

The Mindful Parent

STRATEGIES FROM PEACEFUL
CULTURES TO RAISE COMPASSIONATE,
COMPETENT KIDS



Charlotte Peterson, PhD

Book Mindful Parent Strategies Compassionate Competent

Debra Burdick, LCSWR, BCN



Book Mindful Parent Strategies Compassionate Competent:

The Mindful Parent Charlotte Peterson, 2015-11-17 Over the last four decades American hospitals have seen a steady increase in children suffering from psychological disorders peer violence and suicide attempts To figure out why this is happening and how to put an end to it child psychologist Dr Charlotte Peterson has been spending six months every five years living in indigenous villages and observing their parenting practices What she's found is that the people of peaceful cultures particularly the Tibetan Bhutanese and Balinese people know something we Westerners despite our modernity don't and their children are happier healthier and more balanced because of it What Dr Peterson has found is that the children in these cultures are raised with a high degree of cherishing and empathy Attachments are promoted by intensive nurturing of infants and gentle clear limit setting with toddlers that teaches self control and builds self esteem The result as Dr Peterson has found after visiting these places again and again is children who are trusting enjoyable and kind not spoiled as we might imagine The Mindful Parent brings together Dr Peterson's village interviews observations research and over thirty five years of work as a psychologist to teach modern parents how to raise healthier more well balanced and kinder children It includes creative ideas from parents who are currently adopting these practices and balancing other aspects of their personal career and financial responsibilities to assure their children get the support they need to thrive

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How Other Children Learn Cornelius N. Grove, 2023-01-30 To gain comparative insights into middle class Americans child related values and practices Grove's *How Other Children Learn* examines children's learning and parents parenting in five traditional societies Such societies are those have not been affected by modern urban industrial values and ways of life They are found in small villages and camps where people engage

daily with their natural surroundings and have little or no experience of formal classroom instruction The five societies are the Aka hunter gatherers of Africa the Quechua of highland Peru the Navajo of the U S Southwest the village Arabs of the Levant and the Hindu villagers of India Each society has its own chapter which overviews that society s background and context then probes adults mindsets and strategies regarding children s learning and socialization for adulthood The book concludes with two summary chapters that draw broadly on anthropologists findings about many traditional societies and offer examples from the five societies discussed earlier The first reveals why children in traditional societies willingly carry out family responsibilities and suggests how American parents can attain similar outcomes The second contrasts our middle class patterns of child rearing with traditional societies ways of enabling children to learn and grow into contributing family and community members

Positive Parenting for Autism: Discipline Without Meltdowns PsyForU Editorial

Collective ,2025-10-18 Description Traditional discipline methods often don t work for children with autism and can even make meltdowns worse What parents need are compassionate effective strategies that set boundaries without creating fear or frustration This practical guide shows you how to manage behavior with positive parenting techniques that truly work for autistic children while reducing stress for the whole family Inside this book you ll discover The difference between meltdowns and tantrums and how to prevent both How to identify triggers and reduce behavior challenges before they start Gentle discipline methods that replace punishment with teaching Emotional regulation tools that help children calm themselves Positive reinforcement strategies that build confidence and motivation Practical tips for handling behavior challenges in public places Stress reducing tools for parents to stay calm during tough moments Written with warmth and clarity this book empowers parents to guide behavior in a way that builds trust cooperation and respect Download today and learn how to discipline with compassion not conflict Mandatory Disclosures Disclaimer Purpose of Publication This book is intended as a parental guidance and educational resource offering compassionate strategies for managing behavior reducing meltdowns and promoting emotional regulation in children on the autism spectrum It is written to empower parents with understanding and positive discipline tools not to provide medical psychiatric or therapeutic prescriptions Always consult a qualified child psychologist behavioral therapist or developmental pediatrician before implementing any intervention or behavior modification technique No Psychological or Medical Claims This publication does not diagnose treat or cure autism or any associated conditions The examples case studies and suggested frameworks are illustrative and should not be interpreted as universally effective or clinically endorsed solutions The author s and publisher make no guarantees of behavioral change or therapeutic success Professional Supervision Recommended All behavioral and emotional interventions should be practiced under appropriate professional guidance If your child exhibits self injurious aggressive or distressing behaviors seek immediate consultation from a licensed therapist or physician Evidence and Accuracy The book references established approaches from Positive Behavior Support PBS Applied Behavior Analysis ABA principles Mindful Parenting and

