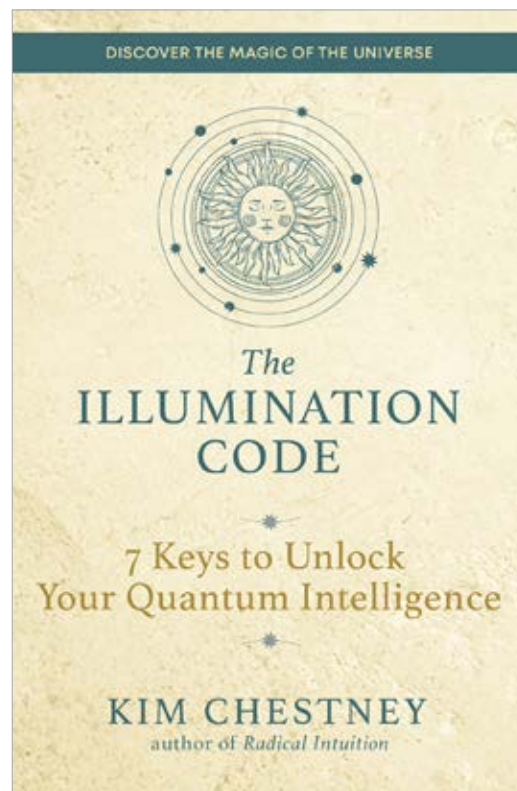
— **CHIP WALTER**, author of *Immortality, Inc.*

"Any sufficiently advanced technology is indistinguishable from magic" goes a famous saying. We live in an age of great technological progress, but the human mind remains the most magical technology of all. Our minds have an untapped capacity for *quantum thinking* — the ability to transcend linear thought and decode the hidden signals of the cosmos. Author Kim Chestney describes this faculty as the "universal law of insight," the principle that every person can intuitively access all the knowledge of the universe if they simply look within.

Drawing on the latest findings in quantum physics, *The Illumination Code* presents a multidimensional model of consciousness that accounts for the whole spectrum of intuitive experience — from everyday occurrences such as hunches and gut feelings to "impossible" phenomena such as telepathy, remote viewing, and precognition. Through a series of exercises and case studies, Chestney shows readers how they can activate their latent power for greater awareness, creativity, and problem-solving. Readers will learn how to:

- access the universal archive of information containing the psychic imprint of all past and future events, also known as the Akashic Records
- use their quantum intelligence to gain meaningful personal insight and guidance
- enter into the deep dimension to explore past lives, parallel realities, and alternate universes
- personally experience quantum phenomena like nonlocality, foresight, entanglement, and synchronicity

Chestney takes readers on an excursion to the frontiers of knowledge, touching on an array of topics ranging from superstring theory to Jungian psychology. *The Illumination Code* clears a path toward a brighter, more expansive future for humanity, a time when the age of information gives way to the *age of illumination*.



AVAILABLE IN APRIL

Personal Growth • \$19.95 • Trade paperback

344 pp. • 5½ x 8½ • 978-1-60868-862-3

Rights: world



KIM CHESTNEY is a globally recognized author, innovation leader, and intuition expert. As the founder of IntuitionLab and the CREATE! Festival, she has raised awareness of the importance of insight in the evolution of individual and world consciousness. Working for nearly twenty years in the tech sector, Chestney has led initiatives with some of the top thought leaders, technology companies, and universities in the world. Her previous books, including *Radical Intuition*, have been translated into multiple languages and published in numerous countries. She lives in Pittsburgh, Pennsylvania.

KimChestney.com

Food and Freedom

Discover Your Personal Recipe to Eat, Think, and Live Well

Sue Van Raes

In this much-needed counterpoint to the current diet culture, Sue Van Raes presents new science and psychology for food freedom and body compassion that have helped thousands of women improve their health and their lives

- Van Raes has served as a health writer for the Chopra Center (2 million readers) and has been featured as an expert in *People*, *Elephant Journal*, *LIVESTRONG*, *Reader's Digest*, and *Organic Spa Magazine*
- According to ANAD (National Association of Anorexia Nervosa and Associated Disorders), disordered eating affects 9 percent of the US population, more than 28 million people, and this group is overwhelmingly female
- In the tradition of Geneen Roth, *Food and Freedom* guides women toward new levels of joy and freedom in relationship to food, their bodies, and life
- Includes science- and psychology-based strategies, practices, yoga sequences, and sample recipes alongside success stories and inspirational tips

“For any woman who wants to feel freedom around food, at home in her body, and at peace with pleasure.”

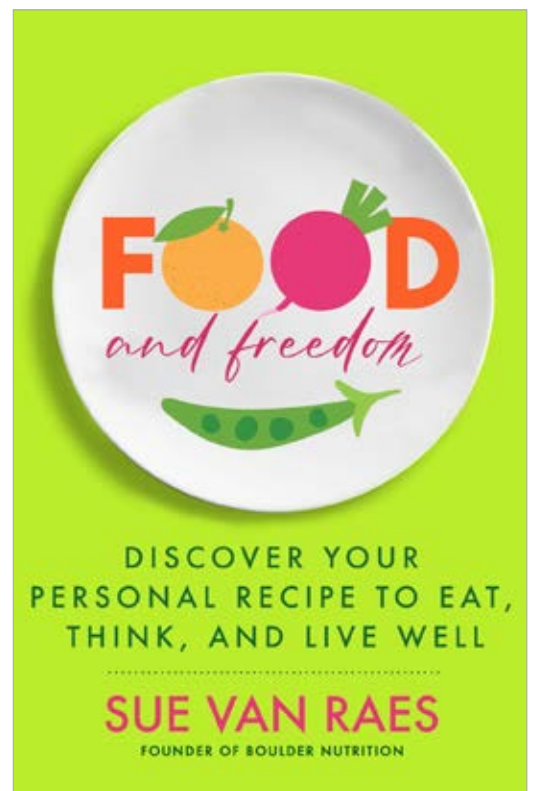
— **NANCY LEVIN**, bestselling author of *Setting Boundaries Will Set You Free*

After working with hundreds of clients over two decades, functional nutritionist and food psychology specialist Sue Van Raes has realized that what we eat is not just about food. More than ever, it's about our *relationship* with food, and that relationship has become increasingly stressed. *Food and Freedom* is a journey to reclaiming our wholeness so that we can experience more integration, mindfulness, and personal fulfillment around food and in life.

Food and Freedom is a road map for readers to make long-lasting peace with their plates. Detailing how they can begin an inner journey of healing their relationship with food, Van Raes presents:

- the eight-step customized protocol used in her workshops and private practice
- techniques for aligning with one's own biochemistry and natural bodily cycles to attain satiation and metabolic health
- practices for developing self-compassion and amending a self-critical mindset
- bite-size “self-studies” that give readers immediate insight into their eating and lifestyle habits
- revelations from her own struggles with food and eating

Food and Freedom is designed to give readers the strength and independence to show up in life as who they really are, to trust themselves through the innate intelligence of their bodies, to remedy emotional eating, and to prosper with embodied self-care.



AVAILABLE IN APRIL

Health & Well-Being / Personal Growth • \$19.95

Trade paperback • 344 pp. • 5½ x 8½

Black-and-white illustrations

978-1-60868-874-6 • Rights: world



SUE VAN RAES is a functional nutritionist, food psychology specialist, wellness expert, yoga instructor, and founder of Boulder Nutrition. She has extensive experience as a featured health writer for the Chopra Center, and her work has been featured in *People*, *The Sacred Science*, *Natural Solutions Magazine*, *Origin Magazine*, and *Elephant Journal*. Van Raes hosts the podcast *Satiate* and leads wellness and yoga retreats in Colorado, Costa Rica, Bali, and virtually. She lives in Boulder, Colorado.

BoulderNutrition.com

Confidence

Holding Your Seat through Life's Eight Worldly Winds

Ethan Nichtern

A funny, wise, and relatable exploration of how to stand firm amid the ups and downs of existence, from a renowned teacher and writer hailed as “the future of Buddhism”

- New book from the widely praised author of *The Road Home: A Contemporary Exploration of the Buddhist Path*, a *Library Journal* Best Book of 2015
- Based in New York City, Nichtern has a strong social media presence; teaches worldwide, both in person and online; and hosts the podcast *The Road Home*
- Explores a rarely addressed topic in the literature of Buddhism: what truly defines confidence and how we can cultivate it in the face of life's ups and downs
- Includes a detailed exploration of the Buddha's concept of the Eight Worldly Winds, the polarities of praise and blame, pleasure and pain, fame and insignificance, success and failure

Praise for the author's work

“Ethan is the future of Buddhism.”

— **SHARON SALZBERG**, author of *Real Happiness*

“In an age of increasing fragmentation and restlessness, Nichtern offers accessible antidotes to everyday feelings of disorientation, distraction, and dissatisfaction.”

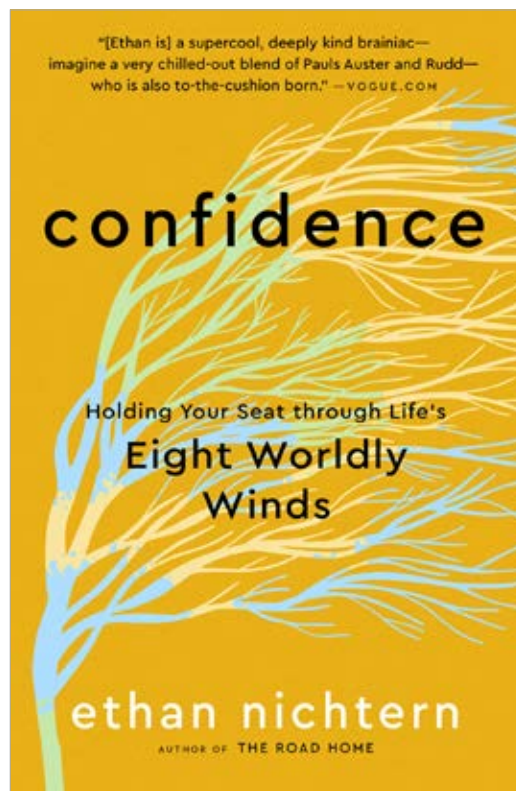
— **VICE**

“Grounded in compassion, Nichtern's teaching offers a profound, lucid, and complex education in self-awareness, interdependence, and enlightenment.”

— **PUBLISHERS WEEKLY**

In today's culture of intense polarization and constant change, how do we find the confidence to navigate life's challenges? Is now really the time for meditation, for looking inward? What do we do with mindfulness? Ethan Nichtern, described by *Vogue.com* as “a supercool, deeply kind brainiac,” and one of the leading meditation teachers of our time, tackles these questions head-on in *Confidence*. This provocative book takes contemporary considerations of power, identity, ethics, and confidence to new heights, offering readers an essential guide to self-discovery.

Nichtern examines the Buddhist concept of the Eight Worldly Winds, the four paired opposites of praise and blame, pleasure and pain, fame and insignificance, and success and failure. By delving into these dichotomies, readers gain invaluable insights into their relationships with others (including teachers, friends, leaders, the disgraced, and the adored) and themselves. With four transformative meditation exercises, this book empowers readers to cultivate and access their innate confidence and wisdom.



AVAILABLE IN MAY

Buddhism / Psychology • \$18.95

Trade paperback • 256 pp. • 5¼ x 8

978-1-60868-854-8 • Rights: world



ETHAN NICHTERN is a renowned contemporary Buddhist teacher and the author of *The Dharma of the Princess Bride*, *One City: A Declaration of Interdependence*, and the widely acclaimed *The Road Home: A Contemporary Exploration of the Buddhist Path*. Since 2002, Nichtern has taught meditation and Buddhist psychology classes and workshops in New York City and around North America and lectured at meditation/ yoga centers, conferences, and universities including Brown, Yale, and NYU. He has been featured by CNN, NPR, the *New York Times*, *Vogue*, and *Business Insider* and has written for the *Huffington Post*, *Beliefnet*, *Lion's Roar*, *Tricycle*, *Buddhadharma*, and more. He lives in Brooklyn.

EthanNichtern.com

Cow Hug Therapy

How the Animals at the Gentle Barn Taught Me about Life, Death, and Everything in Between

Ellie Laks

The inspirational story of the compassionate and wise animals of the Gentle Barn and how they became a therapeutic salve for countless guests — and mentors for all of us in how to live and die

- The powerful story of the cows of the Gentle Barn, who were rescued and healed — and in turn have healed visitors dealing with adversity and trauma
- The author's Gentle Barn facilities have a massive social media following that soared during the pandemic: 1.6 million TikTok followers, 1 million Facebook followers, 700,000 Instagram followers, and 50,000 X (formerly Twitter) fans
- The follow-up to the author's acclaimed *My Gentle Barn*, which detailed the creation of her rescue organization

Praise for the author's *My Gentle Barn*

"A wonderful book. You'll love Ellie Laks and the animals she rescued — and who rescued her back."

— **SY MONTGOMERY**, author of *The Good Good Pig*

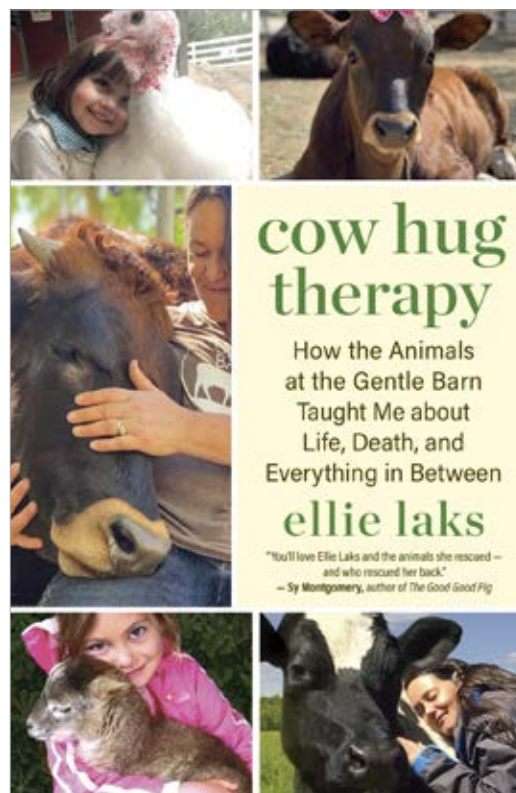
"The saga of Laks and her animal sanctuary is enormously compelling.... This is a book to talk about and return to; it's a life changer, plain and simple."

— **BOOKLIST** (starred review)

In *Cow Hug Therapy*, Ellie Laks, founder of the Gentle Barn Foundation, shares the extraordinary journey that started with her first teacher, Buddha — not the religious figure, but a rescued miniature Hereford cow. One evening Buddha wrapped her neck around an exhausted and upset Laks and transferred a singular form of healing and comfort with an incredible impact. Understanding that this was something to be shared with others, Laks developed Cow Hug Therapy, a groundbreaking approach to emotional healing that has proved effective for trauma, illness, disabilities, addiction, grief, and stress.

Cow Hug Therapy is a colorful and compelling narrative of the healing mavens of the barnyard through the years and their individual stories of being rescued from trauma and treated with love and respect. These animals have transformed lives and ignited breakthroughs, newfound purpose, and freedom, including for a young mother who lost her baby, a suicidal teenager, a wounded serviceman, an open-heart surgery patient, and many more.

Media outlets including ABC's *Good Morning America*, NBC's *TODAY* show, and *The Atlantic* magazine have featured numerous stories of the hopeless beginning to thrive at the Gentle Barn. A testament to empathy and the mission to heal animals, people, and the planet, *Cow Hug Therapy* captures a remarkable journey of transformation and serves as a beacon of hope for all seeking healing and connection.



AVAILABLE IN MAY

Animals • \$18.95 • Trade paperback

286 pp. • 5¼ x 8 • 978-1-60868-868-5

Rights: world English



In 1999, **ELLIE LAKS** founded the Gentle Barn Foundation with goats and sheep rescued from a neglectful petting zoo. With the help of her husband and cofounder, Jay Weiner, that sanctuary in Santa Clarita, California, rapidly grew to include a variety of animals and two more locations. Laks has two decades of experience as a public speaker, with appearances including a TEDx talk, and has given interviews to numerous magazines and newspapers. She has appeared on *Good Morning America*, *TODAY*, *Ellen*, *Yahoo News*, *Verywell Health*, and local CBS, NBC, and cable news/culture shows. Laks and Weiner call California home.

GentleBarn.org

The Future Human

New Ways of Living and Being on Earth

Lee Harris with Regina Meredith

A channeled conversation from bestselling author Lee Harris and Regina Meredith, host of *Open Minds* on Gaia TV, in which the Z's address the rapid escalation of personal and planetary transformation by revealing stunning truths about the next phase in humanity's evolution

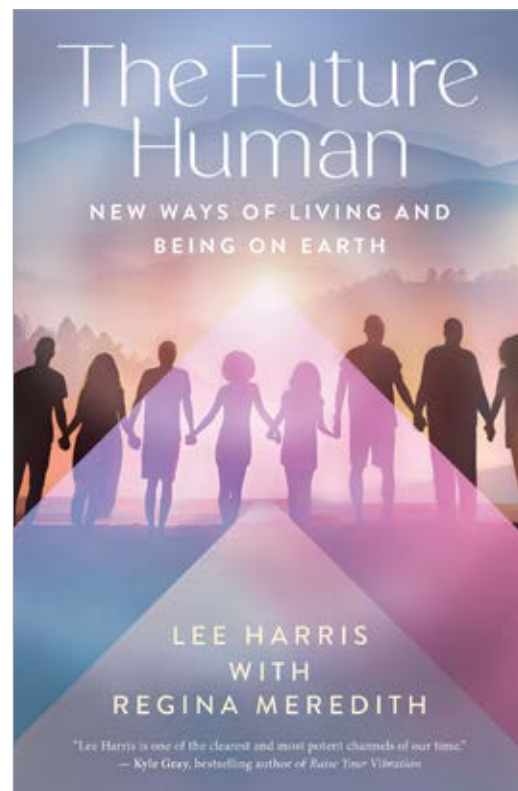
- The author's books, including *Energy Speaks* and *Awaken Your Multidimensional Soul*, have sold more than 75,000 copies
- Lee Harris's *Impact the World* is a top-50 podcast, his newsletter reaches 140,000 subscribers worldwide, and his YouTube channel has 301,000 subscribers with more than 28 million views
- Master interviewer, pioneer of metaphysical journalism, and Gaia TV host Regina Meredith brings new depth and insight to the conversation
- Channeled books, including those by Jane Roberts, Edgar Cayce, Sanaya Roman, and Esther and Jerry Hicks, have sold millions and become classics

For more than two decades, Lee Harris and his guides, the Z's, have provided practical guidance and inspiration for personal growth and collective change. During the same period, Regina Meredith has become well respected for her intuitive style of inquiry, conducting more than a thousand interviews with thought leaders in the consciousness movement. Now, this synergistic team works with the Z's to bring to light startling revelations about what lies ahead for our planet and the human species.

