

# **Cant Live With Em Cant Live Without Em Dealing With The Love Hate Relationships In Your Life**

**If You Feel 'Everyone Hates Me,' This Is for You - PsychCentral.com**

Dear Prudence: My hateful coworker is about to ruin my perfect ... - Slate

**What to Do If Your Partner Doesn't Like Your Best Friend - Brides**

**I Love My Partner, But I Wish We Didn't Live Together - VICE**

**Director Rob Reiner On Solving The JFK Assassination With His ... - SlashFilm**

'But I Love Them!' What to Do When Your Parents Dislike Your Partner - PsychCentral.com

**Do I Have to Stop Shopping at Target? - The Gospel Coalition**

How to Deal With Loving Someone You Can't Have - Brides

**The Reason Why Jessica Simpson Feels She's in Her 20s Again - E! NEWS**

*Relationships are a rollercoaster ride: here's how to take the ups with the downs - The Guardian*

**How to Get Over a Crush: 28 Tips for Letting Go - Healthline**

**Dog's 'Love-Hate' Relationship With Neighbors Shown in Hilarious ... - Newsweek**

*Six Ways to Deal With Someone Who Wronged You - Greater Good Science Center at UC Berkeley*

5 Reasons People Stay in Unhappy Marriages - Psychology Today  
**'The Golden Bachelor' Gerry Turner plans TV wedding with 2nd love of his life after brutal breakup with runner-up - WPVI-TV**

**I've been a therapist for 24 years—and this is what I learned about those who say, 'I hate people' - CNBC**

*Inside the Barbie Movie: How the Massive Movie Came to Be - TIME*

*A radical solution to address climate change, with David Keith (Ep ... - UChicago News*

*How to Break Up With Someone You Live With: 15 Tips - Healthline*

**The Best Black Rom-Com Christmas Movies Now Streaming - Refinery29**

**"Thankskilling 3" Will Stuff Your Turkey. - Berkeley Beacon**  
*3 Power Dynamics in Relationships and How to Overcome Them - PsychCentral.com*

*It's Time To Separate The Art From The Artist ('s Politics) - Evie Magazine*

**13 signs you will never find love (and what to do about it) - Hack Spirit**

**Red Flags in Relationships: How to Spot Them and Avoid Them - WebMD**

4 Tips on Living Happily Without Your Boyfriend or Girlfriend - PsychCentral.com

After 20 years, I can't stand my husband. Should I just leave? - The Guardian

*I'm enjoying my partner being away - should I leave him? - The Guardian*

*If You Wonder Why You Should Stay Alive, This Is for You - PsychCentral.com*

*114 Best Maya Angelou Quotes About Life, Love, & Change - Good Good Good*

**The Love-Hate Relationship with Anti-Anxiety Benzos - The**

## **People's Pharmacy**

**My ex blocked me: 12 smart things to do now - Hack Spirit**

How to Tell Someone You Love Them Without Scaring Them

Sh\*tless - Greatist

December's Movie Releases, From 'Wonka' to 'Aquaman and the ... - Collider

**Can Parents and Childless People Be Friends? - The Cut**

*Dear Prudence: I found my boyfriend's reddit history and I'm disgusted - Slate*

**Q&A: Lesley Manville on 'The Crown's Final Season - The Cut**

**Dear Therapist: My Wife And Sisters Just Cannot Get Along - The Atlantic**

*Why You Shouldn't Love Your Kids More Than Your Partner - TIME*

**Dear Prudence: I came into life-changing money. Then people ... - Slate**

Stuck in a relationship you can't afford to leave? How to take action - The Independent

**Parents of Adult Children: Coping With Their Significant Other - PsychCentral.com**

**12 Tips for When You Feel Like You Hate Your Partner - Healthline**

Godzilla Minus One - Midwest Film Journal

**Stew's Buffy The Vampire Slayer Retrospective: Season 3, Episodes ... - 411mania.com**

**Harvard-trained psychologist: If you use any of these 8 toxic phrases, 'your relationship is in trouble' - CNBC**

Every successful relationship is successful for the same exact reasons - Quartz

The Challenges of Dating While Living With Your Parents - The Atlantic

My lover says he can't leave his wife and child for me just yet. Is he being dishonest? - The Guardian

**Young men reveal why so many of them are single: 'Dates feel more like job interviews' - New York Post**

[A Lovers' Discourse • VAN Magazine - VAN Magazine](#)

[A Brief Cultural History of the White Rapper Current Affairs - Current Affairs](#)

**I can't stand my in-laws. Why do I feel such rage towards them? - The Guardian**

**10 signs your ex wants to reconcile but won't admit it | Life - News24**

**Normal marital hatred is real. Here's what to do about it. - The Washington Post**

**Couch surfer in his 30s. Oscar winner in his 40s. Why the whole world wants Taika - Sydney Morning Herald**

[How Do People with Borderline Personality Disorder Act in ... - PsychCentral.com](#)

[Some Harsh Advice for People Who Hate Themselves - Psychology Today](#)

[How to Overcome Fear of Getting Too Close to Someone - PsychCentral.com](#)

[PJ Raval's Docu 'Who We Become' Explores Identity and Familial ... - GLAAD](#)

**16 tips to get over someone who hurt you (the brutal truth) - Hack Spirit**

**I gave up booze and am having more fun than ever. These seven tips could help you do the same - The Guardian**

[Losing Weight is My Roman Empire Trend - The Everygirl](#)

**I'm still single but this is why I'm quitting dating apps like Tinder and Hinge forever - CNBC**

**3 Reasons Why Adult Children May Treat Their Parents Like Dirt - Psychology Today**

**The making of vulnerable genius Shane MacGowan: Drinking two bottles of Guinness a day aged five yet reading 1 - Daily Mail**