Cognitive Behavioral frameworks However research and guidelines evolve continuously and the publisher does not claim that the strategies are exhaustive or universally endorsed Liability Statement Neither the author s editor s nor publisher shall be liable for any loss injury or damages direct or indirect resulting from the application or misuse of the content Parental discretion and professional collaboration are essential in adapting these tools to each child s unique needs and temperament Ethical Commitment This book promotes a neurodiversity affirming non punitive approach to discipline focusing on empathy structure and communication Readers are encouraged to apply principles with respect to the child s dignity developmental level and emotional safety Cultural Adaptation The examples and case scenarios primarily reflect family structures and support systems in the United States and Europe Readers from other regions are advised to modify approaches based on their local cultural norms educational systems and access to resources Copyright Notice 2025 by BOOKSKART WORLD All rights reserved No part of this publication may be reproduced distributed or transmitted in any form or by any means including photocopying recording or other electronic or mechanical methods without the prior written permission of the publisher except in the case of brief quotations in critical reviews and certain other non commercial uses permitted by copyright law ISBN Edition Imprint ISBN 978 81 994064 1 4 Authored By PsyForU Editorial Collective Series Editor Dr Leah Managing Editor Dr Jonathan Reed Associate Editor Dr Emily Bennett First Edition Digital Edition October 2025 Published by PSYFORU BOOKSKART WORLD Contact and Support For rights permissions bulk orders or academic usage inquiries contact info psyforu com <https://psyforu.com>

Educating Gifted Students in Middle School Susan Rakow,2021-09-30
Educating Gifted Students in Middle School A Practical Guide 3rd ed helps educators with the challenging task of understanding and meeting the needs of gifted students in middle school This revised and updated third edition Provides a rationale and framework that middle schools can use to fill the service gap for gifted and advanced learners Addresses the needs of learners from diverse backgrounds Shows how to implement effective program models Identifies best practices for the classroom Shares research based curriculum models Topics addressed include school organization instructional strategies in the basic subject areas cocurricular and summer programs the missing link of executive function skills and counseling at risk gifted learners Educating Gifted Students in Middle School focuses on creative practical and realistic school solutions that create a vital and responsive community for all students

Fundamentals of Nursing - E-Book Patricia A. Potter,Anne G. Perry,Patricia A. Stockert,Amy Hall,Wendy R. Ostendorf,2025-01-15 Selected for 2025 Doody s Core Titles with Essential Purchase designation in Fundamentals Learn the concepts and skills and develop the clinical judgment you need to provide excellent nursing care Fundamentals of Nursing 12th Edition prepares you to succeed as a nurse by providing a solid foundation in critical thinking clinical judgment nursing theory evidence based practice and person centered care in all settings With illustrated step by step guidelines this book makes it easy to learn important skills and procedures Care plans are presented within a nursing process framework that is coordinated with clinical judgement and

case studies show how to apply concepts to nursing practice From an expert author team led by Patricia Potter and Anne Perry this bestselling nursing textbook helps you develop the understanding and clinical judgment you need to succeed in the classroom and in your career **The Mindfulness Matters Program for Children and Adolescents** Randye J.