Humanity is facing an unprecedented phase of evolution, planetary revolution, and the acceleration of time. More and more people are seeking guidance as they wake up to a connection with something far bigger than what they were taught about human life. Prompted by Meredith's incisive questions, the Z's lay bare the lies promulgated throughout history and explain the past and the future, including:

- why consciousness is driving you faster than your mind
- the positive and negative effects of AI and other technology on intelligence and the brain
- the significance of the breakdown of fixed gender roles
- whether the spike protein recently infused into the human system via Covid-19 will impact future events
- the changing landscape of relationships, sexuality, and self-awareness
- why the next decade will be a genuinely revelatory time on Earth
- why the most significant influencer in the development of humanity's new potential is you

The Z's remind us that everyone on Earth is being affected by the waves of higher consciousness now flooding the planet – even those who might want to limit or enslave humanity. Meant to be experienced, absorbed, and understood, the message from the Z's is unequivocal: creating a new world is your job. *The Future Human* tells you why and how.



AVAILABLE IN MAY

New Age / Metaphysical - \$19.95

Trade paperback - 288 pp. - 5½ x 8½

978-1-60868-928-6 - Rights: world



LEE HARRIS is a globally acclaimed energy intuitive, channeler, and musician who offers grounded, practical teachings focused on helping conscious, intuitive, and sensitive people heal, thrive, and live a better life. His acclaimed online events, members' community The Portal, and top-50 podcast *Impact the World* are adventures into the deepest aspects of living, loving, and awakening. He lives in Southern California. **REGINA MEREDITH**, a broadcast journalist who has worked for NBC, PBS, and Gaia TV, makes the most challenging topics accessible to all. She lives in Northern California.

LeeHarrisEnergy.com

ReginaMeredith.com

The 15-Minute Method

The Surprisingly Simple Art of Getting It Done

Sam Bennett

A friendly, judgment-free guide to taming procrastination, ending overwhelm, finishing projects, and accomplishing goals

- Draws upon evolutionary psychology, Stoic philosophy, and methods tested by thousands of participants in the author's LinkedIn Learning courses
- Bennett's two previous books have collectively sold more than 42,000 copies
- Presents techniques that can be adapted to any field, including parenting, job hunting, work projects, and artistic pursuits
- Trained as an actor at the famous Second City, Bennett is a charismatic speaker and teacher

Praise for the author's *Get It Done*

"An instant classic, essential reading for anyone who wants to make a ruckus."

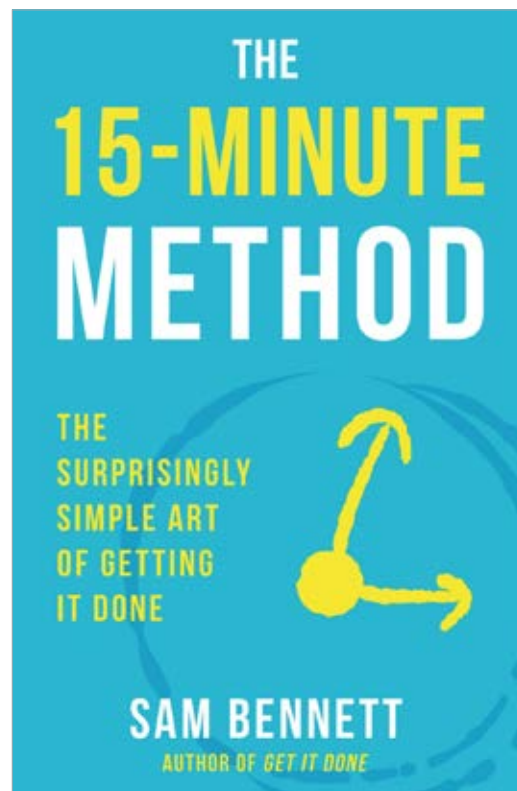
— **SETH GODIN**, author of *Linchpin*

Modern life often seems like an endless list of things that need our attention: the garage that needs cleaning, those photos that need organizing, the email that needs answering. The result is that feeling of anxiety and frustration called *overwhelm*. Some people cope by procrastinating and letting the work pile up, while others relentlessly push themselves to do more in a frantic (and futile) effort to get everything done. With that in mind, Sam Bennett presents an idea that's counterintuitive — and maybe even a bit subversive: overwhelm is not caused by the outside world; it's something that happens in our own minds. Overwhelm arises from wrong assumptions about productivity, and it can be conquered by a simple change in mindset. That process begins with Bennett's astonishingly simple time-management system.

The 15-Minute Method throws a lifeline to the overworked professional, the creative with too many unfinished projects, and the parent who rarely has a free moment. Bennett helps readers tackle the biggest causes of overwhelm by showing them how to:

- tactfully say no to extra work when people put them on the spot
- get rid of mental and physical clutter
- let go of perfectionism, self-doubt, impostor syndrome, and other unhealthy attitudes
- break intimidating tasks into a series of manageable chunks
- create new routines and schedules that support a balanced life

Based on hard-won experience, *The 15-Minute Method* isn't just about productivity hacks or working more efficiently. Instead, it asks us to adjust our outlook and realize an important truth: we don't achieve more simply by doing more — we achieve more by doing *more of the things that matter*.



AVAILABLE IN JUNE

Personal Growth • \$19.95 • Trade paperback

256 pp. • 5½ x 8½ • 978-1-60868-906-4

Rights: world



SAM BENNETT is a writer, speaker, actor, and creativity/productivity specialist. Bennett is the founder of TheRealSamBennett.com, a company committed to helping overwhelmed creatives and frustrated overachievers get unstuck. The bestselling author of *Get It Done* and *Start Right Where You Are*, she is also a popular course instructor on LinkedIn Learning with over a million class participants worldwide. She lives in Lyme, Connecticut.

TheRealSamBennett.com

Stories Sell

Storyworthy Strategies to Grow Your Business and Brand

Matthew Dicks

Foreword by Masha Reutovski

A guide to using the power of storytelling for success in business of all types and sizes, whether you're an online marketer, advertising professional, salesperson in any field, small business owner, independent contractor, or Fortune 500 executive

- Shows people in business how to get their message across without relying on cookie-cutter presentations or stodgy case studies
- The author is the all-time record holder for most victories in the Moth StorySLAM competition, and his previous book on storytelling (*Storyworthy*) has sold more than 52,000 copies to date
- Matthew Dicks has spent ten years consulting with individual clients and organizations ranging from start-ups to Fortune 500 companies
- An internationally bestselling novelist, Dicks has also published work in *Reader's Digest*, *Slate*, *Parents* magazine, the *Huffington Post*, and the *Christian Science Monitor*

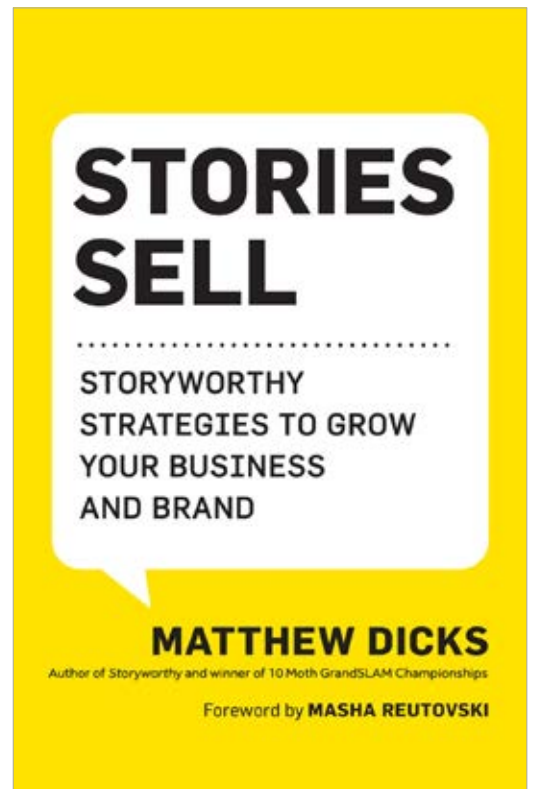
The corporate world is flooded with data: spreadsheets, charts, graphs, and yawn-inducing PowerPoint presentations. But human brains are wired for stories. Stories help us make sense of the world. Stories move us in ways that data can't, and a well-told story trumps a mountain of facts and figures.

Matthew Dicks has learned the value of storytelling in his career as a novelist, marketing consultant, and award-winning slam storyteller. He's found that the basic principles of effective storytelling are universal and teachable. In *Stories Sell*, he applies those principles to business communication, guiding readers to craft stories that connect with audiences — whether a single person or a crowded auditorium.

Jam-packed with examples, *Stories Sell* reveals the ingredients of a compelling story and then demonstrates how they can be incorporated into persuasive marketing copy, productive face-to-face conversations, and presentations that people actually want to hear (no PowerPoint slides required!). Topics include:

- the three elements of a winning story: stakes, suspense, and surprise
- finding the right narrative structure (and why beginning at the beginning isn't always the best method)
- the power of being vulnerable: how admitting your mistakes can build rapport with audiences
- when and how to use humor
- zigging while others zag: making yourself stand out from competitors

Above all, *Stories Sell* gives readers permission to be themselves, take risks, and make a splash in a sea of corporate *blah*. Everyday life is filled with meaningful stories if we only approach it with open eyes and open minds. *Stories Sell* teaches readers to find their voice and share those stories with the world.



AVAILABLE IN JUNE

Personal Growth / Business • \$19.95

Trade paperback • 304 pp. • 5½ x 8½

978-1-60868-904-0 • Rights: world English



MATTHEW DICKS is a bestselling author and award-winning slam storyteller with a record-breaking fifty-eight victories at the Moth StorySLAM competition and nine victories at the GrandSLAM. In addition to cofounding Speak Up, a Hartford-based storytelling organization, he has written two previous nonfiction books and several novels, which have been translated into more than twenty-five languages. The humor columnist for *Seasons* magazine, he also teaches storytelling and public speaking to individuals, corporations, nonprofits, universities, and schools around the world. He lives in Newington, Connecticut. **MASHA REUTOVSKI** is a former director of corporate marketing at Slack who lives in San Francisco.

MatthewDicks.com

The Tao of Equus

A Woman's Journey of Healing and Transformation through the Way of the Horse

Revised Edition

Linda Kohanov

After more than 20 years in print, an updated edition of the evocative and transformational classic about the powerful bond between women and horses

- The first edition was a New World Library bestseller, with more than 100,000 copies sold
- *The Tao of Equus* was Kohanov's first book, and it launched a career in equine-facilitated therapy and experiential learning that led to four additional books, hundreds of workshops, and online courses
- Equestrian pursuits are an American passion and a \$112 billion industry, with 7 million people involved in the care of horses in the US
- This new edition is updated with the latest in equine and behavioral science and scholarship
- Released with a new companion audiobook read by the author, available for the first time

"This work represents an extraordinarily moving account of a gifted thinker, writer, teacher, and horsewoman who dares to venture deep within to explore the truth of the connection that merges horse, human, mind, emotion, and spirit."

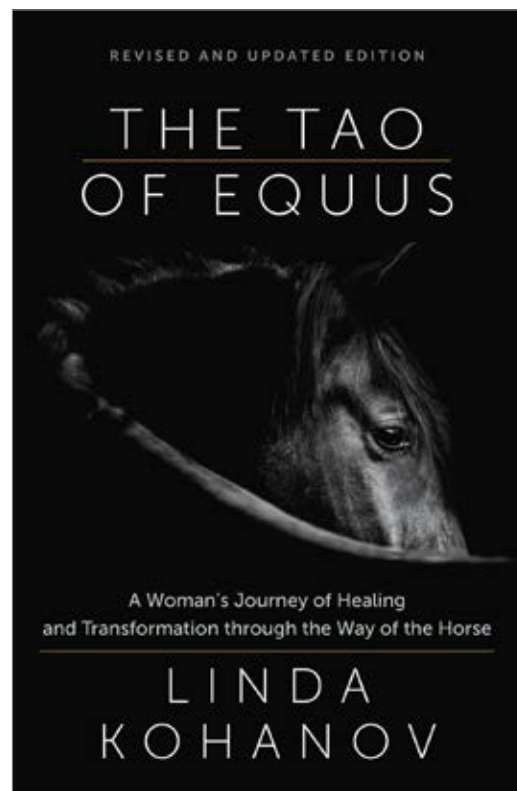
— **RIDING**

"This articulate, well-researched story brings together many disciplines of learning and weaves a magic carpet for discovery with our horses. *The Tao of Equus* will allow your imagination to take flight, and give you insight into yourself and your equine partner."

— **THE EQUESTRIAN NEWS**

When writer and equine-facilitated therapy and experiential learning practitioner Linda Kohanov wrote the first edition of *The Tao of Equus* over twenty years ago, she posed questions that few were asking: Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings? What do they have to teach people? Why are women so attracted to horses? The answers, detailed in an extraordinary chronicle that synthesized science, behavioral research, firsthand anecdotes, and personal insight, transformed how we think about one of humanity's oldest companions and established Kohanov at the vanguard of the emerging field of animal-assisted learning/therapy.

Two decades later, she returns to this classic text to deliver an updated edition, weaving new developments in neurological science and scholarship into her original exploration of spiritual awakening, cultural history, and mythology. *The Tao of Equus* delves into the mental and spiritual processes behind the magical connections that people often experience with horses. It remains a powerful exploration of the feminine wisdom horses model, subtleties that women riders have intuited for centuries.



AVAILABLE IN JUNE

Horses / Spirituality • \$19.95 • Trade paperback
400 pp. • 5½ x 8½ • 978-1-60868-898-2
Rights: world

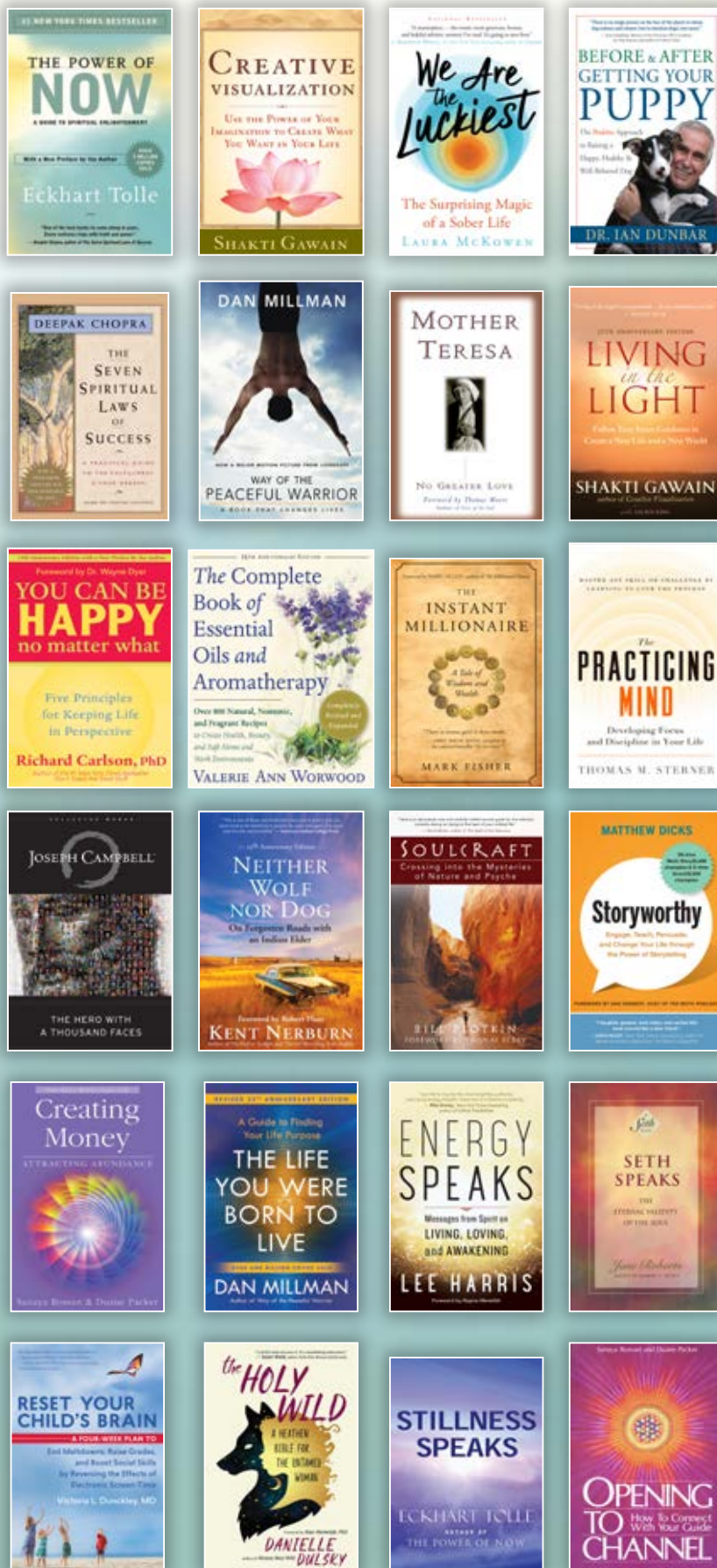


LINDA KOHANOV is the internationally recognized author of five books on the healing and transformational potential of the horse-human bond, including *Riding Between the Worlds*, *Way of the Horse*, and *The Power of the Herd*. In 1997, she founded Eponaquest Worldwide, a collective of equestrians, educators, coaches, and counselors now serving clients on six continents, with over 300 instructors trained in her methods. One of the founders of equine-facilitated learning, a modality teaching leadership, relationship, creativity, and emotional/social intelligence skills through nonriding horse activities, she also collaborates with psychologists in the field of equine-facilitated psychotherapy. She lives in Arizona.

Eponaquest.com

BESTSELLERS FROM NEW WORLD LIBRARY

- Before & After Getting Your Puppy
- The Complete Book of Essential Oils and Aromatherapy
- Creating Affluence
- Creating Money
- Creative Visualization
- Energy Speaks
- Good Night God
- Guardians of Being
- The Hero's Journey
- The Hero with a Thousand Faces
- The Holy Wild
- The Instant Millionaire
- The Laws of Spirit
- Legends
- The Life You Were Born to Live
- Living in the Light
- Living with Joy
- The Nature of Personal Reality
- Neither Wolf nor Dog
- No Greater Love
- Opening to Channel
- Personal Power through Awareness
- El poder del ahora (The Power of Now)
- The Power of Now
- The Practicing Mind
- Practicing the Power of Now
- Reset Your Child's Brain
- Sacred Journey of the Peaceful Warrior
- Seth Speaks
- The Seven Spiritual Laws of Success
- Las siete leyes espirituales del éxito (The Seven Spiritual Laws of Success)
- Simple Truths
- Soulcraft
- Soul Love
- Spiritual Growth
- Stillness Speaks
- Storyworthy
- Way of the Peaceful Warrior
- We Are the Luckiest
- The Wisdom of the Native Americans
- You Can Be Happy No Matter What



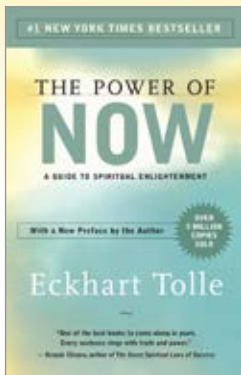


ECKHART TOLLE

Author of the #1 New York Times bestseller *The Power of Now*

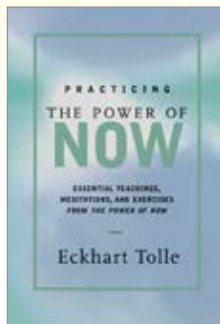
“Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life.”