*Relationship advice: It's time to breakup so why can't you leave? -*

USA TODAY

*I no longer love my boyfriend, but I can't afford to leave him - The Guardian*

**Bradley Cooper on Lenny, Lenny's Nose, and "The Hangover" Part 4 - The New Yorker**

[The 30 Best Movies Streaming on Hulu Right Now - Complex](#)

*Ask an Expert: I'm Jealous of My Friends' Successes. How Do I Cope? - HBR.org Daily*

[Why Do We Want the People We Cant Have? 9 Reasons - PsychCentral.com](#)

[3 reasons not to be a Stoic \(but try Nietzsche instead\) - The Conversation](#)

**Do I Like Him, the Attention... or Is It Something Else? - PsychCentral.com**

**The 6 common signs of a sociopath: 'They can be harder to spot than a psychopath,' says psychotherapist - CNBC**

**A psychology expert shares the 7 toxic signs of 'highly insecure' people—and how to deal with them - CNBC**

*Matthew Berry's Love/Hate for the 2023 fantasy football season - NBC Sports*

**The lonely state of getting over someone you never dated - Mashable**

**What to Do When All Your Friends Are in Relationships But You - VICE**

*The Golden Bachelor: Find Out If Gerry Turner Got Engaged - E! NEWS*

**9 Signs Your Twin Flame Still Loves You, Even if You're Not Talking ... - STYLECASTER**

**How to Stop Thinking About Someone - Healthline**

**365 Best Inspirational Quotes for 2023 | Inc.com - Inc.**

**Emotional Attachment: 4 Things to Know - Healthline**

*Bob Iger vs. Elon Musk, Bob Chapek, Etc. - Disney Tourist Blog*

**What to Do if You Hate Your Partner's Friends - The Everygirl**

*Ken's Journey in Barbie Is a Story About Male Fragility - TIME*  
*Travis Kelce's Ex Kayla Nicole Reveals How She Tunes Out the ...*  
*- E! NEWS*

## **Greg Weisman on Gargoyles Quest and his 399 page timeline - Comics Beat**

### **Enigmatic voices in my head**

- Naba Tehsildar 2021-06-20  
Enigmatic voices in my head is an anthology compiled by Naba Tahsildar. This book brings together thoughts of 10 co authors who have all poured themselves in a couple of pages, we hope you can feel the emotions and understand the meaning as you read through the words. The write ups and poems are unthemed; fully open to our writer's creative ways of putting into words the enigmatic voices in their heads. The book is presented and published to you by Unvoiced Hearts Publications. Dear reader, happy reading :)

**Amrit** - Guruji Naushir

2014-12-01

Amrit originates from Sanskrit amrita, which means immortal. Amrit - the book in your hand is a work of deep love and

wisdom from the immortal sage Mahavtar Babaji as communicated to Guruji Naushir. It is a guide for practical spirituality filled with incisive insights and spiced with love and humour. It touches all aspects of life and enumerates on how to be IN the world, but not OF this world; making our journey on the planet balanced, enjoyable and elevating.

**Power Vegan** - Rea Frey

2013-04-22

Power Vegan is a guide to finding the foods that will truly power our daily lives and explains the reasoning behind how eating a more plant-based diet will achieve this aim.

Whether readers want to eat better, get fit, or train like an athlete, Power Vegan contains the personalized, balanced approach to a healthier lifestyle. The idea behind

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power eating is not a fad diet. It's about incorporating foods into your life that you like, make you feel good, are easy to prepare, and are not too expensive. The book is filled not only with tips, but easy 30-minutes-or-less recipes for breakfast, lunch, dinner, desserts, and snacks. Whether the goal is gaining energy, building muscle, or simply feeling and functioning better, Power Vegan will provide the tools to get healthy and avoid all-too-common pitfalls. Power eating is not about being tied to the gym or the kitchen, but rather about fitting in the health concepts everyone needs while ditching the rest of the diet and exercise "noise" that people are bombarded with every day.

*Is It You, Me, or Adult A.D.D.? -*

GINA PERA 2008

Winner of four national book awards! Praised by a "Who's Who" of preeminent experts! This bestselling guide put Adult ADHD and Relationships on the map — and remains a must-read today. Adults with ADHD, their partners and other loved

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ones, and professionals will find comprehensive understanding of symptoms, emotional impact, and evidence-based treatment strategies. "I recommend it highly to all couples whose troubles seem incomprehensible, and for all couples therapists it should be required reading to help them distinguish between ordinary conflict and the roller coaster effect of this syndrome."

—Harville Hendrix, Ph.D.

"Insightful, helpful, witty, and very practical. This book can change your life." —Daniel Amen, MD "There is no better book that addresses such relationship difficulties and with such sensitivity to the complex issues inherent in them. Thank you, Gina, for writing such a useful book."

—Russell A. Barkley, PhD "Gina Pera has written a stunning book that should be a must-read for all couples where one or both partners have Attention-Deficit Hyperactivity Disorder." —Anthony Rostain, MD About this Groundbreaking Book: Is It You, Me, or Adult

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ADHD? has helped thousands of readers understand how this highly variable syndrome affects them. Around the globe, professionals and couples who have elevated their lives with the book's wisdom recommend it to others. Gina Pera expertly guides you in making sense of your own Adult ADHD Roller Coaster—helping you to:

- View ADHD as a variable syndrome affecting individuals
- Realize how later-in-life diagnosis creates additional issues
- Revise old misinterpretations that can thwart progress now
- Heal poor coping responses and dysfunctional interaction cycles
- Implement supports to completing routine tasks and reaching goals
- Appreciate how ADHD can also negatively affect the spouses and other loved ones
- Delve into "denial's" dual nature — physiological and psychological — and reach through it
- Adopt proven approaches that remain extremely rare in clinical settings, especially couple therapy

The science has been clear since 1994, when Adult ADHD was declared a medical

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diagnosis. Still, the public harbors misconceptions, and that means millions suffer needlessly. That includes millions of couples who can't understand why their lives together are so hard—often despite many attempts at therapy. The simple truth is: Everyone knows someone with adult ADHD. Yet we often misattribute the symptoms to anxiety, depression, or even laziness, selfishness, "addictive personality," or moodiness. Some assume that ADHD means little boys with ants in their pants. In fact, childhood hyperactivity goes "underground" as the person matures, resulting in a mentally restless state. Meticulously researched and written by Gina Pera, *Is It You, Me, or Adult ADHD?* helps you recognize the behaviors where you least expect them with:

- Explanations from highly respected experts
- Plenty of real-life details
- Empathy and compassion for everyone affected by Adult ADHD
- Clear advice on proven treatment options and practical solutions.