Semple,Christopher Willard,2019-07-30 This indispensable resource provides a flexible framework and a wealth of engaging tools for teaching mindfulness to children and adolescents with varying needs in school or clinical settings Numerous kid friendly mindfulness practices are presented complete with step by step instructions sample scripts suggested variations and discussion questions The benefits of mindfulness for enhancing children s social emotional competencies are clearly explained Clinicians and teachers are guided to select and sequence activities for groups struggling with specific challenges stress and anxiety depression attention problems behavioral and emotion regulation issues and trauma In a convenient large size format the book includes 14 reproducible handouts Purchasers get access to a Web page where they can download and print the reproducible materials **The Mindful Teacher's Toolkit** Kevin Hawkins,Amy Burke,2021-09-22 Do you want to help your students develop their social and emotional skills Do you want to help build a whole school approach to mindfulness and wellbeing The Mindful Teacher s Toolkit gives you clear directions to develop mindful practices and ideas for how to integrate these into your teaching The book contains detailed guidance on how to work with different age groups from 4 18 years and looks at whole school approaches through specific subject areas and implementation strategies Designed so that you can dip into each chapter all of the activities are adaptable by language tone and content so that you can apply and personalise them to your teaching The combination of expert advice teaching tips reflections activities and real life examples provides you with everything you need to be able to develop your own mindful classroom and contribute to improving wellbeing in your school community Create a Culture of Kindness in Middle School Naomi Drew,Christa

Tinari,2017-10-02 Practical research based lessons for middle school educators to teach students pro social attitudes and behaviors to prevent bullying Create a Culture of Kindness in Middle School focuses on positive and pro social attitudes and behaviors that build a respectful and compassionate school environment while also addressing the tough issues of prejudice anger exclusion and bullying Through role playing perspective taking sharing writing discussion and more students develop the insights and skills they need to accept differences resolve conflicts peacefully stop bullying among peers and create a community of kindness in their classrooms and school Based on survey data gathered by the authors from more than 1 000 students the book s research based lessons are easy to implement and developmentally appropriate Digital content includes student handouts from the book Achieving Peak Performance in Music Sarah Sinnamon,2020-09-28 Achieving Peak

Performance in Music Psychological Strategies for Optimal Flow is a unique and comprehensive exploration of flow in music performance It describes the optimal performance experiences of great musicians and outlines ten psychological steps that can be implemented to facilitate and enhance optimal experience Achieving Peak Performance in Music reveals strategies

used by experts to prepare themselves emotionally cognitively and physically for performance Combining this information with research carried out amongst professional performers and knowledge gained from decades of study and research by psychologists on how to achieve a positive experience the book guides readers on a pathway towards optimal performance Using everyday language it presents invaluable practical guidance and a toolbox of strategies to help with all aspects of performance including memorisation visualisation focus performance anxiety thought management motivation and pre performance routines Based on psychological research the book shares practical knowledge invaluable to music students parents and amateur and professional musicians The strategies on performance provided are applicable to every type of performance from a student exam to a gig or a concert making *Achieving Peak Performance in Music* a significant resource for anyone looking to achieve peak performance

Cultivating Mindfulness to Raise Children Who Thrive Antonella Sansone, 2020-12-29 *Cultivating Mindfulness to Raise Children Who Thrive* introduces an expanded view of human development and health which begins before conception and moves through pregnancy early childhood and adulthood This book is a call for all prenatal and perinatal professionals and policy makers to appreciate indigenous ways of knowing being and doing and integrate them with scientific evidence in the care of expectant parents and their babies It explains how this could also tackle pressing social issues facing the modern world and favour social innovations through a revaluation of preconception pregnancy birth and childcare practices Sansone presents the reader with scientific discoveries of epigenetics interpersonal neuroscience quantum physics attachment anthropology prenatal and perinatal psychology and mindfulness which interestingly resonate with the intuitions of primal wisdom The book will be of interest to clinicians policy makers researchers parents and those interested in the prenatal and perinatal roots of human development and well being

The Mindful School Leader Valerie Brown, Kirsten Olson, 2014-12-11 Big results come from small steps Written with school leaders in mind this inspirational yet practical handbook teaches you how to add mindfulness into your day bit by bit whether you are sitting in your office or walking down the hall With mindfulness you will get better at managing meetings responding creatively to complex situations and achieving resilience you will become a more effective leader and a more positive force for your staff and students Features include Real life profiles of mindful school leaders Practice exercises to try right away Guidance so you know if you are doing it right Hard to find resources including mindfulness apps

