

INTRODUCTION 10 questions to explore empathy and compassion in an interview [PDF]

Compassion and Empathy in Educational Contexts Caring and Compassion in Clinical Practice Courageous Compassion Wisdom and Compassion in Psychotherapy Mindfulness and Compassion in Integrative Supervision A Year of Living with More Compassion Mindful Compassion Compassion and the Individual Living with an Open Heart Self-Compassion Intimacy from the Inside Out The Social Production of Buddhist Compassion in Chinese Societies The Mindful Path to Self-Compassion Compassion Compassion Empathy and Compassion Compassion and Caring in Nursing An Open Heart The Self-Compassionate Teen In Praise of Great Compassion Compassionate Artificial Intelligence Compassion in Early Modern Literature and Culture Compassion in Action Grow With Sympathy, Empathy, & Compassion Compassion How to Be Compassionate Dare to Be Kind Passion and Compassion in Early Christianity The Social Production of Buddhist Compassion in Chinese Societies The Neuroscience of Empathy, Compassion, and Self-Compassion The Compassionate Instinct: The Science of Human Goodness Self-Compassion for Parents The Compassion Book Buddhist Acts of Compassion The Politics of Compassion Ocean of Nectar Awakening Compassion at Work The Dalai Lama's Book of Love and Compassion Twelve Steps to a Compassionate Life Justice and Compassion in Biblical Law

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Compassion and Empathy in Educational Contexts 2019-07-17

this book explores the importance of compassion and empathy within educational contexts while compassion and empathy are widely recognised as key to living a happy and healthy life there is little written about how these qualities can be taught to children and young people or how teachers can model these traits in their own practice this book shares several models of compassion and empathy that can be implemented in schooling contexts also examining how these qualities are presented in children s picture books films and games the editors and contributors share personal insights and practical approaches to improve both awareness and use of compassionate and empathetic approaches to others this book will be of interest and value to all those interested in promoting compassion and empathy within education

Caring and Compassion in Clinical Practice 1977-07-07

sarason shows that treatment derives not from intent but from the ways helping professionals are chosen schooled and supervised

Courageous Compassion 2021-05-18

the sixth volume of the dalai lama s definitive library of wisdom and compassion series courageous compassion the sixth volume of the library of wisdom and compassion series continues the dalai lama s teachings on the path to awakening the previous volume in praise of great compassion focused on opening our hearts with love and compassion for all living beings and the present volume explains how to embody compassion and wisdom in our daily lives here we enter a fascinating exploration of bodhisattvas activities across multiple buddhist traditions tibetan theravada and chinese buddhism after explaining the ten perfections according to the pali and sanskrit traditions the dalai lama presents the sophisticated schema of the four paths and fruits for sravakas and solitary realizers and the five paths for bodhisattvas learning about the practices mastered by these exalted practitioners inspires us with knowledge of our minds potential his holiness also describes buddha bodies what buddhas perceive and buddhas awakening activities courageous compassion offers an in depth look at bodhicitta arhatship and buddhahood that you can continuously refer to as you progress on the path to full awakening

Wisdom and Compassion in Psychotherapy 2014-01-01

bringing together leading scholars scientists and clinicians this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety depression trauma substance abuse suicidal behavior couple conflict and parenting stress seamlessly edited the book features numerous practical exercises and rich clinical examples it examines whether wisdom and compassion can be measured objectively what they look like in the therapy relationship their role in therapeutic change and how to integrate them into treatment planning and goal setting the book includes a foreword by his holiness the dalai lama

Mindfulness and Compassion in Integrative Supervision 2023-08-11

mindfulness and compassion in integrative supervision presents an original integrative and transtheoretical approach to supervision that emphasises the importance of mindful awareness and compassion in supervision practice psychotherapists are taught about importance of compassion for their clients while the role of bringing self compassion toward themselves is often neglected this book offers novel perspectives on mindful awareness self compassion physiological synchrony and emotional regulation in supervision it presents various mindfulness and compassion oriented methods and interventions that are used within an attuned supervisory relationship through vignettes and transcripts of supervision sessions the authors illustrate the power of mindful awareness and self compassion to transform supervisees dysregulated experience related to their psychotherapy work the book embraces all main dimensions of human experience physiological affective relational cognitive behavioural spiritual and contextual the book will have an international appeal amongst supervisors from

different supervision approaches and psychotherapists counsellors who may find it useful for their practice self care and the prevention of burnout