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The revolutionary message is one of hope for millions of people—and a joyous opportunity for a better life. About the Author Gina Pera is an internationally respected author, speaker, and educator on Adult ADHD, especially as it affects relationships. For 22 years, she has researched and written about Adult ADHD while also passionately advocating for better treatment standards. She wrote two highly praised books and the first-ever chapter on couple-therapy in the leading ADHD clinical guide (edited by Russell Barkley, PhD). Since 2008, she's reported major original stories at her award-winning blog (the first and longest-running website on Adult ADHD):

[ADHDRollerCoaster.org](http://ADHDRollerCoaster.org) Her first book, *Is It You, Me, or Adult A.D.D.?*, broke new ground and won four book awards. It has been translated into Turkish and Spanish. Her second book (with psychologist Arthur Robin) is *Adult ADHD-Focused Couple Therapy: Clinical Interventions*. It

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presents the first therapeutic model for helping these couples. It is a flexible approach based on strategies that research has proven to work for Adult ADHD and for couple therapy. Known as an innovative researcher and engaging speaker, Gina has long provided education and support for the ADHD community. She has led workshops internationally and facilitates Adult ADHD discussion groups in Silicon Valley as well as an international online group for the partners of adults with ADHD. Previously, Gina was an award-winning newspaper and magazine journalist. She has recently launched an online training site for consumers and professionals:

[ADHDSuccessTraining.com](http://ADHDSuccessTraining.com)  
Her blog: [ADHDRollerCoaster.org](http://ADHDRollerCoaster.org)  
From the Author, Gina Pera: ADHD is a highly variable syndrome that affects individuals, not clones. Your experience of ADHD might look little like: · Your friend's ADHD · Your parent's ADHD · That blogger's or

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podcaster's ADHD. Any stereotypes about ADHD I wrote this book to help everyone affected by Adult ADHD — the adults themselves, their partners and other loved ones, and professionals — learn to recognize ADHD-related challenges. When you know what you are dealing with, you have a better chance of creating positive change. When couples learn about ADHD and work as a team to address misinterpretations and dysfunctional interaction cycles, life typically improve dramatically. Even when relationships do not continue, healing takes place. Lessons are learned about digging deep into the human capacity for strength, love, and compassion —and learning new ideas. I sincerely wish that you find this guide helpful, even life-changing, and that it might inspire you to share your knowledge with others. Thank you for reading. Professional Endorsements/Reviews “Most books on marriage offer insights and help to common

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marital problems such as the traditional problems of conflict around sex, money, children, time, and in-laws. They offer credible solutions such as conflict management, improved communication, and problem solving skills. “This book is different. For some couples these problems are exacerbated by the often-unnoticed presence of a particular neural wiring in the brain, called Attention Deficit Hyperactivity Disorder, that makes traditional solutions very ineffective. This book describes AD/HD in detail and with empathy and helps couples with this added challenge find hope and solutions. “I recommend it highly to all couples whose troubles seem incomprehensible and for all couples therapists it should be required reading to help them distinguish between ordinary conflict and the roller coaster’ effect of this syndrome.” —Harville Hendrix, Ph.D. renowned couples therapy expert and author of Getting the Love You Want: A Guide for

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Couples "In this lucid, provocative, and authoritative book, Gina Pera lets the reader know, at a visceral level, what it's like to be the partner of an adult with AD/HD. Alternately humorous and deadly serious, the book is deeply empathic with the experience of such partners. Along the way, Pera provides important information about AD/HD's causes and treatments and provides empowerment to those who have for too long been blamed for the relationship issues engendered by AD/HD. "By showing the reality of AD/HD in relation to those who must live with its consequences every day, she provides a message of real hope."  
—Stephen Hinshaw, Ph.D. Professor and Chair of the Psychology Department at the University of California, Berkeley "Wow! What a roller coaster ride...Is It You, Me or Adult ADD? contains information that is just not available anywhere else. This book is sure to become the authoritative guide for couples dealing with ADD and the

**Hate Relationships In Your Life** baggage that accompanies it. Packed with information, but not overwhelming, it is a unique and valuable resource."  
—Patricia O. Quinn, M.D. Cofounder and Director, The National Center for Girls and Women with AD/HD  
"Insightful, helpful, witty, and very practical. This book can change your life." —Daniel G. Amen, M.D. author Change Your Brain, Change Your Life  
"Having a spouse or partner with ADHD and its attendant conditions often means dealing with painful, disastrous, and heartbreaking issues—financial catastrophes, verbal and even physical abuse, substance addiction. and many others. The spouse feels overwhelmed and desperate while struggling in a swirl of chaos. But help is often nowhere to be found. Most books on ADHD completely ignore the more serious issues brought on families, and even health care providers sometimes have no understanding of it. Many group members have been in relationships for 20 to 30

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years, never knowing why their lives are so different from other couples, loving their partners, but living lives of frustration and emotional abandonment. As co-moderators for nearly 10 years of an online support group, we've seen our members grapple with these painful issues, with nowhere else to turn for advice, help, and hope except each other. We've seen this book emerge from a plea from group members for a resource that addresses their needs. Gina Pera has completed a monumental undertaking of blending our stories with the latest medical advisories on treating ADHD and its many co-existing conditions. Real answers on the painful realities. We expect this book will be the bible for all of us dealing with adult ADHD.