— ECKHART TOLLE in *The Power of Now*



◀ BESTSELLER

Also available in hardcover
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The Power of Now *A Guide to Spiritual Enlightenment*

Eckhart Tolle

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978-1-57731-480-6 · Rights: world exc. Canada
A Namaste Title
See also Audio, page 72

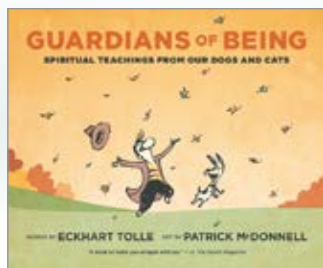
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Eckhart Tolle

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5 x 7¼ · 978-1-57731-195-9
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The Power of Now Journal **Eckhart Tolle**

Paperback · \$20.00 · 144 pp.
6 x 7½ · Full color · 978-1-60868-637-7
Rights: world · A Namaste Title

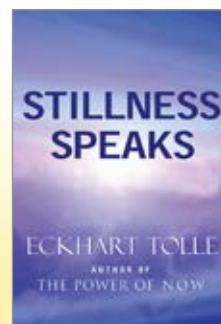


◀ BESTSELLER

Guardians of Being *Spiritual Teachings from Our Dogs and Cats*

Eckhart Tolle · Art by Patrick McDonnell

Paperback · \$17.95 · 128 pp. · 8¾ x 6¾
Full color · 978-1-60868-119-8 · Rights: USCO

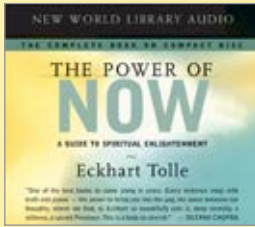


◀ BESTSELLER

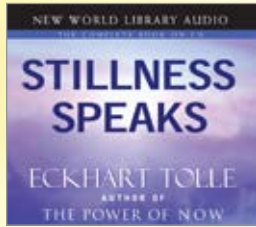
Stillness Speaks

Eckhart Tolle

Hardcover · \$17.00 · 144 pp. · 5 x 7¼
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See also Audio, page 72



The Power of Now
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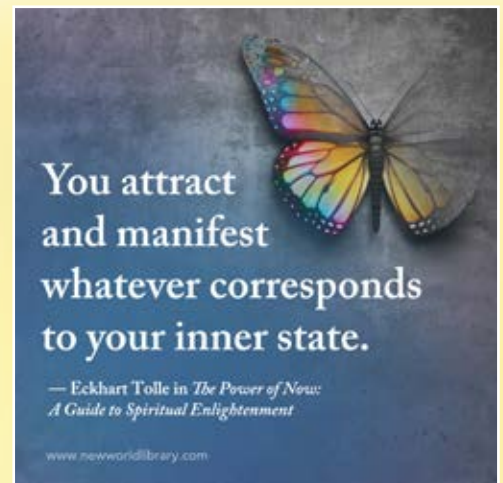
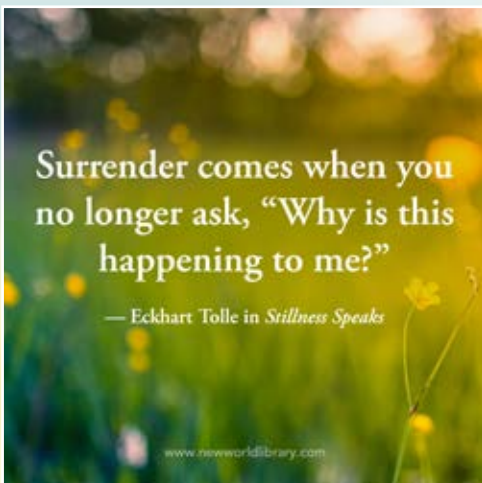
Stillness Speaks
Written and read by Eckhart Tolle
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A Namaste Title



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A Namaste Title

“Pause for a few seconds to observe the flow of your breath.
Become aware of a silent but powerful sense of presence.”

— ECKHART TOLLE in *The Power of Now*

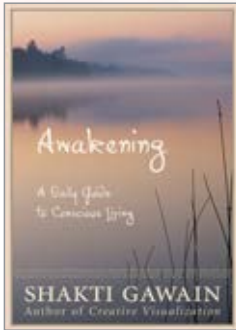




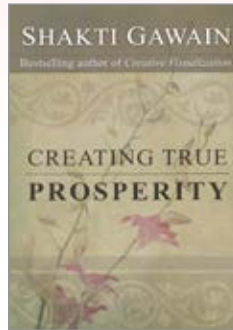
SHAKTI GAWAIN

Shakti Gawain (1948–2018) was a pioneer in the field of personal development. For nearly forty years, she was a bestselling author and internationally renowned teacher of consciousness.

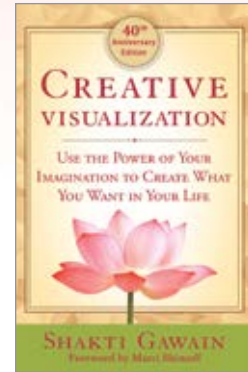
“Creative visualization is magic in the truest and highest meaning of the word.”
— SHAKTI GAWAIN in *Creative Visualization*



Awakening
A Daily Guide to Conscious Living
Shakti Gawain
Paperback · \$19.00 · 400 pp. · 5 x 7
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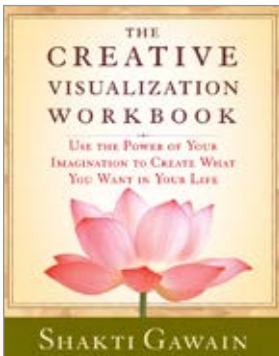


Creating True Prosperity
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◀ BESTSELLER

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Shakti Gawain
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5½ x 8½ · 978-1-60868-464-9
Rights: world · A Nataraj Publishing Title

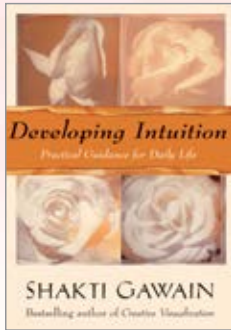


The Creative Visualization Workbook
Use the Power of Your Imagination to Create What You Want in Your Life
Shakti Gawain
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978-1-880032-75-6 · Rights: world
A Nataraj Publishing Title

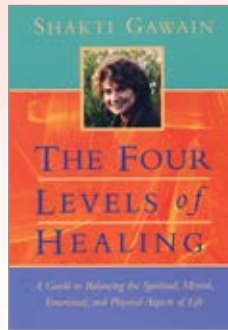
“Today, with the ecological, social, and political challenges we face in addition to our personal issues, it is essential that we learn to live more consciously. By individually taking responsibility to live our lives with awareness, we can set examples that will

empower others in our world to do the same.”

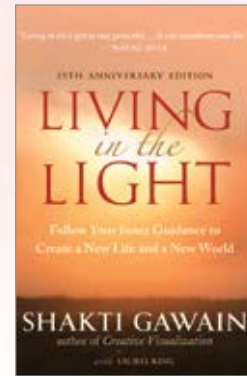
— SHAKTI GAWAIN in *Awakening*



Developing Intuition
Practical Guidance for Daily Life
Shakti Gawain
 Paperback · \$14.95 · 160 pp. · 5 x 7¼
 978-1-57731-186-7 · Rights: world
 A Nataraj Publishing Title

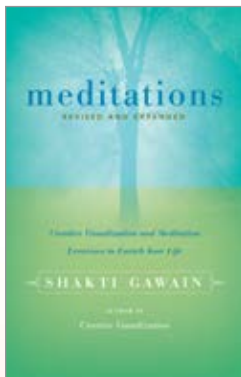


The Four Levels of Healing
A Guide to Balancing the Spiritual, Mental, Emotional, and Physical Aspects of Life
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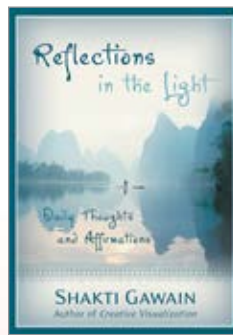


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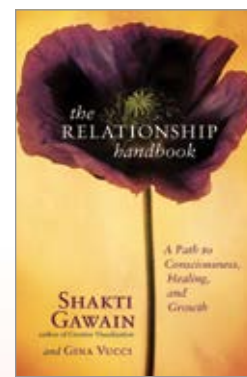
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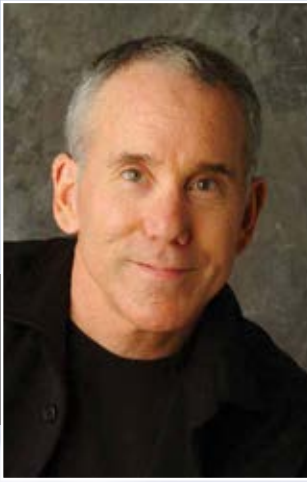
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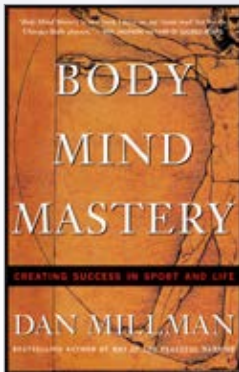
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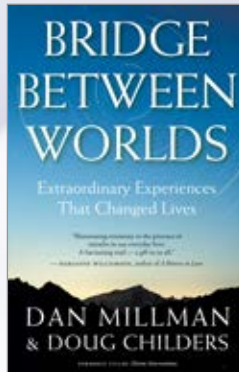
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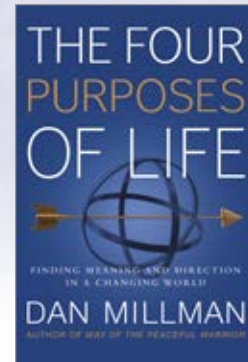
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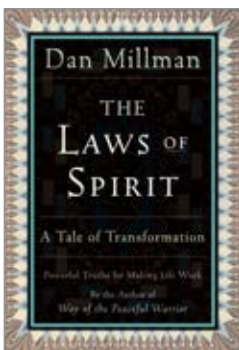
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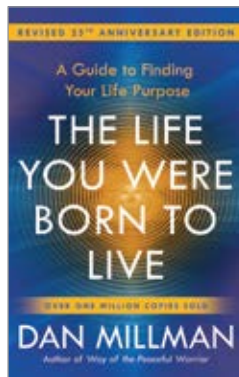
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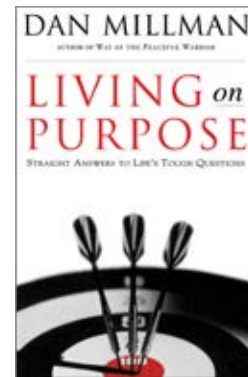
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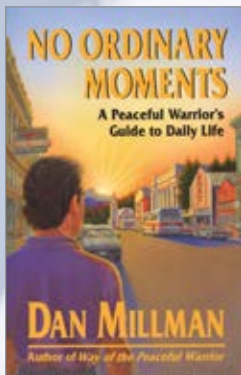
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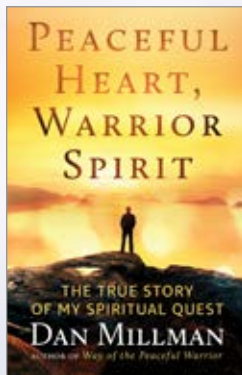


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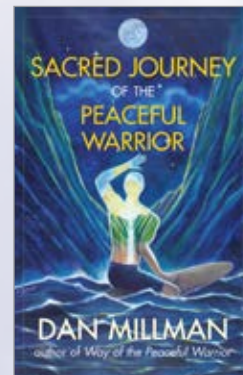
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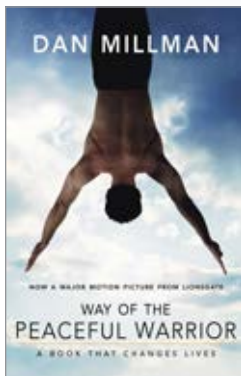


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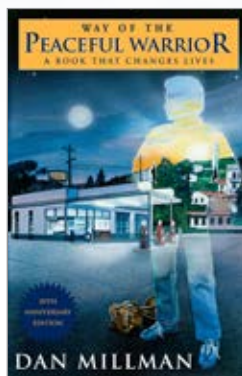
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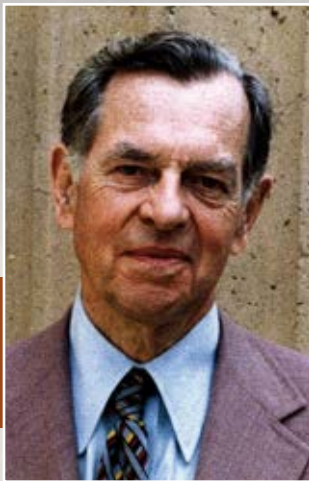
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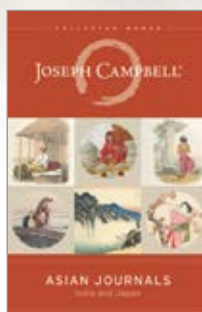
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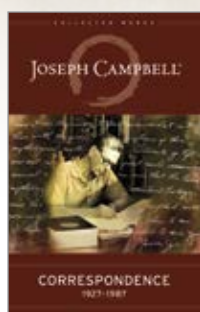
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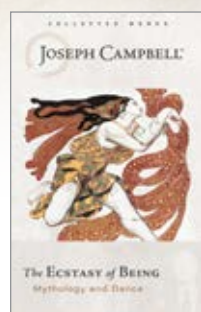
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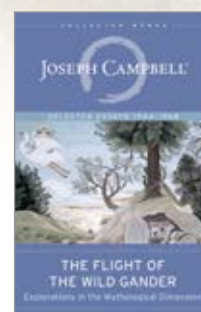
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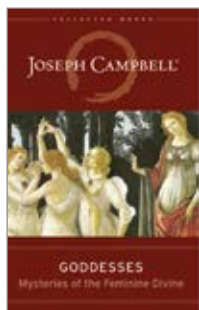
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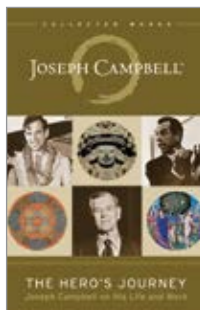
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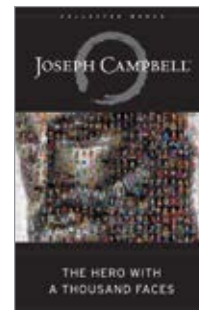
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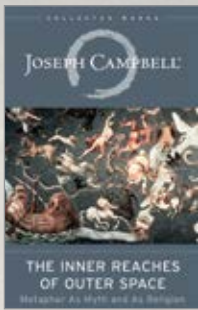
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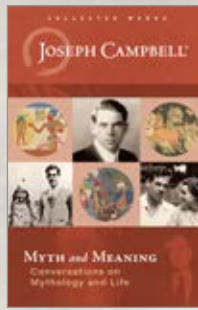
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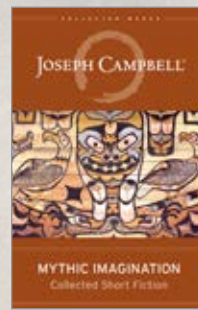
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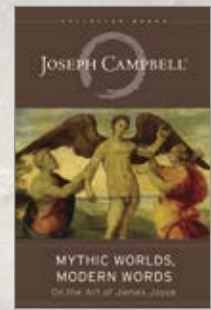
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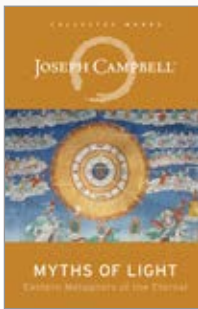
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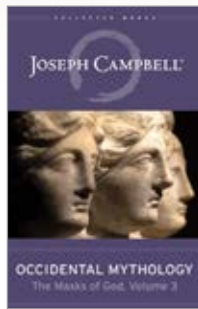
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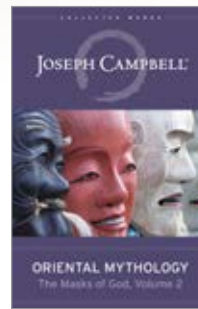
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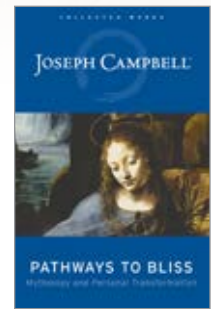
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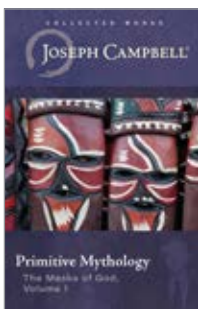
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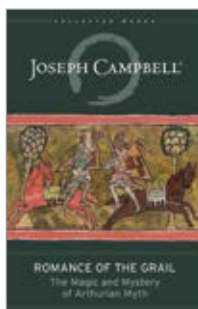
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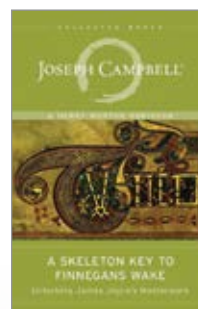
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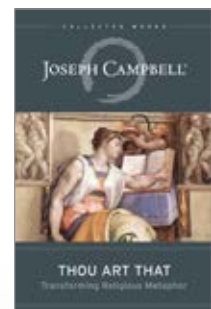
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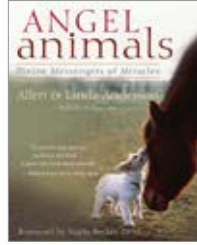
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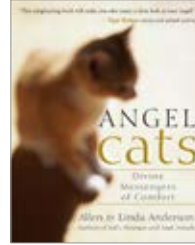
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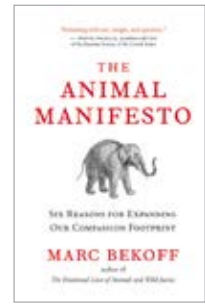
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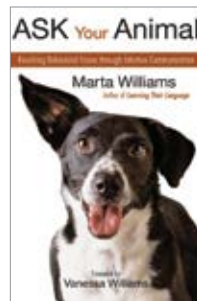
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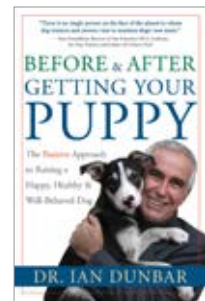
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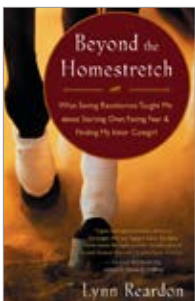