A Year of Living with More Compassion 2013-10-01

read one compassion quote per week the practice connected to the quote learn about your self and improve the compassion in your life

Mindful Compassion 2014-04-01

are you ready to transform your mind and emotions to cultivate compassion stability self confidence and well being if so get ready to change the way you experience your life with this highly anticipated approach using mindfulness and compassion therapists have long been aware of mindfulness as a powerful attention skill that can help us live with greater clarity and awareness but mindfulness alone is not enough to completely change the way a brain works in order to fully thrive we require motivation compassion like anger or aggression is an extremely powerful motivational force that can bring about real lasting change written by the founder of compassion focused therapy cft paul gilbert and former buddhist monk choden mindful compassion is a unique blending of evolutionary and buddhist psychology in this breakthrough book you ll learn how traditional mindfulness and compassion can work in harmony to offer a new effective and practical approach to overcoming everyday emotional and psychological problems if you are ready to end toxic self criticism heal trauma and shame feel worthy and loveable and be kinder to yourself and others this book can show you the way

Compassion and the Individual 2015-01-01

his holiness the dalai lama is loved and respected world wide as a man of peace as spiritual leader of the tibetan people he has consistently advocated policies of non violence even in the face of great aggression an approach that in 1989 won him the coveted nobel peace prize in lectures and tours around the world he has touched people s hearts transcending religious national and political barriers by the simplicity profundity and great heartedness of his message that of universal responsibility and great compassion in this small booklet he explains with utter clarity and reasoning why compassion is so inseparable from our human nature and how at any moment we can tap into and develop this birthright

Living with an Open Heart 2013-11-07

living with an open heart contains brief readings which blend buddhist and western psychology it thoughtfully presents ideas and techniques drawn from buddhism western psychological approaches as well as the authors personal experiences in working to develop compassion in their own lives and in their work with others designed to be easy to dip into this fascinating book is organised into brief chapters to include discussions reflections and contemplations personal stories and specific techniques for deepening compassion each chapter provides fuel for thought and contemplation as the reader goes through his or her day inspiring their motivation to be compassionate helping them to understand compassion and giving them specific methods for applying it in their lives

Self-Compassion 2011-07-07

kristin neff phd is a professor in human development whose 10 years of research forms the basis of her timely and highly readable book self compassion offers a powerful solution for combating the current malaise of depression anxiety and self criticism that comes with living in a pressured and competitive culture through tried and tested exercises and audio downloads readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness self compassion recognises that we all have weaknesses and limitations but in accepting this we can discover new ways to achieve improved self confidence contentment and reach our highest potential simply easily and compassionately kristin neff s expert and practical advice offers a completely new set of personal development tools that will benefit everyone a portable friend to all readers who need to learn that the golden rule works only if it s reversible we must learn to treat ourselves as well as we wish

to treat others gloria steinem a beautiful book that helps us all see the way to cure the world one person at a time starting with yourself read it and start the journey rosie o donnell

Intimacy from the Inside Out 2015-08-11

couples in distress enter therapy holding two goals that they now experience as mutually exclusive to feel loved and to feel understood toni herbine blank s powerful new brand of couple therapy intimacy from the inside out ifio offers a comprehensive conceptual map for achieving both goals in a tour de force of elegant case illustrations wrapped around clear instruction this book shows the ifio therapist working with the natural subdivisions or parts of the human mind in a dyad guiding and supporting couples to understand how they project childhood injury into current relationships and then feeling threatened frustrated and angry lose track of their underlying needs to feel safe connected and loved with a focus on generating internal attachment stability to sustain each partner through the moments when the other is unavailable couples in ifio therapy reconnect with their essential needs change their conversations and learn to make requests that invite rather than threaten in order to get those needs met