—Elizabeth Weathers and Diane Hartson Co-moderators.

ADD Spouse support group  
"My first response to the publication of Gina's book was 'At last! Something for the significant other!' You hate to use the cliché 'long overdue'

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but as a physician who treats dozens of ADHD patients, until now, there's just been nothing available. Is it You, Me, or Adult ADHD lives up to all expectations. I can safely predict it will become as an 'industry standard'. As father to a son and husband to a wife with ADHD, I can professionally and personally attest to the value of Gina's important new book." —David Edelberg, M.D. Medical Director, WholeHealth Chicago  
"For all the couples who are struggling with ADHD in their relationship, Gina Pera has written a wonderful guide to help you navigate these treacherous marital waters. Is it You, Me, or Adult ADD? has the unique distinction of including the perspective of the partner without ADHD, which has been neglected for far too many years. The book is well researched, reader friendly, and includes insights and perspectives from a Who's Who of professionals in the field. For couples struggling with ADHD, it's the season's new must-have book and bound to

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become a classic.” — Michele Novotni, Ph.D. author of *What Does Everyone Else Know that I Don't?* “Even today, people often surprisingly ask: “Do you believe in Adult ADHD?”

Confirmatory brain neuroscience answers this speculation about Adult ADHD: It's real problem, with real and painful challenges, not a belief system. And nowhere is Adult ADHD more evident, more fully identifiable, than in our most important, valued relationships. In any long-term relationship, with increasing exposure over time, ADHD patterns endure unabated. They grind partners into a thin paste. “The reason it took so long to recognize Adult ADD is simple: Its expression is cunning and well rationalized. With Gina Pera's help, the subtlety of recognizing and the complexity of intervening on these puzzling ADHD predicaments is refreshingly simplified. “Gina translates big questions into useful, practical, and understandable answers. Her book provides not only a good starting place for the

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ADHD discussion, but also detailed follow-through for the real recovery process.” — Charles Parker, DO Medical Director, CorePsych “While there is increasing awareness of how common and difficult ADHD can be, there are no resources available to help explain the nature of ADHD to those who live closest to it in adulthood: the spouse. “Gina Pera has combined a real feel for the disorder with sound reporting skills and the spice of those who tell the story best: the couples themselves. This is a book based on science, but it captures the art of helping couples cope with and move beyond the challenges that ADHD creates.” —Margaret D. Weiss, M.D., Ph.D. Director of Clinical Research in Child Psychiatry at Cambridge Health Alliance, Cambridge MA. “Gina Pera has written a stunning book that should be a must-read for all couples where one or both partners have ADHD. Combining her own experiences, a thoughtful synthesis of the clinical and research literature, and a

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creative study of her own design, she has grasped the complex ways in which ADHD affects relationships and has translated her comprehensive expertise into a highly readable and extraordinarily helpful guide. "Using the metaphor of riding a roller coaster, she describes the ups and downs of intimate relationships in frank and open ways, including rich descriptions of all-too-common scenarios that inevitably stymie couples, and offers solutions that are both imaginative and practical. Her prose is extremely effective, at times funny and at other times poignant, and her ability to capture the subtle dynamics of partnerships affected by ADHD is nothing short of extraordinary. "What is particularly stunning about her achievement is the way Ms. Pera has captured the intricacy of ADHD, including its far-reaching effects on executive function and emotional regulation. Equally impressive is her talent for framing the issues in comprehensible language, with answers to

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frequently asked questions, quotes from partners with and without ADHD, and snippets of dialogues that are completely genuine. "Best of all, this book offers hope and guidance to the millions of adults whose lives have been challenged by ADHD, by providing clear and useful ideas and a richly elaborated framework for addressing the myriad stresses that ADHD imposes upon intimacy and friendship. "Kudos and thanks to Ms. Pera! I will make this book required reading for all my patients. It is nothing short of a tour de force!" —Anthony L. Rostain, M.D., MA Medical Director, University of Pennsylvania Adult ADHD Treatment and Research Program. Professor of Psychiatry and Pediatrics, University of Pennsylvania School of Medicine "As any partner of an adult with ADHD can attest, research clearly shows ADHD's pervasive effects on a person's ability to manage life's many demands. This often leaves the partner to pick up the pieces, despite the ADHD person's seemingly good

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intentions. "When an adult has ADHD, his or her romantic partner 'has' it, too. Alternately confused, optimistic, and resentful, the partner rides a roller coaster as he or she tries to understand why the relationship seems so unbalanced. Gina Pera has been there and has authored a guide that offers understanding for the confused, practical strategies for the frustrated, and hope for the despondent. "This book will be a lifesaver for both partners as they strive to create a more satisfying relationship and a happier, more productive life together." —Ari Tuckman, Psy.D., M.B.A. From the Back Cover Is Someone You Love... · Forgetful? Disorganized? Distractible? Procrastination prone? · Easily bored? Irritable? A couch potato or always on the go? · Suffering from sleep problems? · Prone to "mis-hearing" or "mis-remembering"? · Addicted to shopping, tobacco, videogames, work--or worse? Learn Why... · Most adults with ADD aren't physically

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hyperactive. Many can focus—when their interest level is high. · Many therapists and physicians fail to recognize the signs of ADHD—or know how to provide evidence-based treatment. · Symptoms can sabotage your finances, intimacy, and even your health. · Externally supporting Executive Functions can help people with ADHD " show what they know" · ADHD awareness can save your relationship—and maybe even your life! "For all couples therapists it should be required reading to help them distinguish between ordinary conflict and the 'roller coaster' effect of this syndrome." —Harville Hendrix, Ph.D. author of Getting the Love You Want "Insightful, helpful, witty, and very practical. This book can change your life." —Daniel G. Amen, M.D. author of Healing ADD. Until now, however, no books existed that combined both a scientific understanding of adult ADHD with pragmatic recommendations to guide these adults and their partners

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in coping, problem-solving, and otherwise addressing the difficulties they face in sharing a life and a home. Gina Pera's book does so with an admirable balance of current scientific information mixed with sage advice and wise, practical strategies based on the current science. There is no better book now that addresses such relationship difficulties and with such sensitivity to the complex issues inherent in them. Thank you, Gina, for writing such a useful book.