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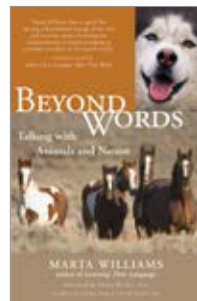


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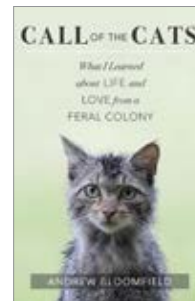
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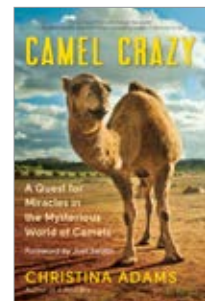
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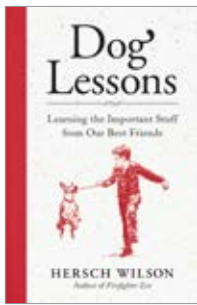
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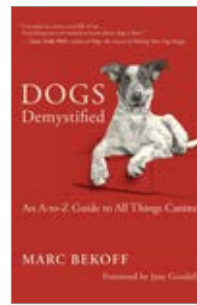
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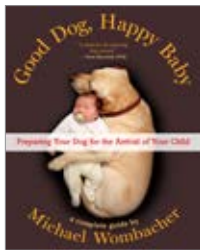
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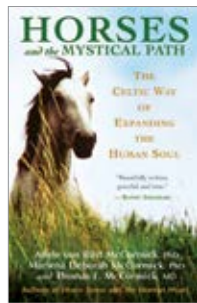
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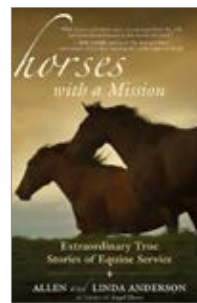
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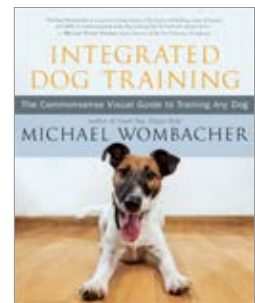
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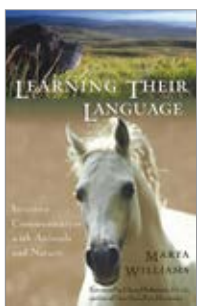
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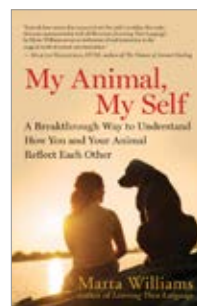
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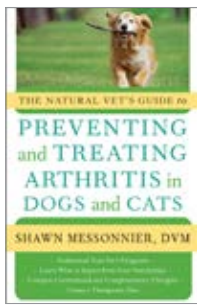
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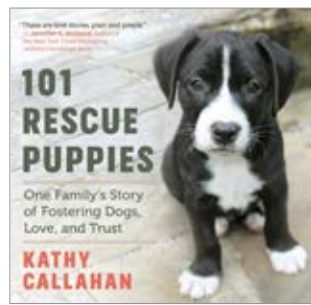


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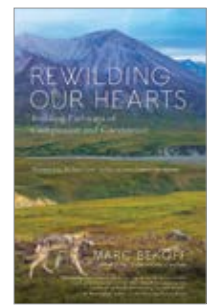
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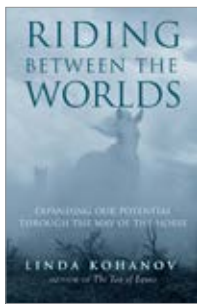
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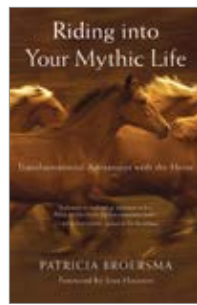
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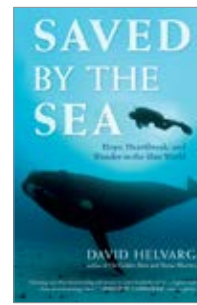
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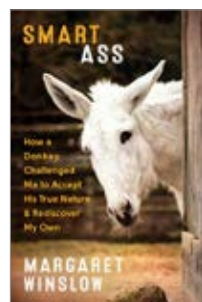
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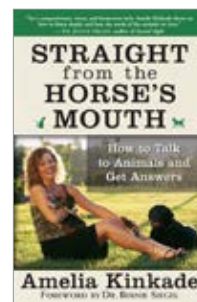
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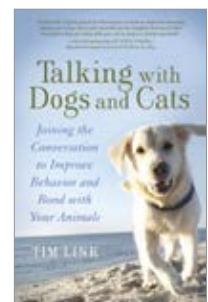
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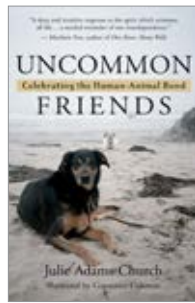
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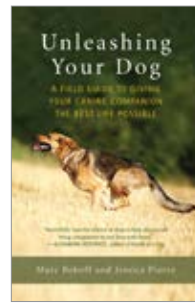
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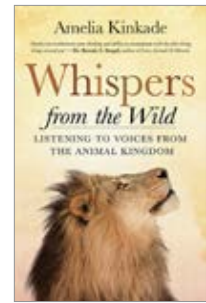
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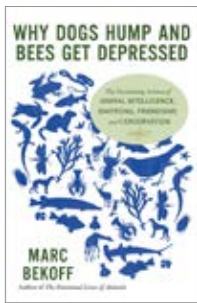
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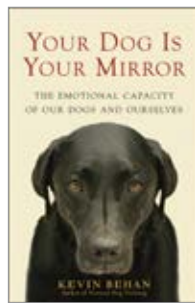
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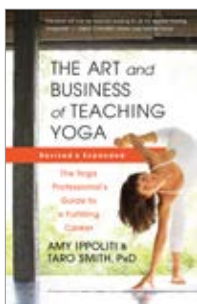
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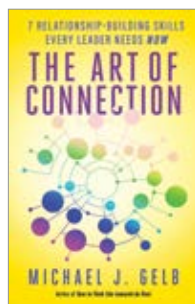
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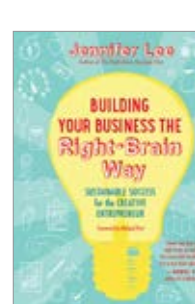
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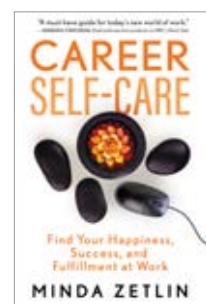
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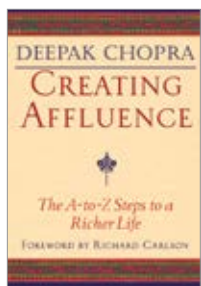
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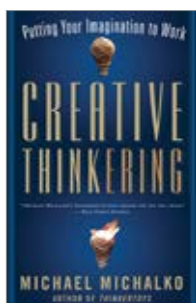
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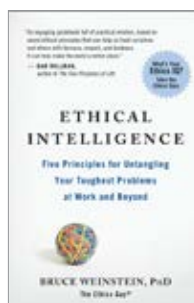


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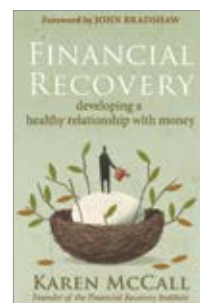
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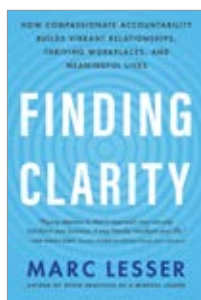
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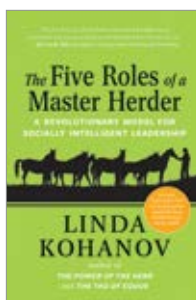
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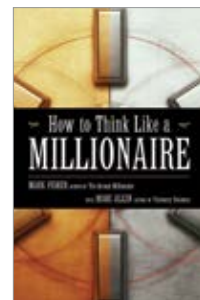
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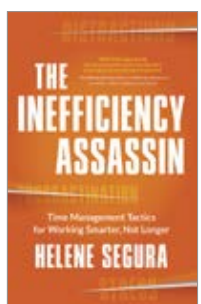
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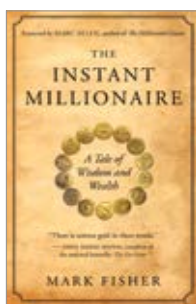
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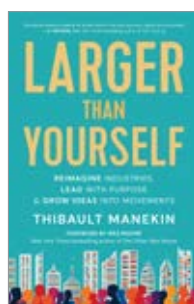


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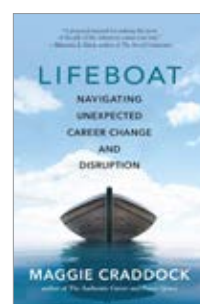


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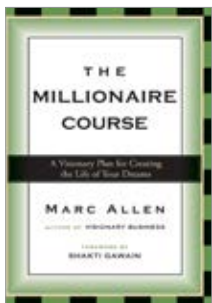
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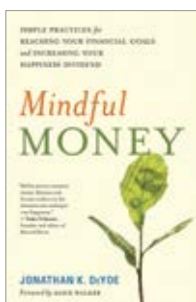


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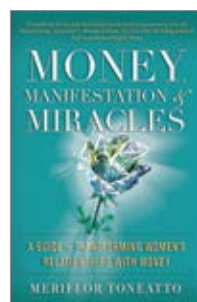
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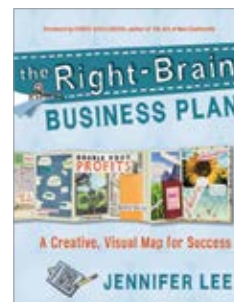
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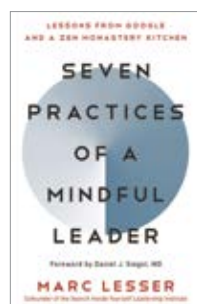
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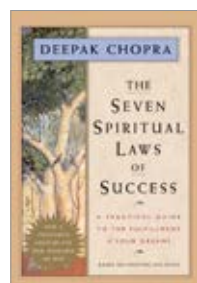
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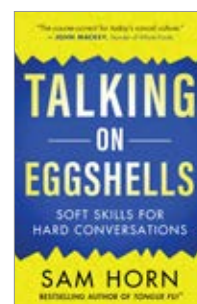
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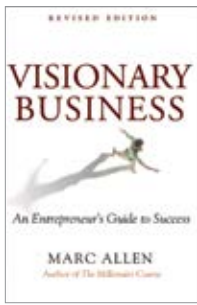
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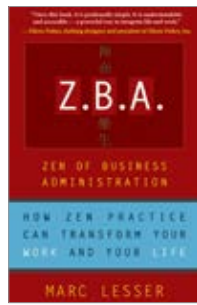
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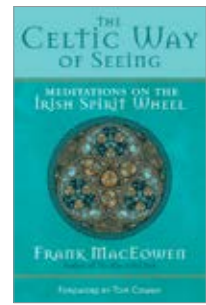
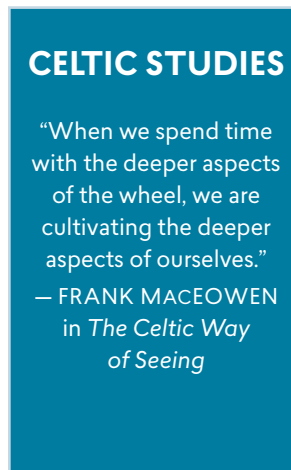
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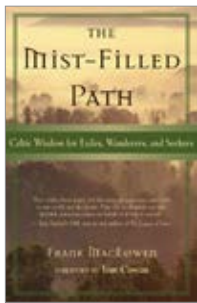
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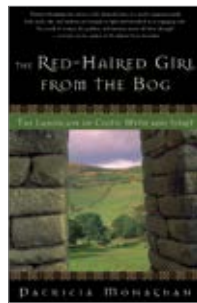
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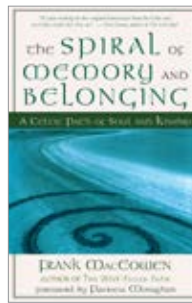
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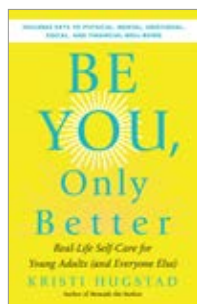
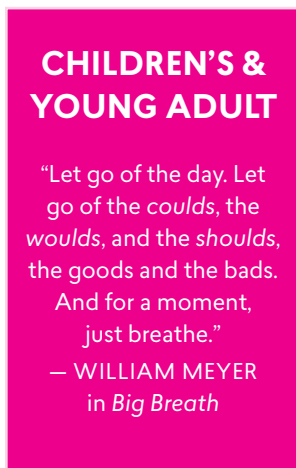
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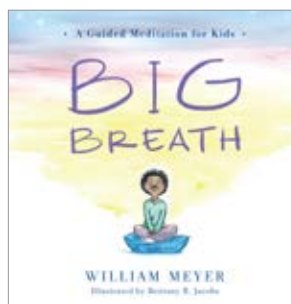
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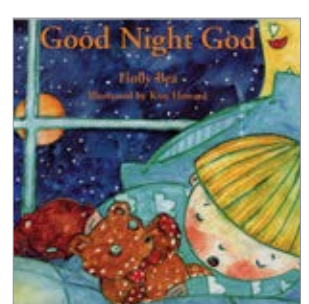
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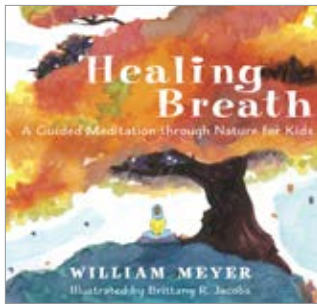
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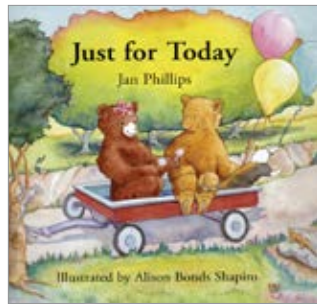