How to Master Your Mood in Middle School Lenka Glassman, PsyD, 2022-08-30 Smart and essential Jeff Kinney author of *Diary of a Wimpy Kid* series They used to tell kids to chant sticks and stones or just ignore it It didn't work This book helps kids find the opposite approach don't ignore it understand it Tom Angleberger *Origami Yoda* Some kids sail through their middle school years without any drama but most kids get stuck on a rollercoaster of up and down moods How is it possible to feel sad and happy at the same time Why is everything so embarrassing How does one eye roll from a friend make you suddenly doubt everything about yourself The truth is you are growing into the amazing person you are meant to be and your many moods

and emotions are helping you figure it all out Not everyone nerds out on mood and emotions but this book is packed with cool brain science and info on mental health and wellness plus real life stories from kids your age you ll learn something about yourself without even trying Soon you ll be an expert on YOU and will figure out what your emotions and feelings are saying Soon you ll staying cool and calm during really tough moments knowing that you can handle anything And all that adds up to feeling so much lighter and more confident about yourself and your future Kid Confident Book 2 How to Master Your MOOD in Middle School is part of an awesome nonfiction book series developed with expert psychologist and series editor Bonnie Zucker PsyD that authentically captures the middle school experience These books skillfully guide middle schoolers through those tricky years between elementary and high school with a supporting voice of a trusted big sister or a favorite aunt stealthily offering life lessons and evidence based coping skills Readers of Telgemeir s Guts will recognize similar mental health and wellness strategies and fans of Patterson s Middle School series will appreciate the honest look at the uncertainty and chaos that middle graders can bring Kid Confident offers what kids need to have fun with it all and navigate middle school with confidence humor perspective and feel our mad respect for being the amazing humans they already are Books in the series Kid Confident Book 1 How to Manage Your SOCIAL POWER in Middle School by Bonnie Zucker PsyD Kid Confident Book 2 How to Master Your MOOD in Middle School by Lenka Glassman PsyD Kid Confident Book 3 How to Handle STRESS for Middle School Success by Silvi Guerra PsyD Kid Confident Book 4 How to NAVIGATE Middle School by Anna Pozzatti PhD Bonnie Massimino MED **Teaching Protective Behaviours to Young Children** Carolyn

Gelenter,Rachel Bailey,Belinda Riley,2024-08-16 This teaching resource provides staff in education settings with a comprehensive way of supporting children aged 4 9 to learn that they have a right to feel safe and can talk with someone about anything even if it feels awful or small Fully revised and updated this second edition provides a practical application of the Protective Behaviours framework including suggested session plans and accompanying resources The book explores a range of situations that are faced by children and teaches them to develop a practical understanding of how to reflect on feelings take safe risks make responsible choices and problem solve if they do find themselves in a situation that is uncomfortable or unsafe The book Enables children to develop an awareness of what safe feels like both emotionally and physically Empowers children to know and understand that they have the right to consent even from a young age and that there are strategies for getting help if needed Gives children the skills to understand their feelings thoughts and behaviours and to make informed decisions based on their understanding of protective behaviours Supports children to identify safe adults and to build a safety network Provides guidance for children with varying communication abilities to communicate about their safety in multi sensory ways Includes ideas to share with parents carers and questions for adults to think about their own learning and practices This new edition helps supporting adults teach sessions within an open time frame offering ideas that can be embedded beyond the classroom into the culture of the setting or school and into everyday practice with