—Russell A. Barkley, Ph.D.  
author of *Taking Charge of Adult ADHD* and *Adult ADHD: What the Science Says About the Author*  
Gina Pera is an internationally respected author, speaker, and educator on Adult ADHD, especially as it affects relationships. For 22 years, she has researched and written about Adult ADHD while also passionately advocating for better treatment standards. She wrote two highly praised books and the first-ever chapter on couple-therapy in the leading ADHD clinical guide (edited by Russell

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Barkley, PhD). Since 2008,

she's reported major original stories at her award-winning blog (the first and longest-running website on Adult ADHD):

ADHDRollerCoaster.org Her first book, *Is It You, Me, or Adult ADHD?*, broke new ground and won four book awards. It has been translated into Turkish and Spanish. Her second book (with psychologist Arthur Robin) is *Adult ADHD-Focused Couple Therapy: Clinical Interventions*. It presents the first therapeutic model for helping these couples. It is a flexible approach based on strategies that research has proven to work for Adult ADHD and for couple therapy. Known as an innovative researcher and engaging speaker, Gina has long provided education and support for the ADHD community. She has led workshops internationally and facilitates Adult ADHD discussion groups in Silicon Valley as well as an international online group for the partners of adults with



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ADHD. Previously, Gina was an award-winning newspaper and magazine journalist. Excerpt.

© Reprinted by permission. All rights reserved. Foreword from a preeminent international ADHD expert: Only within the last 15 years has adult ADHD been recognized as a valid clinical disorder. Yet at least 40 years ago—and possibly a century—the scientific and clinical literature acknowledged its existence. Today, we know ADHD to be more impairing than most other conditions seen in outpatient psychiatric and psychological clinics—including anxiety disorders, dysthymia, and major depression. In short, the scientific evidence is overwhelming for this adult version of a disorder long associated with childhood. "In particular, current research details how ADHD can adversely affect all major life activities, including marriage or cohabiting relationships and the skills intimately involved in maintaining a household and raising a family—including driving an automobile, working

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a job, managing money, taking care of one's health, and parenting. "Until now, however, no books existed that combined both a scientific understanding of adult ADHD with pragmatic recommendations to guide these adults and their partners in coping, problem-solving, and otherwise addressing the difficulties they face in sharing a life and a home. "Gina Pera's book does so with an admirable balance of current scientific information mixed with sage advice and wise, practical strategies based on the current science. There is no better book that addresses such relationship difficulties and with such sensitivity to the complex issues inherent in them. "Thank you, Gina, for writing such a useful book."  
—Russell Barkley, Ph.D., author of *ADHD in Adults: What the Science Says and Taking Charge of Adult ADHD*  
*The Literature of Possibility* - Tom Butler Bowdon, Tom Butler Bowdon 2013-08-06  
For centuries, individuals have strived for "the good life:" the

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ability to provide for oneself and one's family, make meaningful contributions to society, and enjoy culture and nature, among other happy pursuits. The wisdom to achieve this great life is contained in *The Literature of Possibility*, a digital collection featuring a new introduction that brings Tom Butler-Bowdon's 50 Classics series [Weekly World News - 1996-09-10](#)

Rooted in the creative success of over 30 years of supermarket tabloid publishing, the *Weekly World News* has been the world's only reliable news source since 1979. The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site.

[Can't Live with 'Em, Can't Live without 'Em](#) - Stephen Arterburn 2006-05-14

Living in a love-hate relationship-with your spouse, kids, parents, friends, co-workers, and even God-can leave you feeling confused and furious. But the practical strategies presented in this

**Hate Relationships In Your Life** book will help you overcome your most agonizing relational predicaments. Drawing on a wealth of experience as therapists and as best-selling authors, David Stoop and Stephen Arterburn provide you with: Insightful analysis of the "problem behind the problem behind the problem" in love-hate relationships Hands-on questionnaires and exercises to help you sort out your mixed-up feelings Real-life case studies that show how you can protect yourself from abuse without cutting yourself off from people you care about Professional advice to help you work through your bitterness and disappointment and manage the healing act of forgiveness

**NLT Life Application Study Bible, Third Edition (Red Letter, Leatherlike, Purple)** - Tyndale 2021-05-04  
Winner of the 2020 Christian Book Award for Bible of the Year! Trusted & Treasured by Millions of Readers over 30 years, the Life Application Study Bible Is Today's #1-Selling Study Bible Now it has

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been thoroughly updated and expanded, offering even more relevant insights for understanding and applying God's Word to everyday life in today's world. Discover How You Can Apply the Bible to Your Life Today With a fresh two-color interior design and meaningfully updated study notes and features, this Bible will help you understand God's Word better than ever. It answers the real-life questions that you may have and provides you practical yet powerful ways to apply the Bible to your life every day. Study the stories and teachings of the Bible with verse-by-verse commentary. Gain wisdom from people in the Bible by exploring their accomplishments and learning from their mistakes. Survey the big picture of each book through overviews, vital statistics, outlines, and timelines, and grasp difficult concepts using in-text maps, charts, and diagrams--all to help you do life God's way, every day. Features: (Enhanced, updated, and with new content added throughout)