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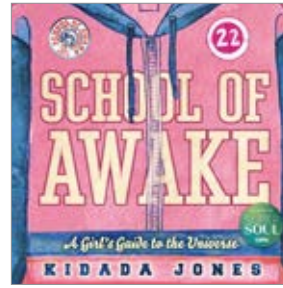
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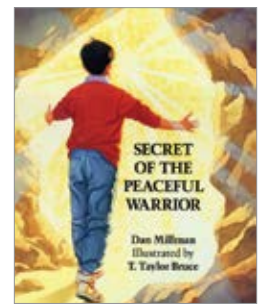
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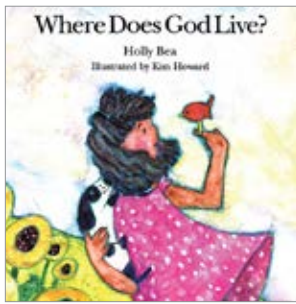
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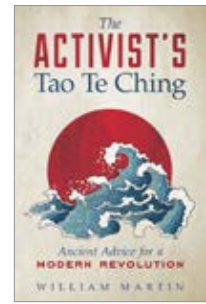
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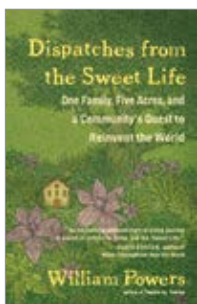
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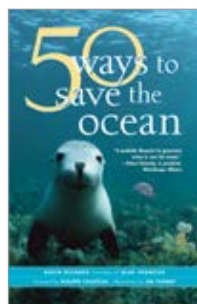
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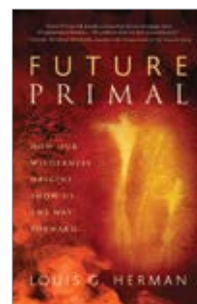
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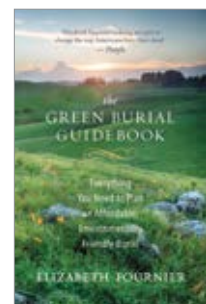
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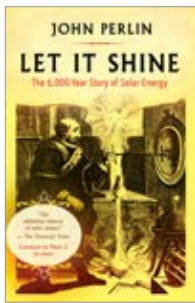
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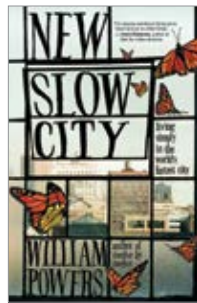
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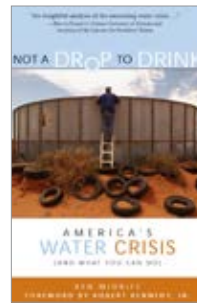
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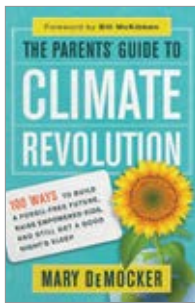
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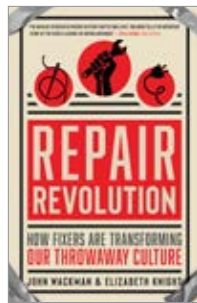
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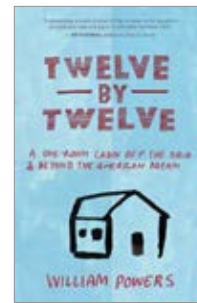
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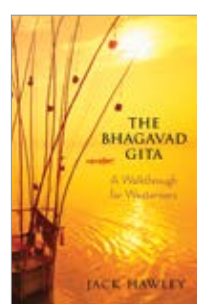
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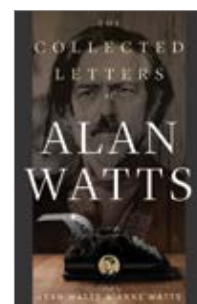
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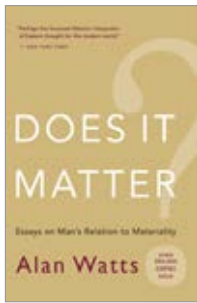
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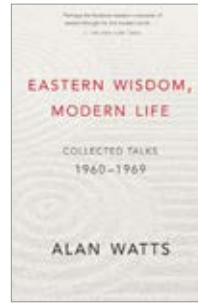
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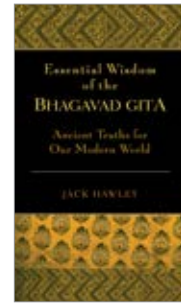
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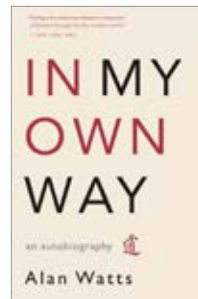
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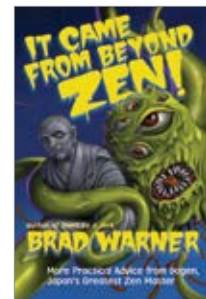
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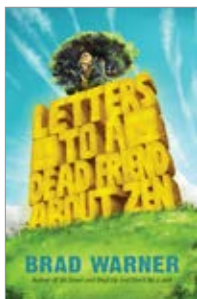
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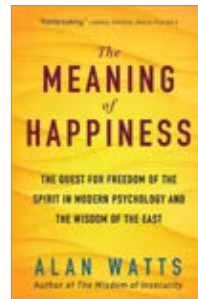
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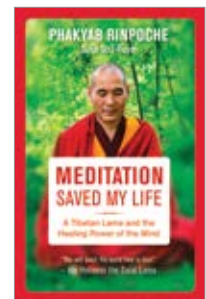
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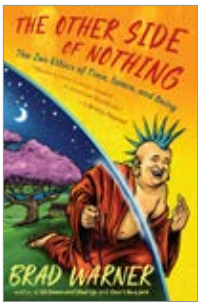
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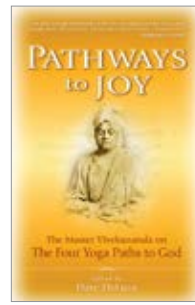
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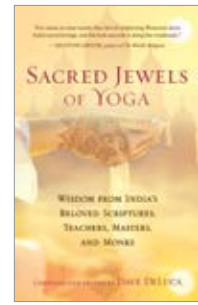
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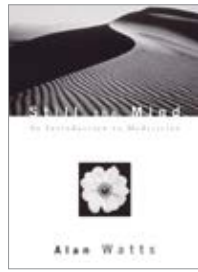
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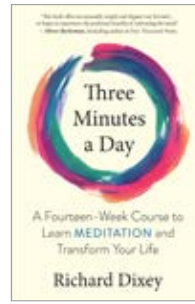
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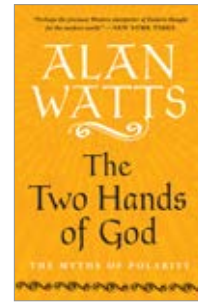
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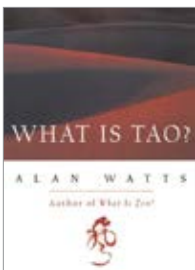
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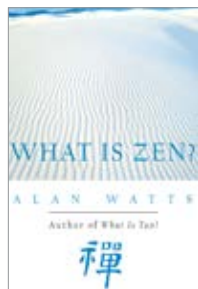
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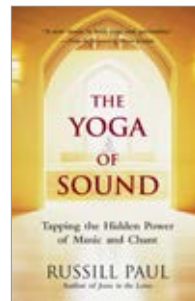
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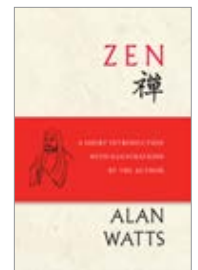
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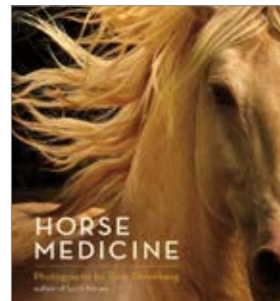
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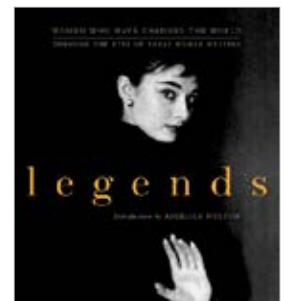
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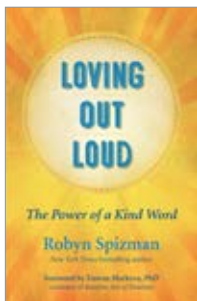
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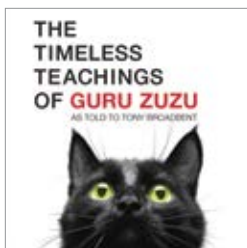
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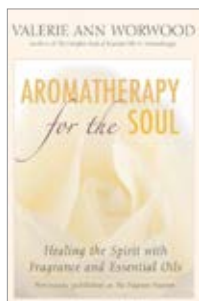
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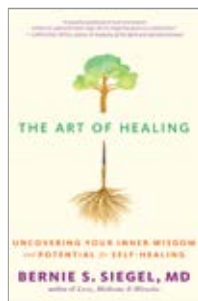
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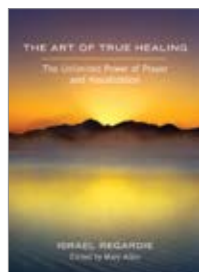
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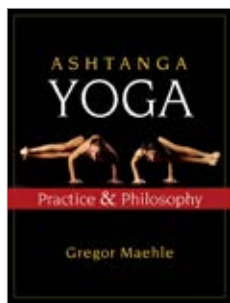
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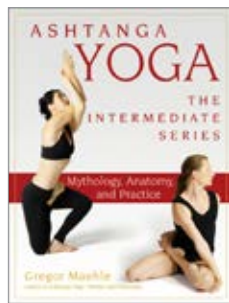
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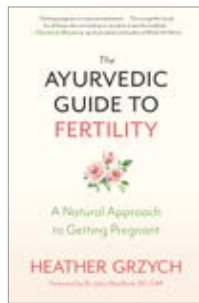
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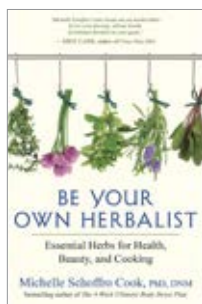
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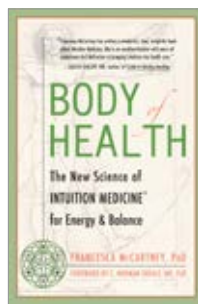
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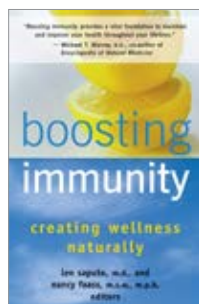
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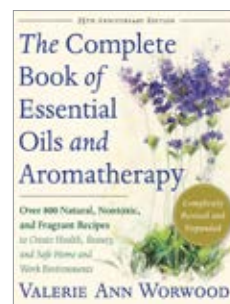
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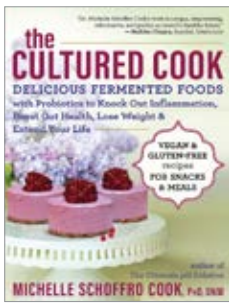


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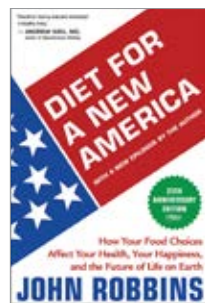


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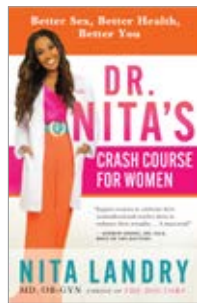
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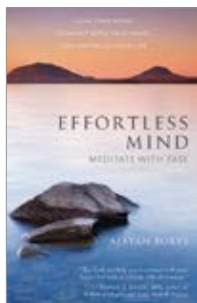
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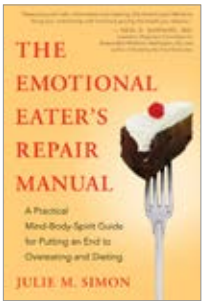
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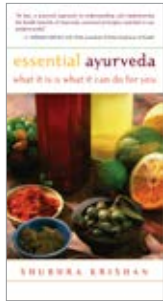
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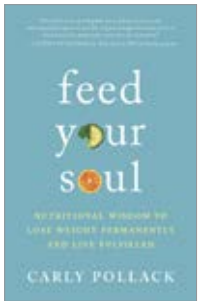
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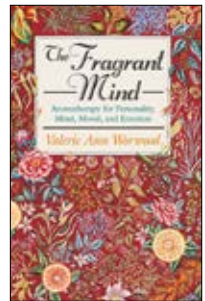
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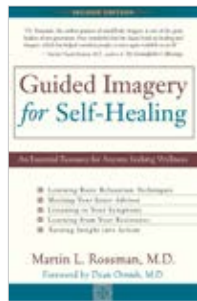
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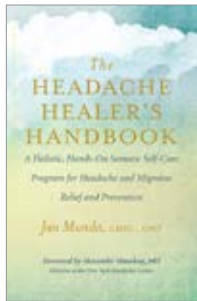
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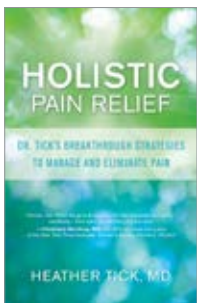
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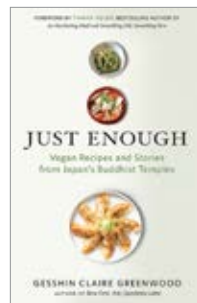
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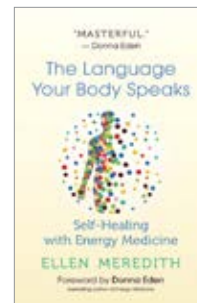
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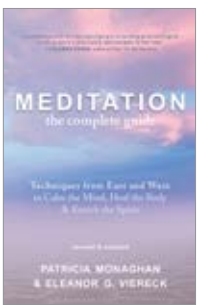
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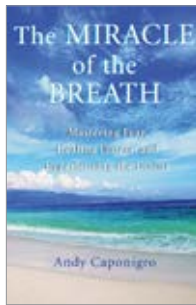
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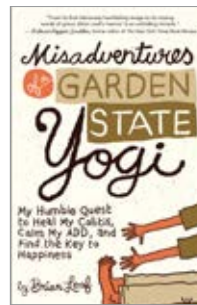
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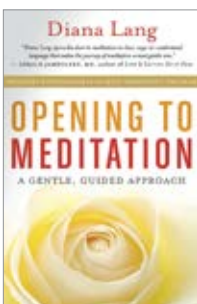
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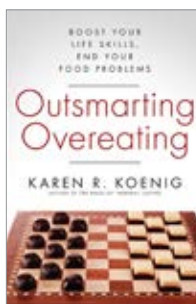
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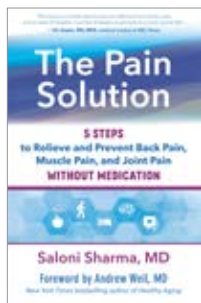
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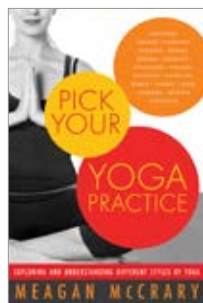
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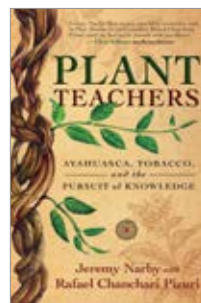
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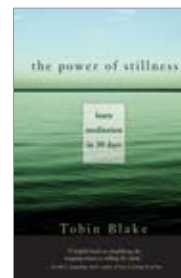
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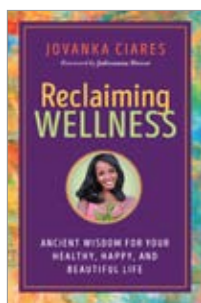
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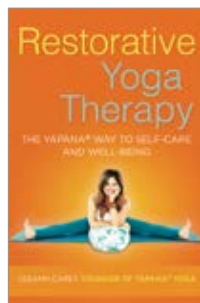
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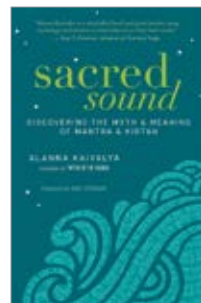
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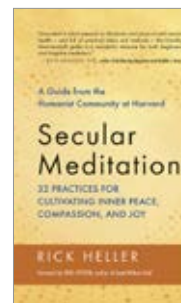
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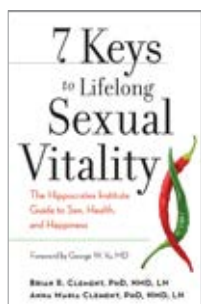
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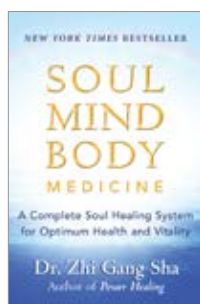
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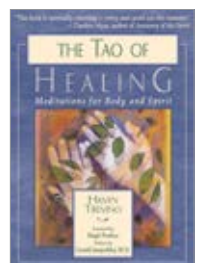
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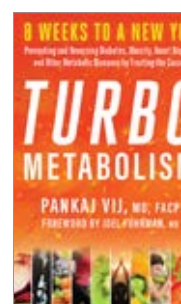
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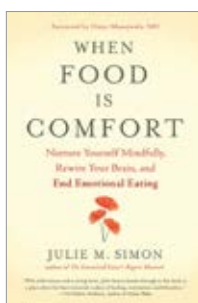
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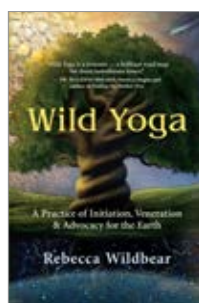
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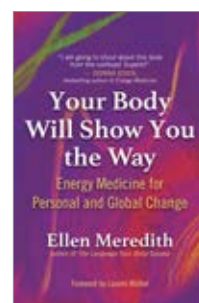
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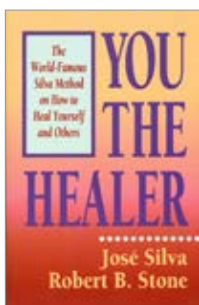
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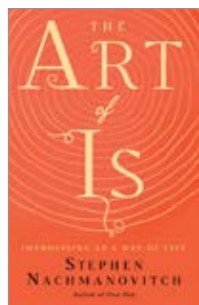
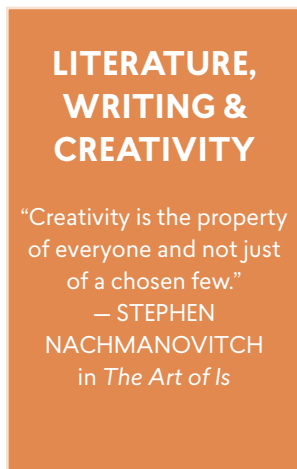
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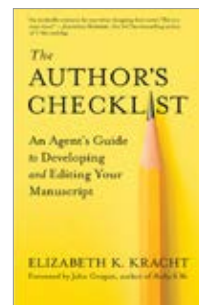
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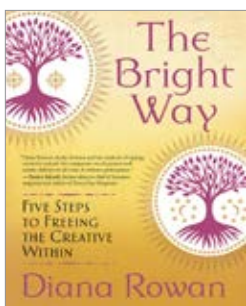
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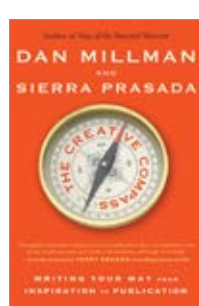
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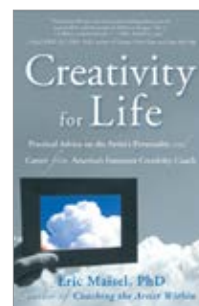
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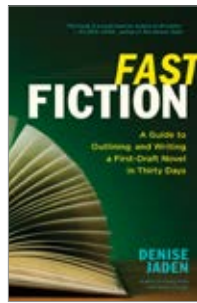


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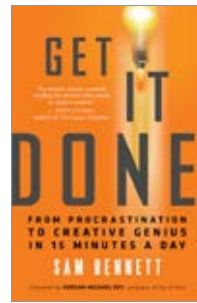


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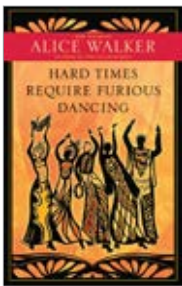
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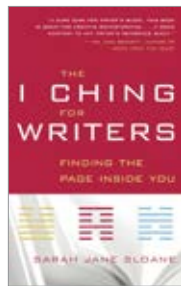


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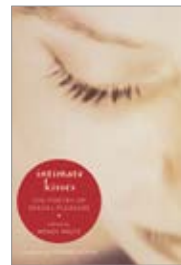


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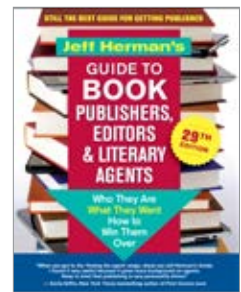


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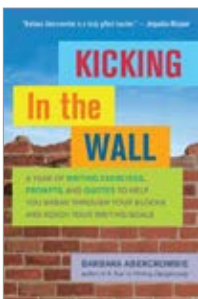


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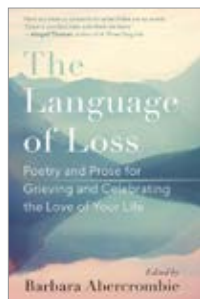


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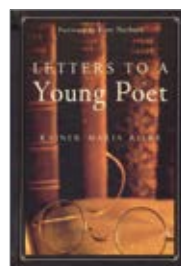


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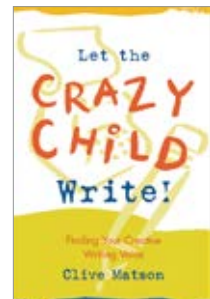


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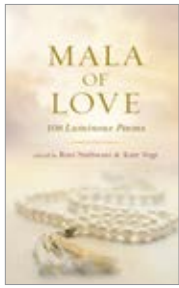