children This resource is an essential tool for staff in early years and primary settings as well as other professionals supporting young children with safety *Parenting with Presence: Practical Mindfulness Techniques for Busy Moms and Dads* Silas Mary, 2025-02-03 Parenting with Presence offers busy parents a guide to being more present and mindful in their everyday interactions with their children This book explores practical mindfulness techniques that help parents stay calm focused and engaged even during the most hectic moments Learn how to manage stress listen actively and create moments of connection with your children fostering stronger relationships and promoting emotional well being for both parents and kids With actionable strategies simple exercises and insights into the power of mindfulness Parenting with Presence empowers parents to bring mindfulness into their daily routines and embrace a more peaceful and intentional approach to parenting **Developing Intercultural Competence in Higher Education** Lily A. Arasaratnam-Smith, Darla K. Deardorff, 2022-09-30 This book presents students reflections on their intercultural student experiences and utilizing the UNESCO Story Circle methodology illustrates how such reflection can aid the development of intercultural competence IC The volume features a broad range of first person narratives that showcase the diversity of student experience encountered whilst studying abroad in a variety of cultural and institutional settings Engaging with issues in relation to identity negotiation stereotypes cultural difference and communities of support the text demonstrates application of the UNESCO Story Circle approach in developing IC Further vignettes are analyzed and guiding questions are offered to structure readers reflection and discussion to facilitate further honing of intercultural competencies The volume promotes IC amongst individual educators trainers international students and community members and provides guidance in addressing international students wellbeing more broadly This text will benefit scholars academics and students in the fields of higher education multicultural education and intercultural communication Those involved with international and comparative education as well as student affair practice and higher education administration will also benefit from this volume

Mindfulness Skills for Kids & Teens Debra Burdick, LCSWR, BCN, 2014-09-01 Finally a comprehensive practical and user friendly mindfulness resource written specifically for children and adolescents Best selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straight forward guide for improving self awareness self regulation skills mental health and social connectedness in kids and teens This expertly crafted resource features a collection of more than 150 proven tools and techniques presented in a simple step by step skill building format Perfect for mental health practitioners teachers and all in the helping professions Tools for explaining mindfulness and neurobiology in kids language Activities games and meditations that build basic through advanced mindfulness skills Step by step instruction on teaching and practicing mindfulness meditation and reflection Guidance on choosing age appropriate skills How to apply mindfulness skills to specific childhood mental health disorders Journal prompts to help integrate learning Goal setting charts for tracking progress Downloadable worksheets exercises and reflections Emotional Schema Therapy Robert L.

Leahy,2018-10-04 Emotional Schema Therapy Distinctive Features offers a concise overview to what is distinctive about this new approach to helping clients cope with difficult emotions Written by a researcher with many years of clinical experience it provides an accessible bitesize overview Using the popular Distinctive Features format this book describes 15 theoretical features and 15 practical techniques of Emotional Schema Therapy Emotional Schema Therapy will be a valuable source that is written for psychotherapists clinical health and counselling psychologists counsellors psychiatrists and all who wish to know more about the role of emotions and emotion regulation Tenacity in Children Sam Goldstein,Robert B.

Brooks,2021-04-10 Tenacity in Children examines how multiple generations of parents and caregivers raised children to become successful adults Until relatively recent times in human history there were no schools or organized institutions nor were there parenting books Rather caregivers depended on the seven important instincts that evolved across tens of thousands of years in the human species This volume highlights the ways in which these instincts are more important than ever in preparing children for tomorrow s successes Key areas of coverage include individual chapters devoted to examining each of the seven instincts intuitive optimism intrinsic motivation compassionate empathy simultaneous intelligence genuine altruism virtuous responsibility and measured fairness as well as practical strategies to guide children in acquiring and fine tuning these essential human instincts Tenacity in Children provides a solid foundation to prepare children for a resilient and happy future It offers well defined guideposts for adults committed to providing every child with the opportunity to access strengthen and employ these instincts as they negotiate childhood and passage into adult life This book also serves as a rich resource for researchers practitioners and graduate students in mental health and public health disciplines as well as many interrelated fields as we all strive to promote the well being of children The collaboration of these two esteemed psychologists has been impacting on our field for decades This new book continues that tradition Richard D Lavoie M A M Ed Author of It s So Much Work to Be Your Friend Helping Children with Learning Disabilities Find Social Success Tenacity in Children is the perfect balance between concepts knowledge scientific discourse practical ideas and touching stories that truly illustrate the principles shared in the book This book should reach the hands of every person dedicated to working with children Encarni Gallardo MBA CBM Executive Director Children s Service Society of Utah Written in an easy to read narrative style Drs Goldstein and Brooks impart their innovative concept of Tenacity in Children along with its seven essential instincts by using heartwarming stories personal and professional insights research and wisdom Joyce C Mills Ph D Co author of Therapeutic Metaphors for Children and the Child Within Visit our website at www.tenacityinchildren.com