~~Now more than 10,000 Life~~  
Application notes and features  
Over 100 Life Application profiles of key Bible people  
Introductions and overviews for each book of the Bible  
More than 500 maps & charts placed for quick reference  
Dictionary/concordance  
Extensive side-column cross-reference system to facilitate deeper study  
Life Application index to notes, charts, maps, and profiles  
Refreshed design with a second color for visual clarity  
16 pages of full-color maps  
Quality Smyth-sewn binding--durable, made for frequent use, and lays flat when open  
Presentation page Single-column format  
Christian Worker's Resource, a special supplement to enhance the reader's ministry effectiveness  
Full text of the Holy Bible, New Living Translation (NLT), combining the latest biblical scholarship with clear, natural English  
The words of Jesus are in red letter.  
*NLT Life Application Study Bible, Third Edition (Red Letter, Genuine Leather, Black)*  
- Tyndale 2021-05-04

## **Cant Live With Em Cant Live Without Em Dealing With The Love**

Winner of the 2020 Christian Book Award for Bible of the Year! Trusted & Treasured by Millions of Readers over 30 years, the Life Application Study Bible Is Today's #1-Selling Study Bible Now it has been thoroughly updated and expanded, offering even more relevant insights for understanding and applying God's Word to everyday life in today's world. Discover How You Can Apply the Bible to Your Life Today With a fresh two-color interior design and meaningfully updated study notes and features, this Bible will help you understand God's Word better than ever. It answers the real-life questions that you may have and provides you practical yet powerful ways to apply the Bible to your life every day. Study the stories and teachings of the Bible with verse-by-verse commentary. Gain wisdom from people in the Bible by exploring their accomplishments and learning from their mistakes. Survey the big picture of each book through overviews, vital statistics, outlines, and

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timelines, and grasp difficult concepts using in-text maps, charts, and diagrams--all to help you do life God's way, every day. Features:  
(Enhanced, updated, and with new content added throughout)  
Now more than 10,000 Life Application notes and features  
Over 100 Life Application profiles of key Bible people  
Introductions and overviews for each book of the Bible  
More than 500 maps & charts placed for quick reference  
Dictionary/concordance  
Extensive side-column cross-reference system to facilitate deeper study  
Life Application index to notes, charts, maps, and profiles  
Refreshed design with a second color for visual clarity  
16 pages of full-color maps  
Quality Smyth-sewn binding--durable, made for frequent use, and lays flat when open  
Presentation page  
Single-column format  
Christian Worker's Resource, a special supplement to enhance the reader's ministry effectiveness  
Full text of the Holy Bible, New Living Translation (NLT), combining the latest biblical

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scholarship with clear, natural English The words of Jesus are in red letter.

*Interpersonal Edge* - Daneen Skube, Ph.D. 2007-03-01

Up till now, the cutting-edge tools in this book have only been available to management teams, high-level executives, and select clients. You've no doubt picked it up because you want to be the CEO of your own life—with a greater sense of empowerment and confidence. Written by Daneen Skube, syndicated columnist, sought-after executive coach, and innovative therapist, this practical and humorous work provides simple tools you can use today to gain respect, get immediate results, and turn the lemons of life into big opportunities. Readers of Daneen's wildly popular column have been clamoring for a decade for a book of this kind, which offers an in-depth look at her advice and methods. Whether you're dealing with a backstabbing co-worker, trying to get a promotion, or want to rekindle a romance, you'll do it all

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better with an interpersonal edge. In all situations, you'll have in your possession reliable tools to make almost anything you want to happen. The keys to the life you've longed for are within these pages—just add you and stir.

### **NLT Life Application Study Bible, Third Edition, Large Print**

- Tyndale 2020-04-07  
Winner of the 2020 Christian Book Award for Bible of the Year! Trusted & Treasured by Millions of Readers over 30 years, the Life Application(R) Study Bible Is Today's #1-Selling Study Bible, and a Bible for All Times. Now it has been thoroughly updated and expanded, offering even more relevant insights for understanding and applying God's Word to everyday life in today's world. Discover How You Can Apply the Bible to Your Life Today Now with a fresh two-color interior design and meaningfully updated study notes and features, this Bible will help you understand God's Word better than ever. It answers questions that you

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may have about the text and provides you practical yet powerful ways to apply the Bible to your life every day. Study the stories and teachings of the Bible with verse-by-verse commentary. Gain wisdom from people in the Bible by exploring their accomplishments and learning from their mistakes. Survey the big picture of each book through overviews, vital statistics, outlines, and timelines, and grasp difficult concepts using in-text maps, charts, and diagrams--all to help you do life God's way, every day. The Large Print editions are for people who enjoy the enhanced readability of larger text. Features: (Enhanced, updated, and with new content added throughout) Now more than 10,000 Life Application(R) notes and features Over 100 Life Application(R) profiles of key Bible people Introductions and overviews for each book of the Bible More than 500 maps & charts placed for quick reference Dictionary/concordance

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~~Extensive side-column cross-~~reference system to facilitate deeper study Life Application(R) index to notes, charts, maps, and profiles Refreshed design with a second color for visual clarity 16 pages of full-color maps Quality Smyth-sewn binding--durable, made for frequent use, and lays flat when open Presentation page Single-column format Christian Worker's Resource, a special supplement to enhance the reader's ministry effectiveness Full text of the Holy Bible, New Living Translation (NLT), combining the latest biblical scholarship with clear, natural English The words of Jesus are in red letter.