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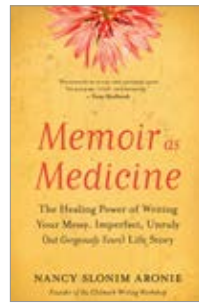
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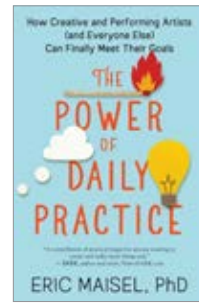
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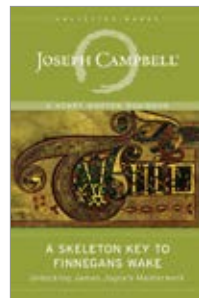
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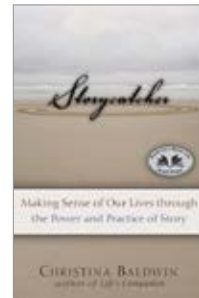
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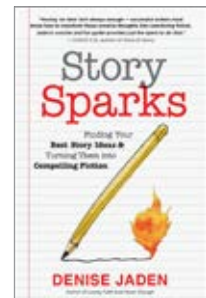
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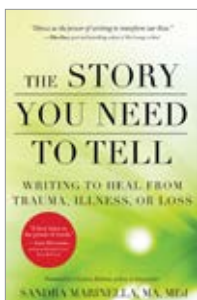
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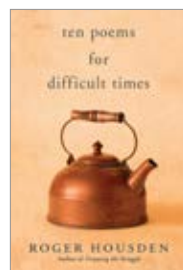
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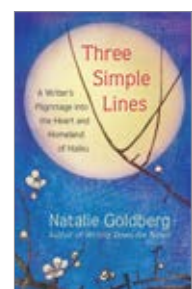
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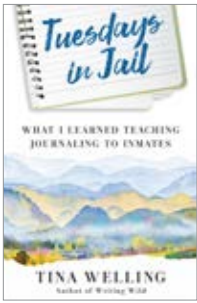
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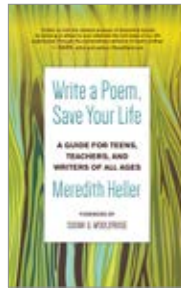
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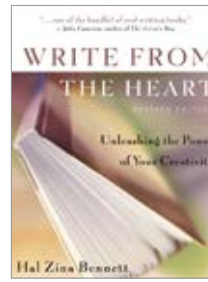
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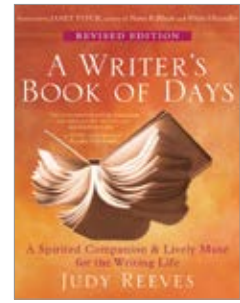
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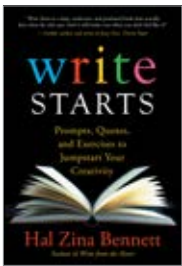
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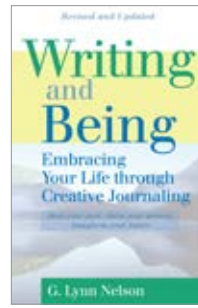
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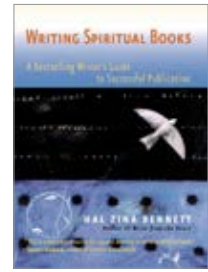
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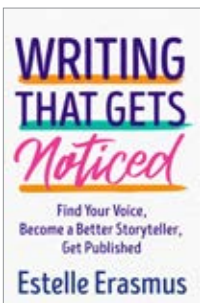
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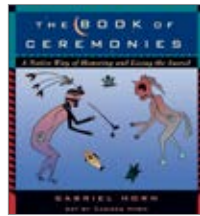


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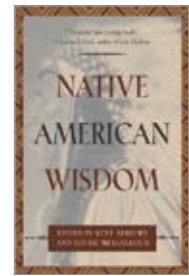
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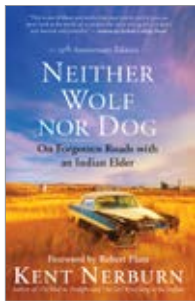


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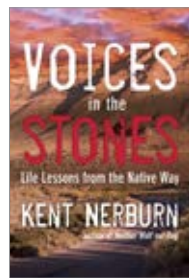
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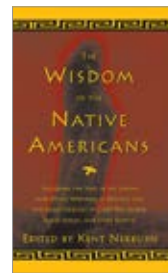
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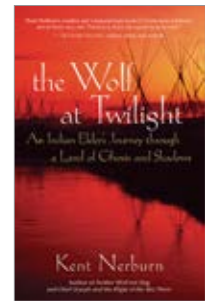
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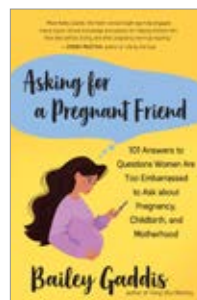
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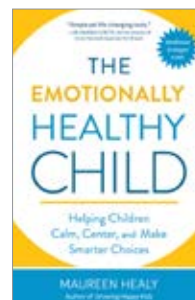
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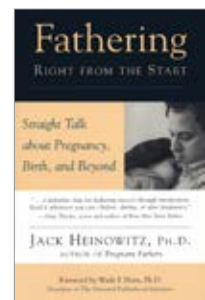
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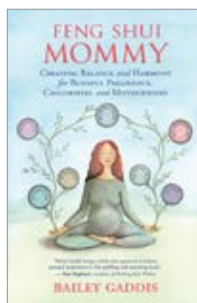
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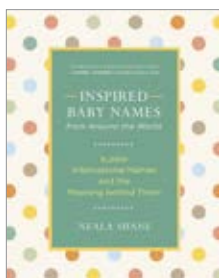


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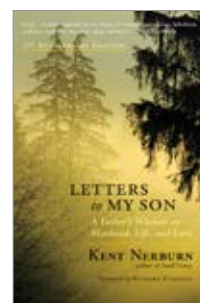
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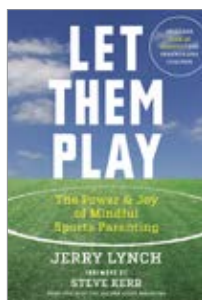
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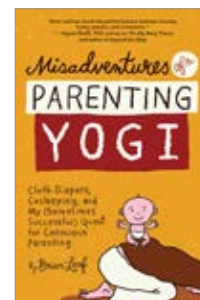
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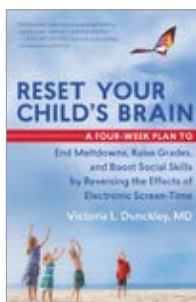
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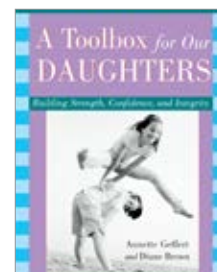


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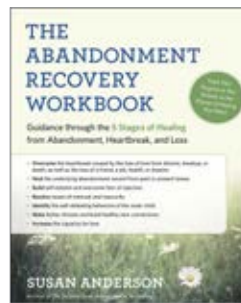


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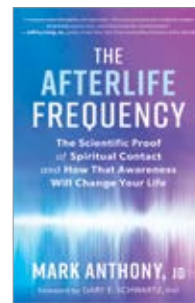


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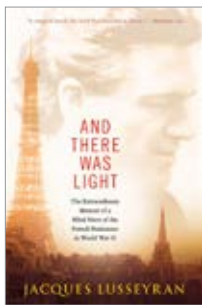
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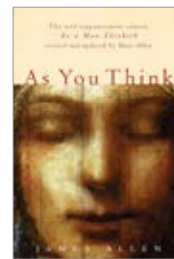


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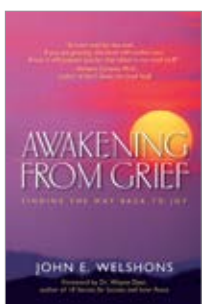


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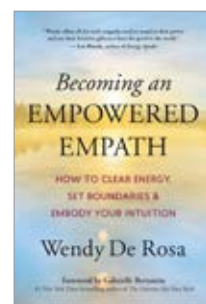


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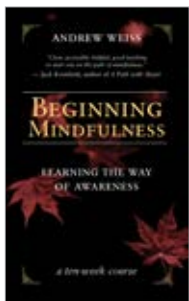


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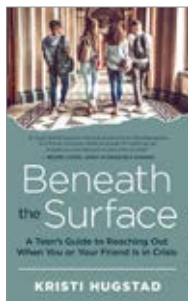
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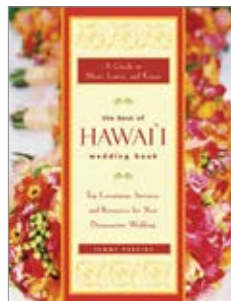
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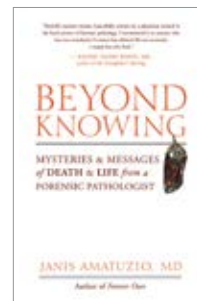
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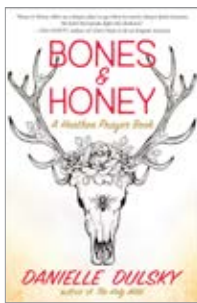
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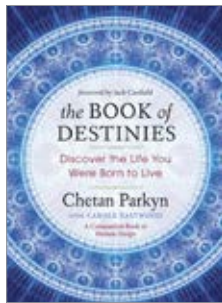
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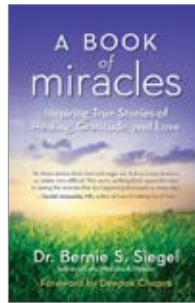
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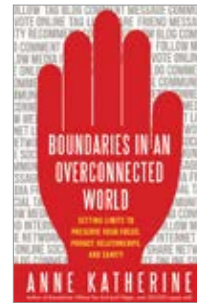
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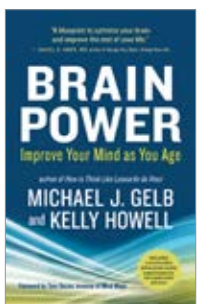
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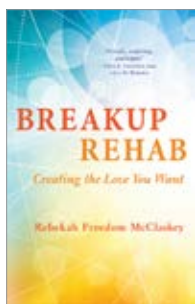
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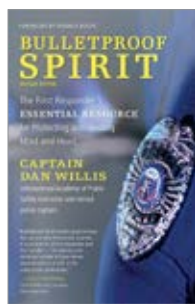
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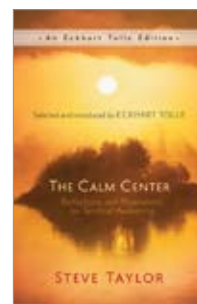
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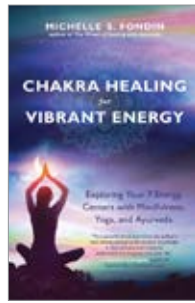
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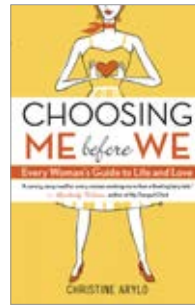
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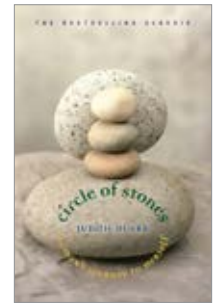
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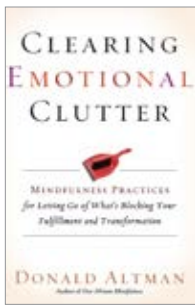
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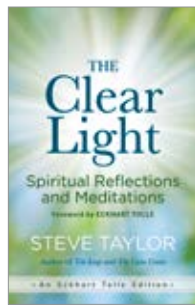
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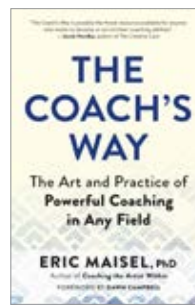
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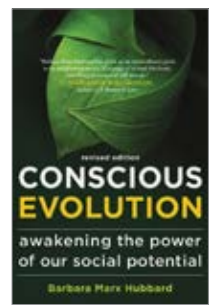
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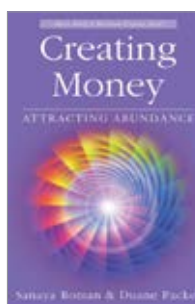
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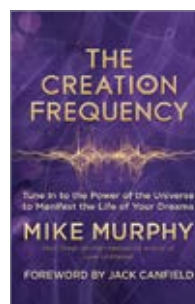


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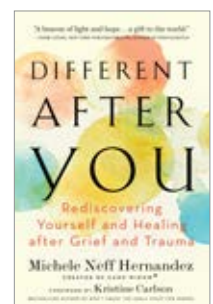


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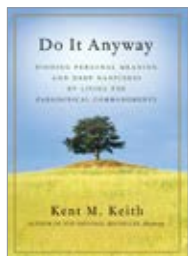
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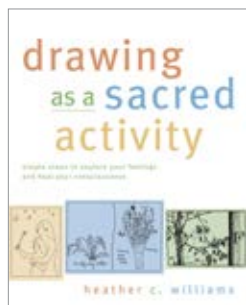


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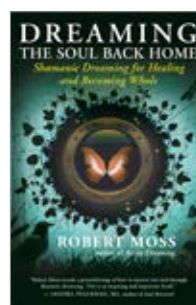
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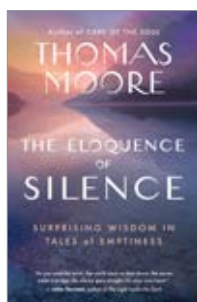
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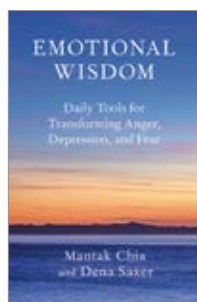
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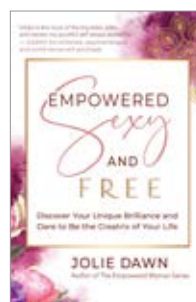
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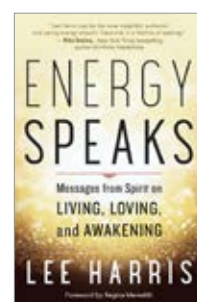
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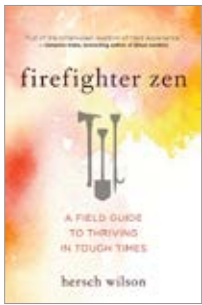
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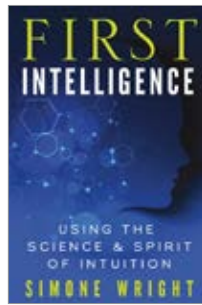


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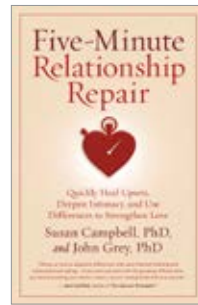
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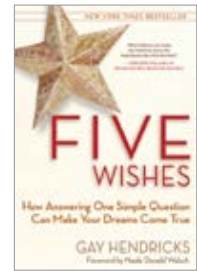
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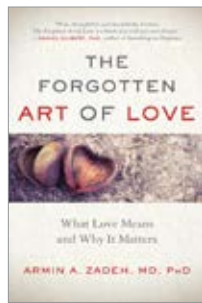
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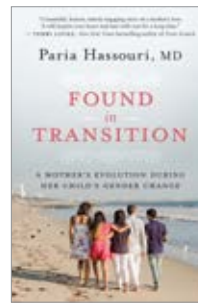
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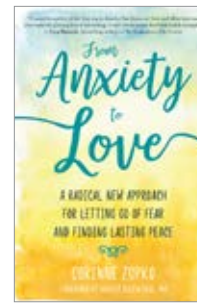
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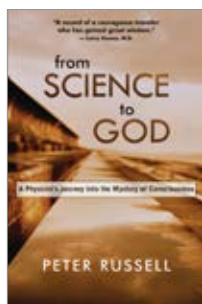
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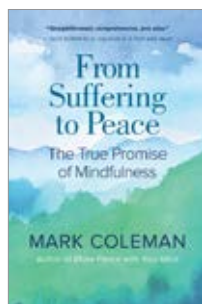
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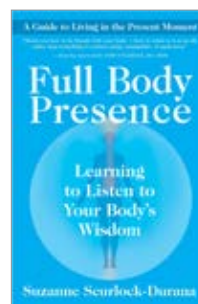
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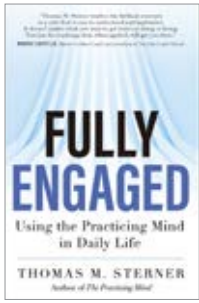
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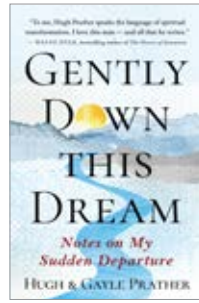
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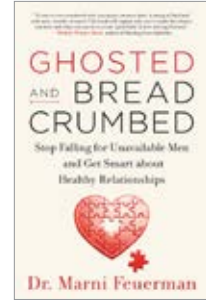
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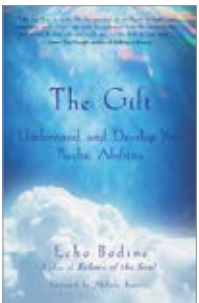
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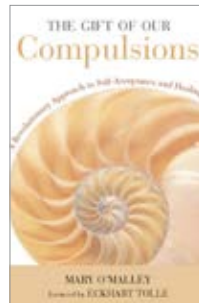
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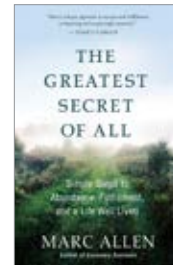
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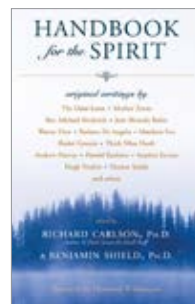
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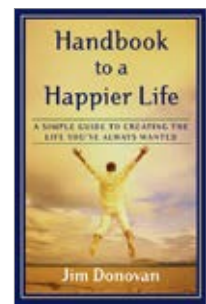
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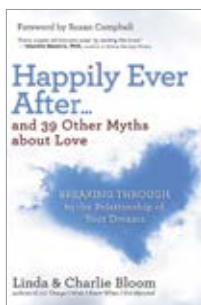
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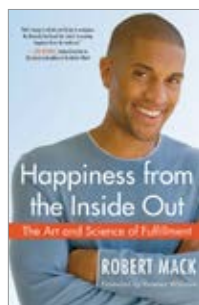
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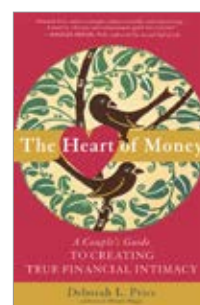
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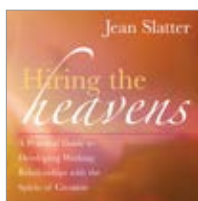
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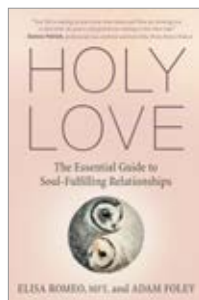
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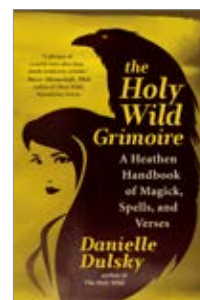
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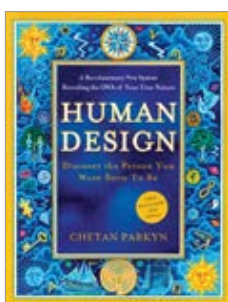
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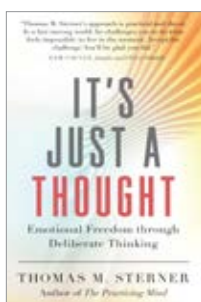
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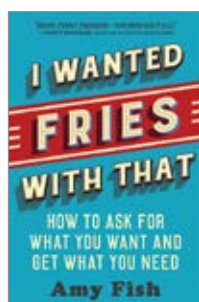
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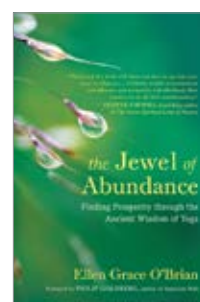
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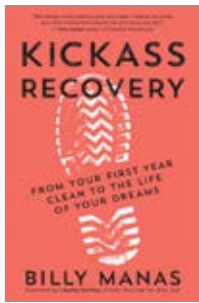
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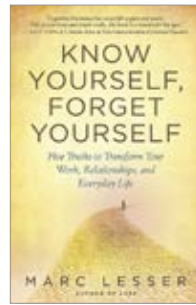