The Social Production of Buddhist Compassion in Chinese Societies 2021-11-08

this book investigates and establishes a theoretical framework for the study of the social production of religious compassion in the era of shale modernity among chinese communities in hong kong singapore and taiwan it argues that the production of buddhist compassionate fields in the 21st century is a response to the rising social inequality and social needs of modern society religious compassion serves as an emotive force that propels the religious self and socio religious groups to commit to the performance of acts of philanthropy that includes the delivery of welfare and care services medical care education and humanitarian aid through a combination of documentation analysis and anthropological research the book examines the interconnectivity of reformist buddhist teachings of compassion charisma gender and state in influencing the attitudes and actions of the sangha and buddhist individuals in the production of buddhist compassionate fields in a changing socio economic landscape it will be of interest to scholars from anthropology sociology religious studies and asian studies

The Mindful Path to Self-Compassion 2009-04-29

this wise eloquent and practical book illuminates the nature of self compassion and offers easy to follow scientifically grounded steps for incorporating it into daily life vivid examples and innovative exercises make this an ideal resource for readers new to mindfulness

Compassion 2017-04-21

paul gilbert brings together an international line up of leading scholars and researchers in the field to provide a state of the art exploration of key areas in compassion research and applications compassion can be seen as a core element of prosocial behaviour and explorations of the concepts and value of compassion have been extended into different aspects of life including physical and psychological therapies schools leadership and business while many animals share abilities to be distress sensitive and caring of others it is our newly evolved socially intelligent abilities that make us capable of knowingly and deliberately helping others and purposely developing skills and wisdom to do so this book generates many research questions whilst exploring the similarity and differences of human compassion to non human caring and looks at how compassion changes the brain and body affects genetic expression manifests at a young age and is then cultivated or not by the social environment compassion concepts research and applications will be essential reading for professionals researchers and scholars interested in compassion and its applications in psychology and psychotherapy

Compassion 2005-07-05

what is compassion how does it affect the quality of our lives and how can we develop compassion for ourselves and others humans are capable of extreme cruelty but also

considerable compassion often neglected in western psychology this book looks at how compassion may have evolved and is linked to various capacities such as sympathy empathy forgiveness and warmth exploring the effects of early life experiences with families and peers this book outlines how developing compassion for self and others can be key to helping people change recover and develop ways of living that increase well being focusing on the multi dimensional nature of compassion international contributors explore integrative evolutionary social constructivist cognitive and buddhist approaches to compassion consider how and why cruelty can flourish when our capacities for compassion are turned off especially in particular environments focus on how therapists bring compassion into their therapeutic relationship and examine its healing effects describe how to help patients develop inner warmth and compassion to help alleviate psychological problems compassion provides detailed outlines of interventions that are of particular value to psychotherapists and counsellors interested in developing compassion as a therapeutic focus in their work it is also of value to social scientists interested in pro social behaviour and those seeking links between buddhist and western psychology

Empathy and Compassion 2015

become a more compassionate person and make the world a better place empathy is the ability to sense other people s emotions people with empathy are able to imagine what someone else might be thinking or feeling they recognize and understand another s suffering people who are compassionate go a step further they take action compassion changes the world and it can change you as well when you reach out to others you not only help them you also increase your own well being researchers have found that connecting with others in a meaningful way makes you healthier both mentally and physically compassion may even make you live longer discover ways to build your empathy and compassion

Compassion and Caring in Nursing 2018-05-08

compassion in its many manifestations is the key to rediscovering what lies at the heart of nursing practice all over the world it is absolutely essential that nurses start to revisit compassion as a central focus for nursing practice this user friendly book adopts a patient centred approach to care the challenging theories are grounded in practical applications encouraging readers to recognise opportunities for change in their daily practice the book focuses on six key concepts central to compassionate care a

An Open Heart 2008-11-16

an introduction to the core of buddhism by its greatest teacher an open heart is the successor to the bestselling the art of happiness the dalai lama s clear and simple guide to finding compassion and happiness 25 photos world religions