**Getting it off my Chest -**  
Sandra Fikus 2011-06-24

NLT Life Application Study Bible, Third Edition - Tyndale 2019

"Today's #1-selling study Bible, the Life Application Study Bible has been significantly expanded and thoroughly updated. The relevant notes not only explain difficult passages and give information

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on Bible life and times, but go a step further to show you how to "take it personally," speaking to every situation and circumstance of your life! It includes over 10,000 Life Application notes and features designed to help readers apply God's truth to everyday life. The new two-color interior provides the user a fresh and innovative Life Application reading experience too!"--  
NLT Life Application Study Bible, Third Edition, Personal Size - Tyndale 2020-04-07  
Winner of the 2020 Christian Book Award for Bible of the Year! Trusted & Treasured by Millions of Readers over 30 years, the Life Application(R) Study Bible Is Today's #1-Selling Study Bible, and a Bible for All Times. Now it has been thoroughly updated and expanded, offering even more relevant insights for understanding and applying God's Word to everyday life in today's world. Discover How You Can Apply the Bible to Your Life Today Now with a fresh two-color interior design and meaningfully updated

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study notes and features, this Bible will help you understand God's Word better than ever. It answers questions that you may have about the text and provides you practical yet powerful ways to apply the Bible to your life every day. Study the stories and teachings of the Bible with verse-by-verse commentary. Gain wisdom from people in the Bible by exploring their accomplishments and learning from their mistakes. Survey the big picture of each book through overviews, vital statistics, outlines, and timelines, and grasp difficult concepts using in-text maps, charts, and diagrams--all to help you do life God's way, every day. The Personal Size editions are for people who like to carry their study Bible with them. Features: (Enhanced, updated, and with new content added throughout) Now more than 10,000 Life Application(R) notes and features Over 100 Life Application(R) profiles of key Bible people Introductions and overviews for each book of the Bible More than 500 maps

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Christian Worker's Resource, a special supplement to enhance the reader's ministry effectiveness Full text of the Holy Bible, New Living Translation (NLT), combining the latest biblical scholarship with clear, natural English  
**The Wounded Warrior** - Dr. Steve Stephens 2010-06-02  
Conquering and Victorious Bloodied, beaten, and broken: words associated with the battlefield. Words that spell "defeat," but actually mean strength and courage. Because in order to get the wounds, you must first enlist in the battle. This book is for every man who

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has boldly said to life, "I'm in," only to come up against inevitable trials and tribulations. The death of a loved one, broken promises, unexpected health problems, a business deal gone bad. The Wounded Warrior takes into account the lasting effects of these gut-wrenching blows...as well as less-often recognized sources of pain. Licensed psychologist Dr. Steve Stephens speaks man-to-man in this powerful book that will free you to become the victor God created you to be. **Brave Men Bear Real Wounds**  
Beneath your armor, you may be bloodied, beaten, or broken. Where there was once courage and confidence, you now harbor heartache and pain. Life—in all its glory—has taken its toll. But this is not the end. It is where healing starts and life begins. Dr. Steve Stephens speaks man-to-man about all kinds of wounds from the subtle burden of living with nagging regrets, to gut-wrenching blows that include: a divorce the death of a loved one a business deal gone bad



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betrayal by a trusted friend wounds from family members, and other devastating trials. More than encouragement and guidance, *The Wounded Warrior* is packed with pointed questions, scriptural teachings, and honest talk about practical solutions. It's time to move forward...and live once again! Story Behind the Book "After speaking on *The Wounded Woman*, some guys asked me, 'What about us?' I was taken aback and asked, 'What do you mean?' 'Life is hard,' one of them said. 'People are cruel. As guys, we get beat up, and nobody addresses our wounds. Help us deal with the pain of getting shot down.' Over the next month, I couldn't get this conversation out of my mind. Every day I ran into some wounded warrior: a father facing the death of his son, a husband stunned by the unfaithfulness of his wife, a brother betrayed by a brother. Finally, I recognized I had to write something to encourage us guys."—Dr. Steve Stephens  
*Peace Is Your Superpower* - Ava Miles 2021-09-20

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International Bestselling

Author Ava Miles shares life-changing strategies on how to cultivate a peaceful and fulfilling life. If there's one thing successful superheroes don't do, it's drama. Why? Because drama sucks energy and distracts from victory. It's as debilitating as kryptonite. And yet, drama has become so common in our world that we expect it. We have it with our families and at work—we watch it on TV. We get caught up in letting it distract us from the things that we want. With drama comes its henchmen dysfunction and co-dependence, infiltrating our relationships until we're a mass of stress. How do we avoid the toxicity? How do we conquer drama, dysfunction, and co-dependence and live our best lives? What do we need to beat them? Can you imagine living a life where you don't care what anyone thinks? Where you live a life based on love and acceptance? Forget the old patterns and learn new ones to create harmony in your life. Get to know peace, your

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new sidekick, and his buddy  
non-attachment. Life-changing  
tools in this book include: ·  
Assessing your relationship  
profile · Clearing the roots of  
drama begun in childhood ·  
Spotlight Tools to delete our  
drama language · Super Tools  
to detox our unhappy patterns ·  
Take Back Tools to rewire us to  
healthy, peaceful relationships  
· Cutting-edge exercises to  
foster non-attachment Peace Is  
Your Superpower is part of The  
Lost Guides to Living Your Best  
Life series, a complete system  
to help us reclaim the nine  
superpowers essential to  
rocking life. \* \* \* Ava Miles is  
the international bestselling  
author of powerful books about  
love, happiness, and  
transformation. As a former  
conflict expert, Ava rebuilt  
warzones in places like  
Lebanon, Colombia, and the  
Congo to foster peaceful and  
prosperous communities. While  
rewarding, Ava recognized she  
could affect more positive  
change in the world by  
addressing the real roots of  
conflict and unhappiness  
through books. In becoming an