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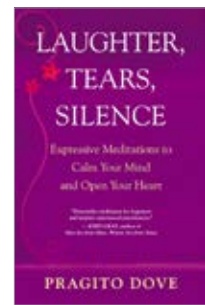
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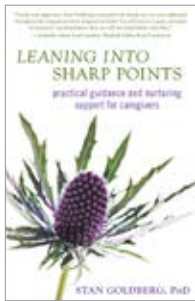
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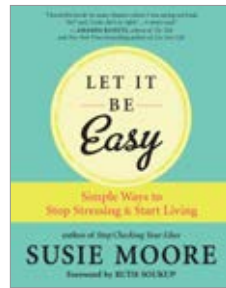
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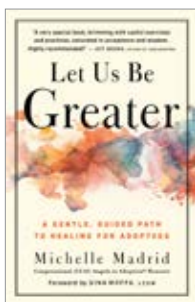
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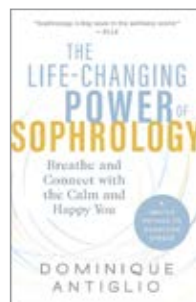
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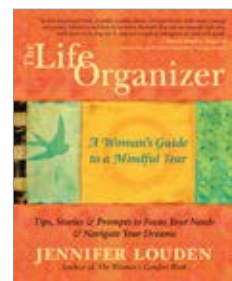
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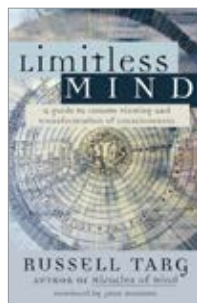


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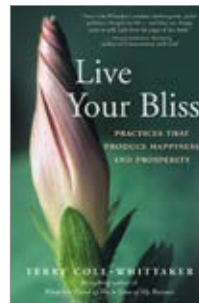
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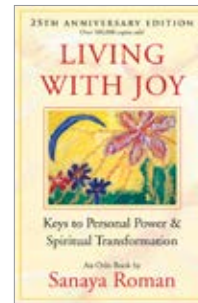
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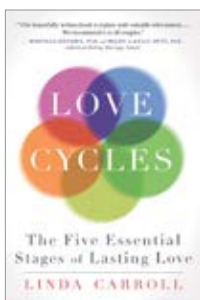


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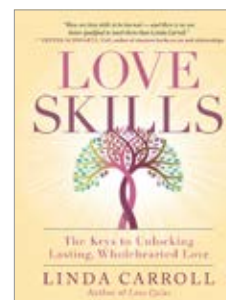
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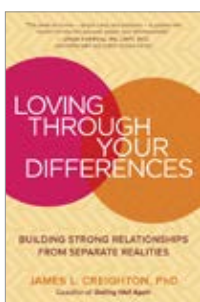
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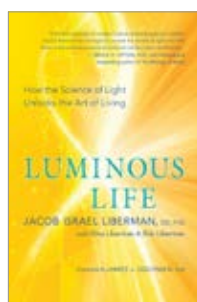
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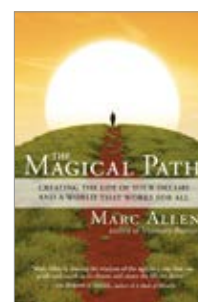
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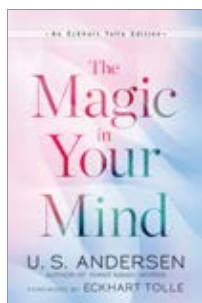
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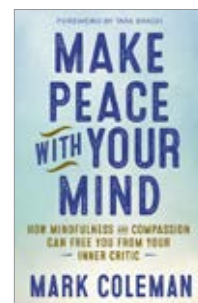


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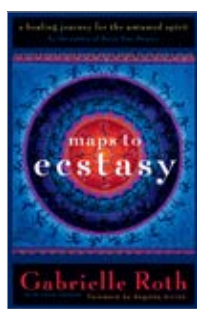
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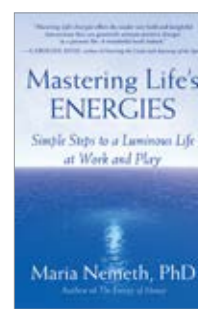
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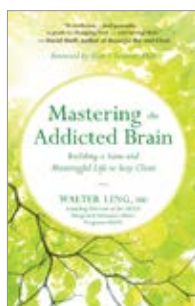
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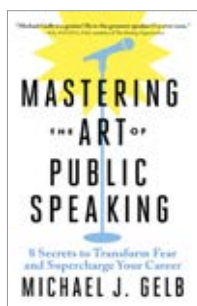
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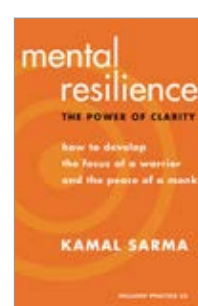
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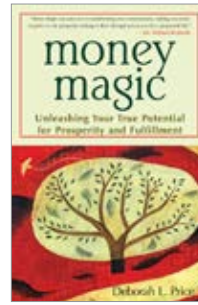
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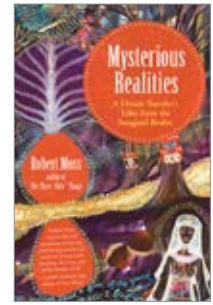
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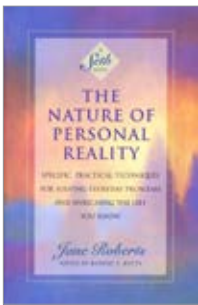
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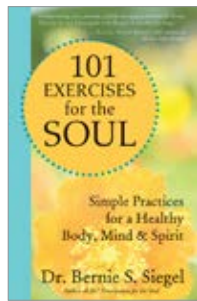
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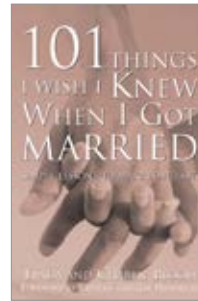
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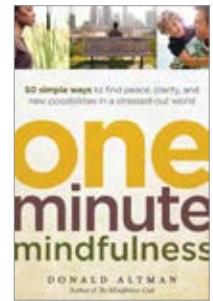
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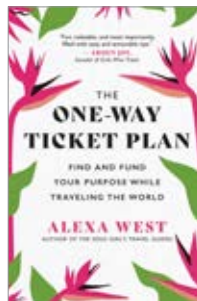
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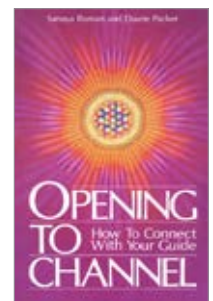
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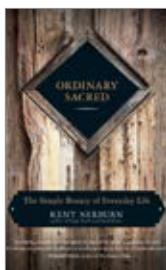
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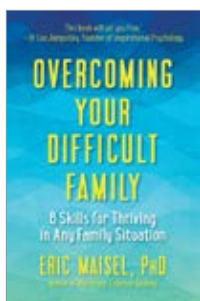
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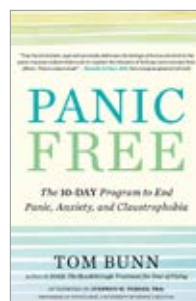
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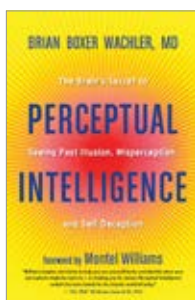
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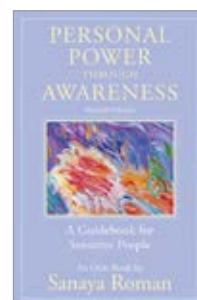
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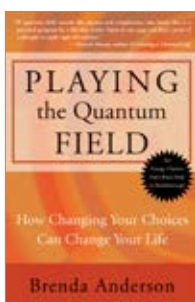


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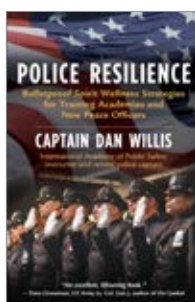


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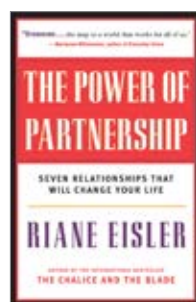
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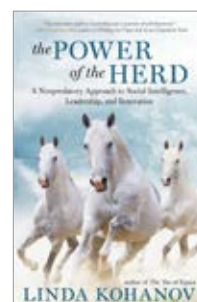
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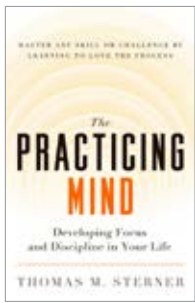
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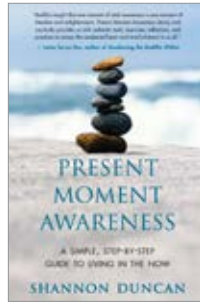
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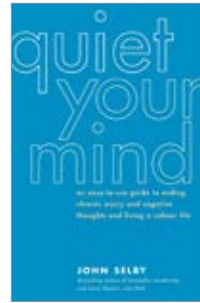
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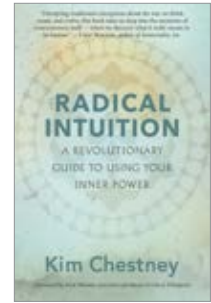
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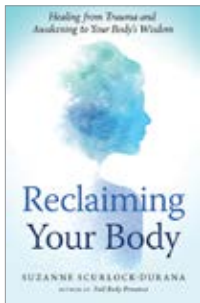
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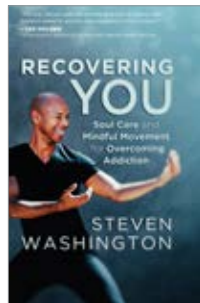
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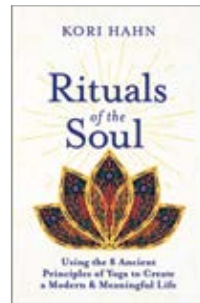
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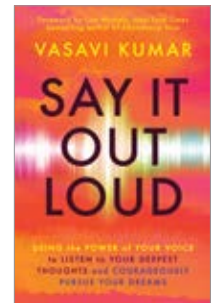
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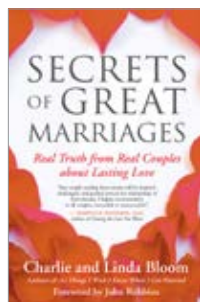
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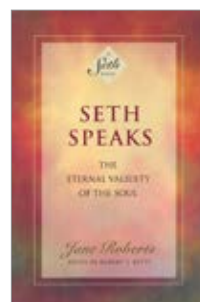
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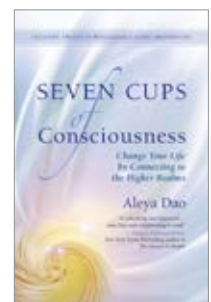
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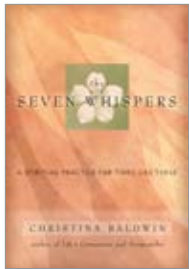
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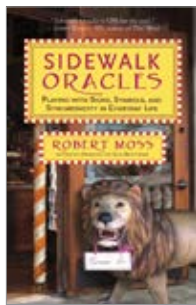


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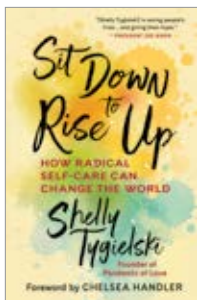


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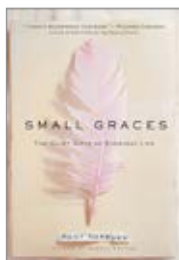


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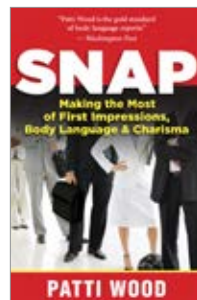
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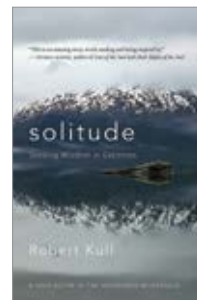
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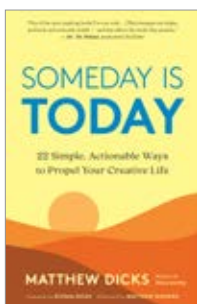
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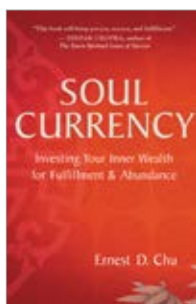
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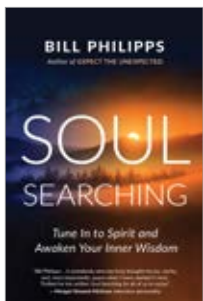


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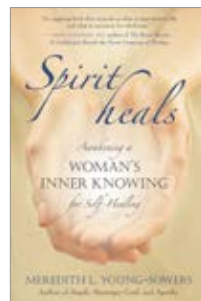
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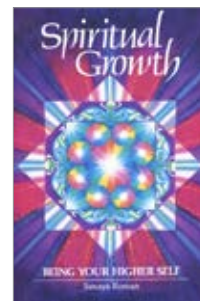
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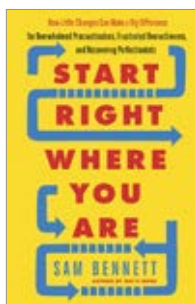


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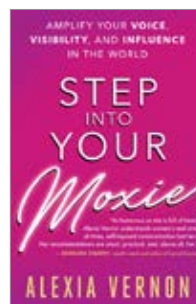
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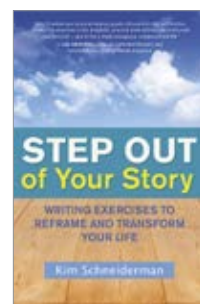
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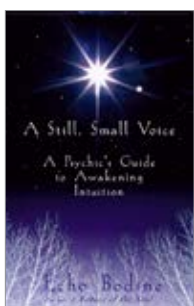
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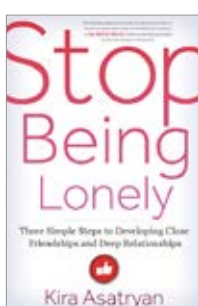
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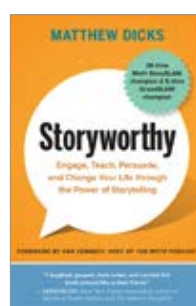
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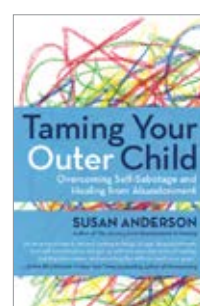
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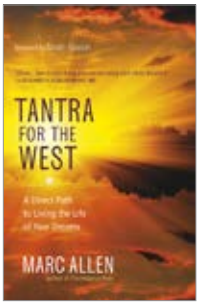
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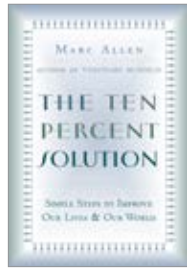


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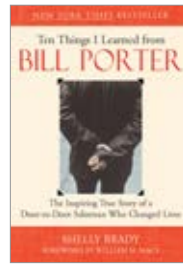
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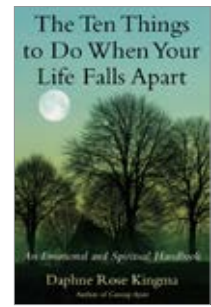
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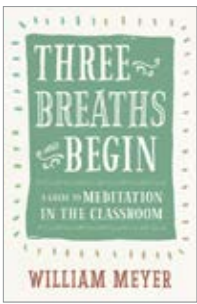
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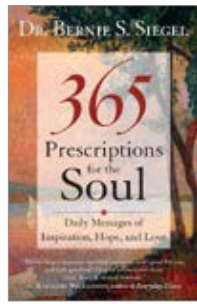
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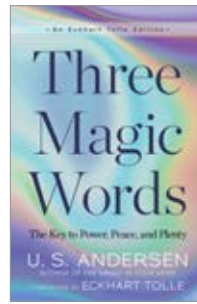
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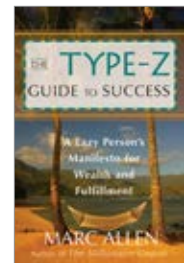
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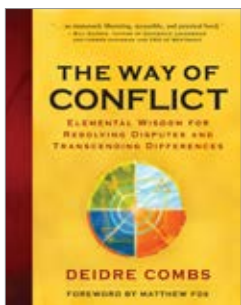
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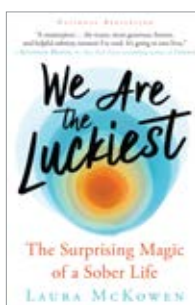
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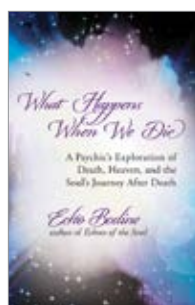


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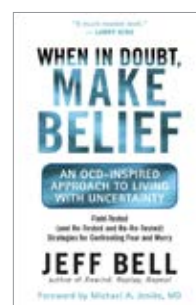