Textbook of Interdisciplinary Pediatric Palliative Care E-Book Joanne Wolfe,Pamela Hinds,Barbara Sourkes,2011-01-26 The Textbook of Interdisciplinary Pediatric Palliative Care by Drs Joanne Wolfe Pamela Hinds and Barbara Sourkes aims to inform interdisciplinary teams about palliative care of children with life threatening illness It addresses critical domains such as language and communication symptoms and quality of life and the spectrum of life threatening illnesses in great depth

This comprehensive product takes a first of its kind team approach to the unique needs of critically ill children. It shows how a collaborative interdisciplinary care strategy benefits patients and their families. If you deal with the complex care of critically ill children, this reference provides a uniquely integrated perspective on complete and effective care. Respect interdisciplinary perspectives and provide the most comprehensive care. Use an integrated approach to address the physical, psychological, social, and spiritual needs of children and their families. Understand and heed your strengths and vulnerabilities in order to provide the best care for your patients. Recognize the necessity of linking hospital-based palliative care with community resources. Implement consistent terminology for use by the entire palliative care team. Access the full text online with regular updates and supplemental text and image resources.

The Enigmatic Realm of **Book Mindful Parent Strategies Compassionate Competent**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Book Mindful Parent Strategies Compassionate Competent** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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Table of Contents Book Mindful Parent Strategies Compassionate Competent

1. Understanding the eBook Book Mindful Parent Strategies Compassionate Competent
 - The Rise of Digital Reading Book Mindful Parent Strategies Compassionate Competent
 - Advantages of eBooks Over Traditional Books
2. Identifying Book Mindful Parent Strategies Compassionate Competent
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Book Mindful Parent Strategies Compassionate Competent
 - User-Friendly Interface
4. Exploring eBook Recommendations from Book Mindful Parent Strategies Compassionate Competent
 - Personalized Recommendations
 - Book Mindful Parent Strategies Compassionate Competent User Reviews and Ratings

- Book Mindful Parent Strategies Compassionate Competent and Bestseller Lists
- 5. Accessing Book Mindful Parent Strategies Compassionate Competent Free and Paid eBooks
 - Book Mindful Parent Strategies Compassionate Competent Public Domain eBooks
 - Book Mindful Parent Strategies Compassionate Competent eBook Subscription Services
 - Book Mindful Parent Strategies Compassionate Competent Budget-Friendly Options
- 6. Navigating Book Mindful Parent Strategies Compassionate Competent eBook Formats
 - ePub, PDF, MOBI, and More
 - Book Mindful Parent Strategies Compassionate Competent Compatibility with Devices
 - Book Mindful Parent Strategies Compassionate Competent Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Book Mindful Parent Strategies Compassionate Competent
 - Highlighting and Note-Taking Book Mindful Parent Strategies Compassionate Competent
 - Interactive Elements Book Mindful Parent Strategies Compassionate Competent
- 8. Staying Engaged with Book Mindful Parent Strategies Compassionate Competent
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Book Mindful Parent Strategies Compassionate Competent
- 9. Balancing eBooks and Physical Books Book Mindful Parent Strategies Compassionate Competent
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Book Mindful Parent Strategies Compassionate Competent
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Book Mindful Parent Strategies Compassionate Competent
 - Setting Reading Goals Book Mindful Parent Strategies Compassionate Competent
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Book Mindful Parent Strategies Compassionate Competent
 - Fact-Checking eBook Content of Book Mindful Parent Strategies Compassionate Competent
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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