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author, she realized her best  
life. Her novels have received  
praise and accolades from USA  
Today, Publisher's Weekly, and  
Women's World Magazine in  
addition to being chosen as  
Best Books of the Year and Top  
Editor's picks. However, Ava's  
strongest praise comes directly  
from her readers, who call her  
books life changing. The Lost  
Guides to Living Your Best Life  
series represents the  
culmination of her work as a  
conflict expert, life coach, and  
wellness expert. \* \* \* Reviews  
"Ava gives us the tools we need  
to reclaim our everyday joy and  
honest expression. Rediscover  
my inner superpowers? Yes,  
please! The Lost Guides are a  
world changer. Well done,  
Ava." ~ International  
Bestseller and Kung Fu Master  
Kathia Zolfaghari "A life-  
changing journey every woman  
will want to take." ~ Crystal  
Andrus Morissette, Founder of  
the S.W.A.T. Institute (Simply  
Woman Accredited Trainer)  
"Miles' series is an exquisite  
exploration of internal  
discomfort and courage,  
allowing you to reclaim your

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divine soul and fully express your womanhood. I highly recommend.” ~ Dr. Shawne Duperon, Project Forgive Founder, Nobel Peace Prize Nominee, on The Lost Guides “Miles provides us with essential advice on how we can shed the beliefs that are making us miserable and find our way back to our inner goddesses... She guides us through the sometimes turbulent waters of the issues that matter most to us (relationships, sex, finances, self-expression, self-image, etc.). This is must read...” ~ Angela Polidoro, former Editor for Random House’s Ballantine Bantam Dell “Pushing the envelope is edgy. Change is never comfortable. Ava Miles takes us out of our comfortable chitchat cocoon and shows us how to become those butterflies all women are destined to become no matter what they face in life. The series is a must-read.” ~ Risa Shimoda, Outdoor Leadership Consultant and President of The Shimoda Group, on The Lost Guides “Let your

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adventure begin and unleash by reading this series.” ~ Anna Levesque, author of Yoga for Paddling, on The Lost Guides “This series delivers empowering advice without pulling any punches.” ~ Liza M. Shaw, MA, Licensed Marriage and Family Therapist of PowerToThrive.com, on The Lost Guides “Ava Miles is a courageous fellow writer whose mission is to empower all women.” ~ Aspen Matis, author of the internationally bestselling memoir *Girl in the Woods* “Ava gets to the heart of why some of us do toxic or hang around drama while helping us all realize we can have happy and loving relationships that don’t clutter up our space or make us sick.” ~ Courtney Cachet, Celebrity Designer & TV Personality If you enjoy books by Brene Brown, Gabrielle Bernstein, Rachel Hollis, Jen Sincero, Mark Manson, Shawn Achor, Michael Singer, Tony Robbins, Deepak Chopra, Shauna Niequist, Gary Chapman, John Leland, and Gretchen Rubin, you will love Ava's self-help

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books.

*Married in 12 Months Or Less* - Jackie Dorman 2022-01-04  
Professional matchmaker and relationship coach, Jackie Dorman shares the teaching that has helped countless single women just like you get out their own way and get married in less than one year. Whether you haven't dated for years or have never dated at all, it doesn't matter—Married in 12 Months or Less is your personal guide on dating, overcoming past relationship trauma, and meeting the love of your life. What's your love life look like? Be honest. Does it feel like everyone else is in a happy, committed relationship except for you? Do you ever ask yourself "Why does it seem so easy for other people to find love but so hard for me?" or "When is it going to finally be my turn?" If you're tired of being the bridesmaid and not the bride, living in the pain of past hurts, or constantly attracting the wrong guys, this book is for you! Jackie Dorman has been there and she will help you get out of your own

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way and step into the Love

Story that's waiting just for you. In *Married or 12 Months or Less*, you will learn: how to heal your heart from past relationship trauma and learn the tools to prevent future trauma. how to recognize the blindspots that keep you from seeing and receiving the love that's often right in front of you. proven ways to recognize red flags quickly in order to protect your time, energy and emotions. how to use the biblical law of attraction to attract high-quality romantic relationships from now on. how to embrace your divine feminine power to captivate the Spirit Mate that will love you for you. Are you ready to get unstuck? Get out of the waiting room and join the movement that is changing lives whether you are discouraged, divorced, or just plain depressed when it comes to love.

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- Tyndale 2021-11

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in red letter.

**Ebony** - 1993-12

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

**BE SEEN** - Jen Gottlieb

2023-10-31

From a leader whose business is all about creating connection: strategies to find your audience, hone your brand, and achieve your dreams by letting the world see the real you. Do you feel like you're hiding in the shadows and not living up to your true potential? Do you lack the confidence to show the world who you really are and build the business you really want? Do you want to stop comparing yourself to other people on social media and start feeling empowered in your own personal journey? If you answered yes to any of those questions, then BE SEEN: Find Your Voice, Build Your Brand, Live Your Dream is the guide you need to break free from

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your fears and step into your

spotlight. BE SEEN is a roadmap for building a personal brand that showcases your unique talents and strengths. Through relatable stories and actionable advice, Jen Gottlieb shares her own path to becoming a recognized expert in her field and takes you on a journey of self-discovery to help you find your voice and unleash your full potential. Divided into four parts, each with its own set of tactical strategies, BE SEEN helps you to: Be Courageous: This section focuses on mindset shifts and self-reflection exercises to break through the barriers holding you back and find the courage to take bold action. Be Creative: Here, you'll learn how to tap into your creativity and unlock the unique talents that make you stand out so you can build the future you dream of. Be Connected: Building meaningful relationships and cultivating a tribe of loyal supporters who align with your values and goals is the focus of this section. Jen provides

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networking tips and tricks to help you connect with others authentically. Be Visible: Finally, you'll learn how to step into your spotlight and showcase your talents to the world. Jen provides practical advice on content creation and marketing strategies to help you get your message out there. With a foreword from New York Times best-selling author Gabby Bernstein, BE

SEEN is an inspiring guide filled with step-by-step methods, personal anecdotes, and all the tools you need to build your own personal brand. Whether you're an entrepreneur, a creative professional, or just someone who wants to build a life that reflects your true self, BE SEEN will help you unleash your full potential and finally be seen for the incredible, unique person you are.

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