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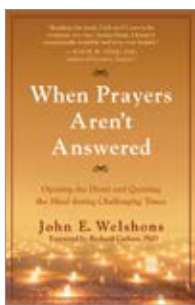
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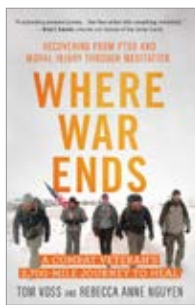
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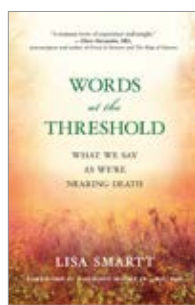
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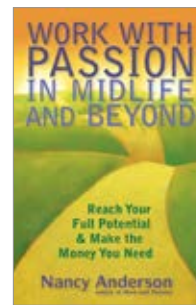
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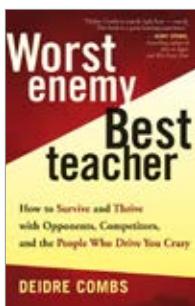
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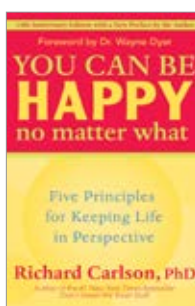
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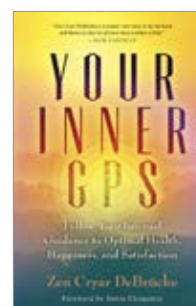


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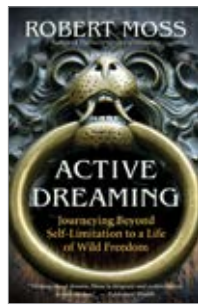
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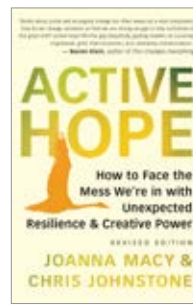
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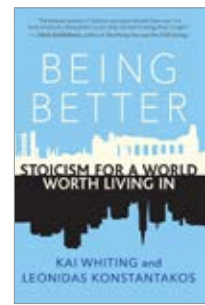
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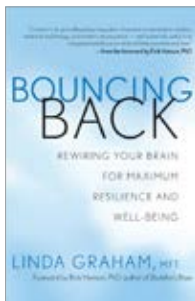
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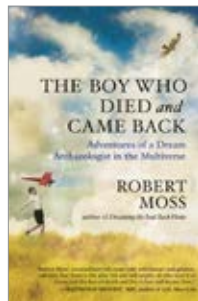
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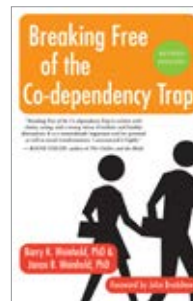
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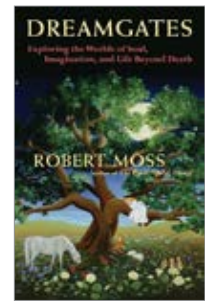
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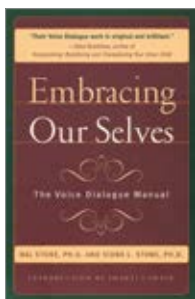
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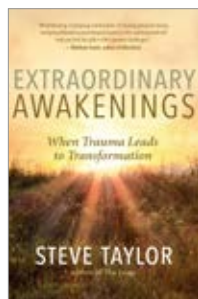
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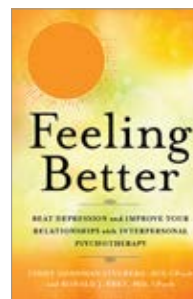
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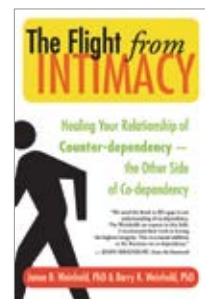
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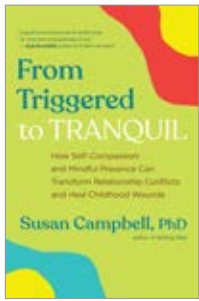
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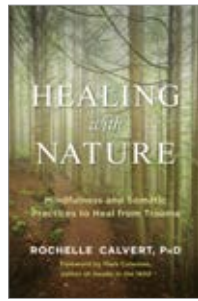
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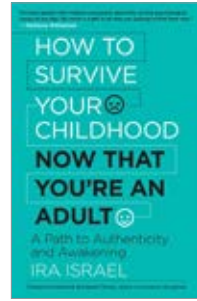
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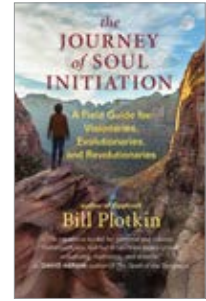
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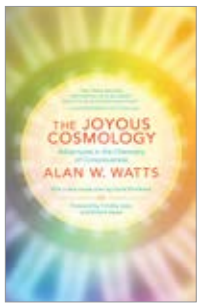
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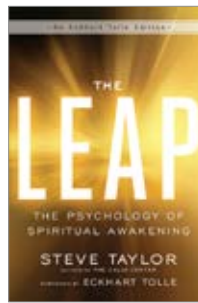
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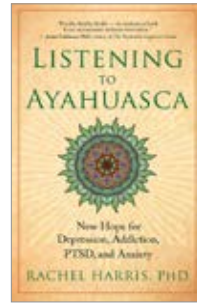
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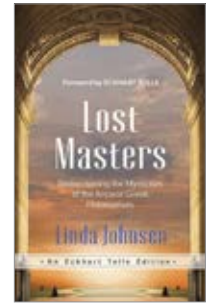
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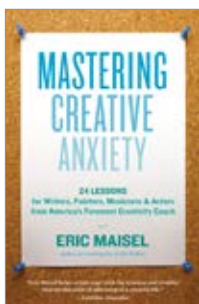
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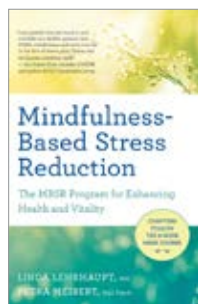
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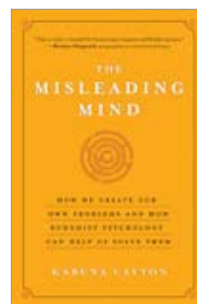
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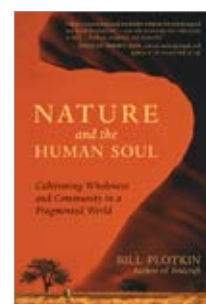
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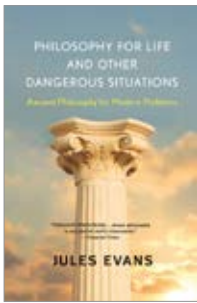
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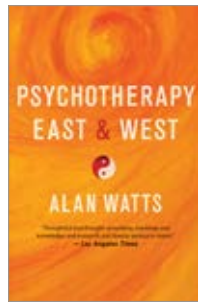
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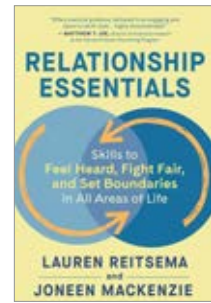
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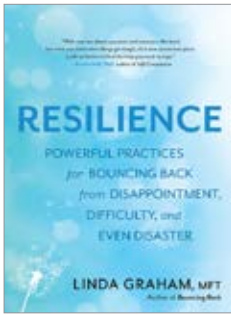
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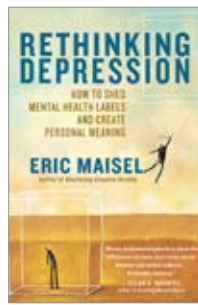
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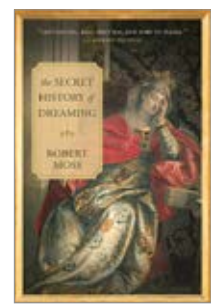
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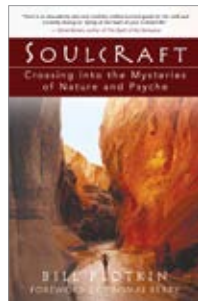
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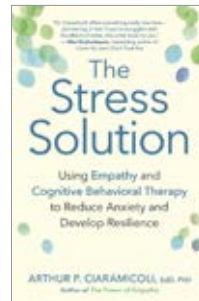
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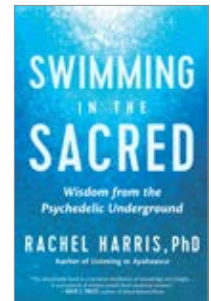
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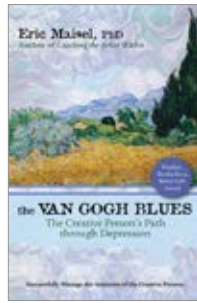
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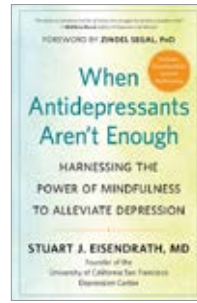
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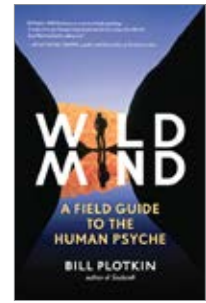
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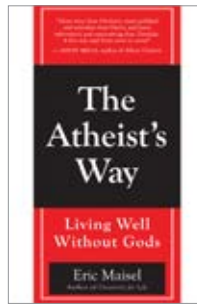
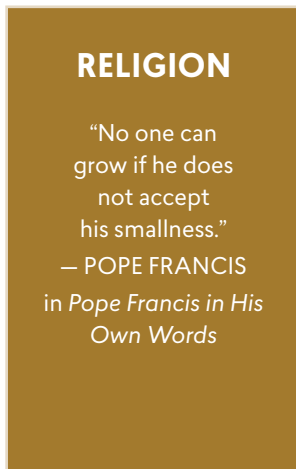
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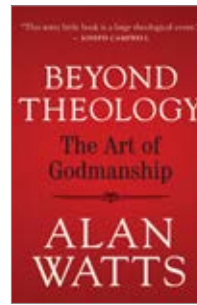
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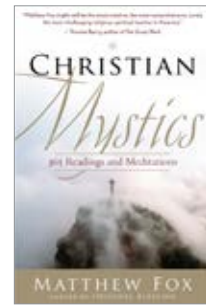
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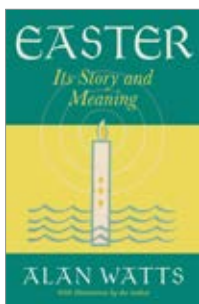
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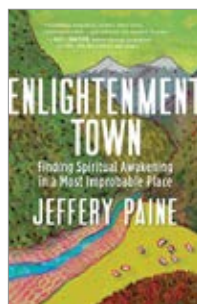
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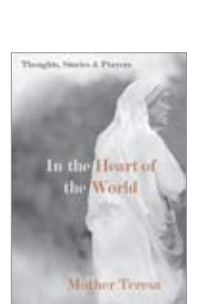
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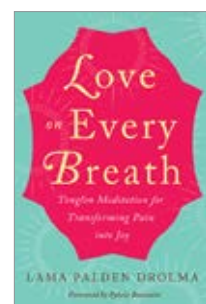
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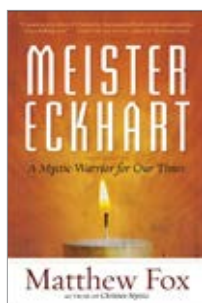
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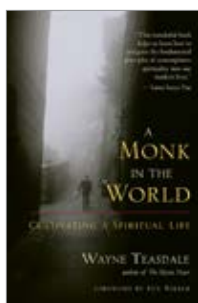


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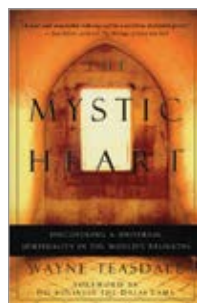
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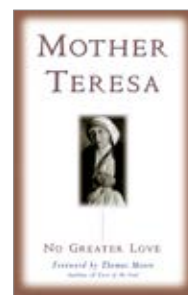
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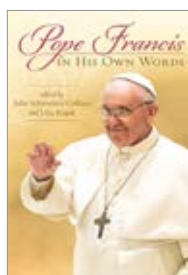


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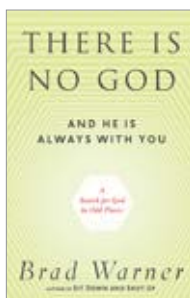


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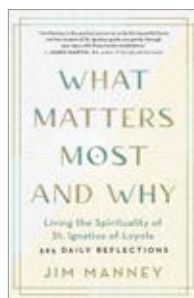
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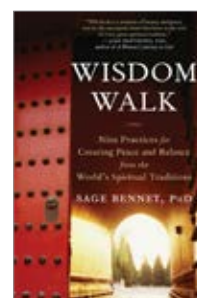
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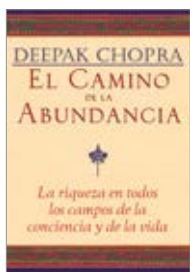
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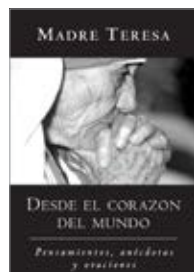
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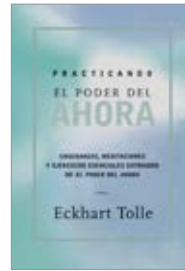


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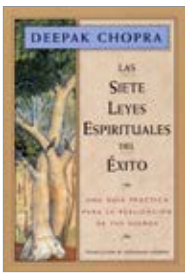
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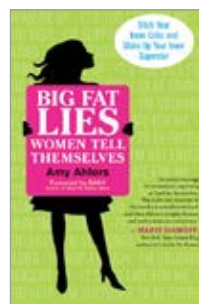
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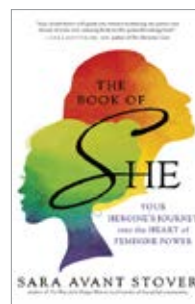
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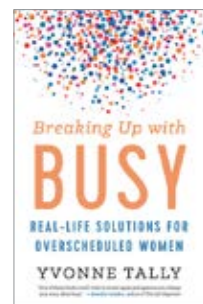
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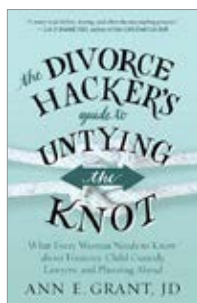
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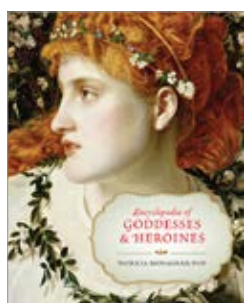
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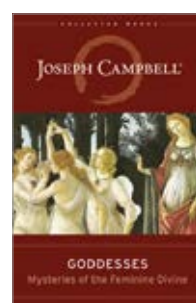
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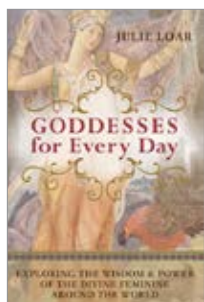
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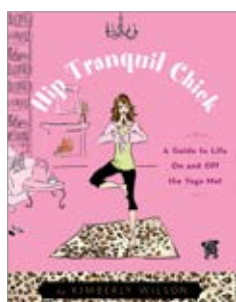
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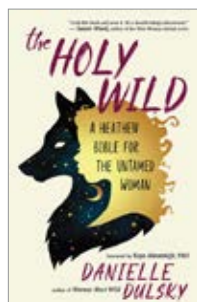
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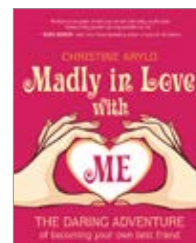
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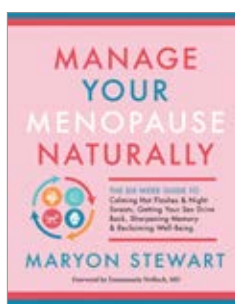
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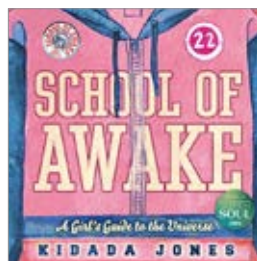
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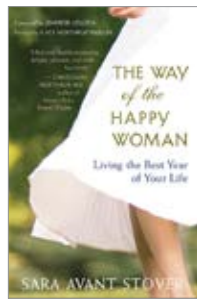


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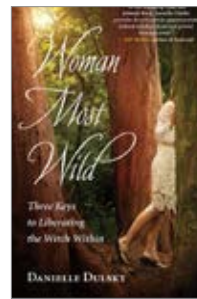
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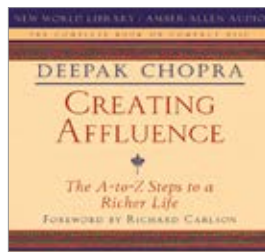
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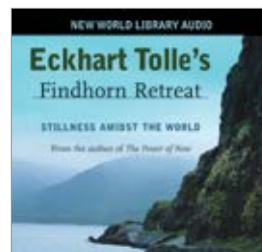
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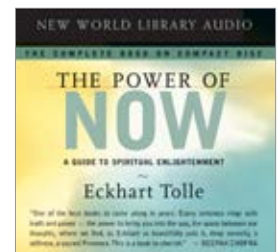
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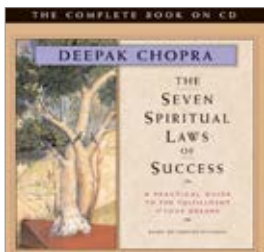
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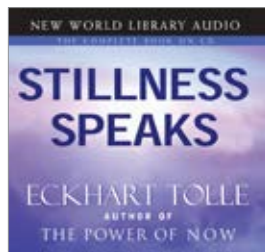
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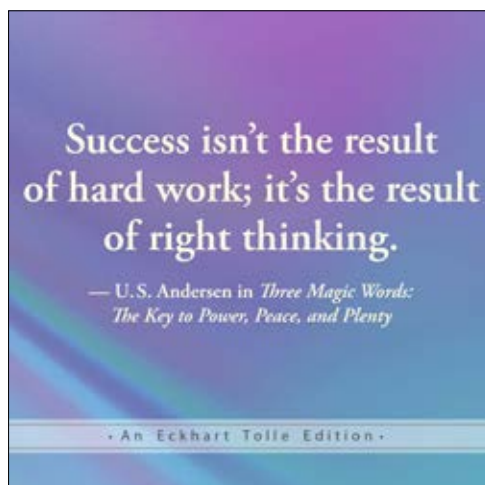
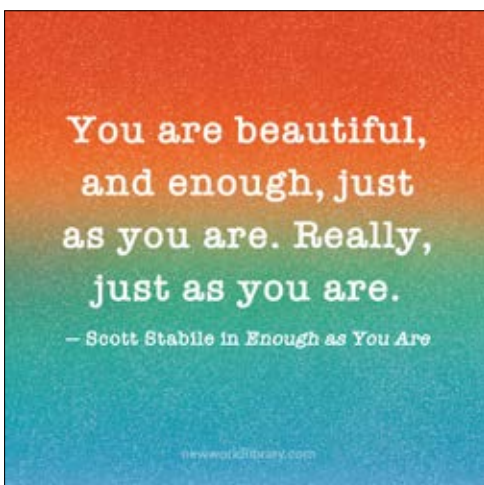
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