The Self-Compassionate Teen 2021-03-08

teens can be extremely self critical and are often nicer to others than they are to themselves in be brave be you for teens psychologist karen bluth offers powerful everyday self compassion and mindfulness tools to help teen readers overcome self judgment stop comparing themselves to others and cultivate the courage to be themselves

In Praise of Great Compassion 2020-08-11

discover the dalai lama s definitive teaching on compassion in this fifth volume of the dalai lama s definitive library of wisdom and compassion series in praise of great compassion the fifth volume of the library of wisdom and compassion continues the dalai lama s teachings on the path to awakening while previous volumes focused on our present situation and taking responsibility for creating the causes of happiness this volume concerns opening our hearts and generating the intention to make our lives meaningful by benefiting others we are embedded in a universe with other living beings all of whom have been kind to us in one way or another more than any other time in human history we depend on one another to stay alive and flourish when we look closely it becomes apparent that we have been the recipient of great kindness wanting to repay others kindness we cultivate a positive attitude by contemplating the four

immeasurables of love compassion empathic joy and equanimity and the altruistic intention of bodhicitta we learn to challenge the self centered attitude that leads to misery and replace it with a more realistic perspective enabling us to remain emotionally balanced in good and bad times in this way all circumstances become favorable to the path to awakening

Compassionate Artificial Intelligence 2018-10-03

in this book dr amit ray describes the principles algorithms and frameworks for incorporating compassion kindness and empathy in machine this is a milestone book on artificial intelligence compassionate ai address the issues for creating solutions for some of the challenges the humanity is facing today like the need for compassionate care giving helping physically and mentally challenged people reducing human pain and diseases stopping nuclear warfare preventing mass destruction weapons tackling terrorism and stopping the exploitation of innocent citizens by monster governments through digital surveillance the book also talks about compassionate ai for precision medicine new drug discovery education and legal system dr ray explained the deepcompassion algorithms five design principles and eleven key behavioral principle of compassionate ai systems the book also explained several compassionate ai projects compassionate ai is the best practical guide for ai students researchers entrepreneurs business leaders looking to get true value from the adoption of compassion in machine learning technology

Compassion in Early Modern Literature and Culture 2021-04-22

explores how early modern europeans responded to suffering and asks how they both described and practised compassion

Compassion in Action 1995-10-03

featuring an eye catching new cover this classic guide is for those ready to commit time and energy to relieving suffering in the world no two people are better qualified to help us along this path than ram dass who has spent more than 25 years teaching and writing on the subject of living consciously and mirabi bush who succeeded him as chairperson of the seva foundation

Grow With Sympathy, Empathy, & Compassion 2020-05-15

do you know what the terms sympathy empathy and compassion mean many people believe that these terms are synonymous with each other but this is far from the truth although sympathy empathy and compassion are related to one another they are all distinctly different but the one thing they have in common is that they can potentially change lives for the better even yours if you have been searching for ways to help other people out in more profound ways this is the book for you if you have been searching for ways to improve your life this book can help you out with that too this book will help you discover that sympathy empathy and compassion can make your life more complete and more fulfilling some of the topics we will cover include the true definition of sympathy empathy and compassion the benefits of living with sympathy empathy and compassion in your life how to use sympathy empathy and compassion to change lives the downsides of sympathy empathy and compassion real life situations and examples that show sympathy empathy and compassion and so much more as you will discover by reading this book there is so much more to these concepts than you may have first thought by the end of this book you will be able to understand sympathy empathy and compassion in a more profound way you will also learn how these seemingly simple characteristics can be tools for positive change in life so if you can t wait to change your life for the better purchase this book now and start your journey towards living with more sympathy empathy and compassion

Compassion 2014-03-14

in compassion ten scholars draw on literature psychoanalysis and social history to provide an archive of cases and genealogies of compassion together these essays demonstrate how being compassionate is shaped by historical specificity and social training and how the idea of compassion takes place in scenes that are anxious volatile surprising and even contradictory

How to Be Compassionate 2011-03-01

each one of us is responsible for all of humankind and for the environment in which we live we must seek to lessen the suffering of others rather than working solely to acquire wealth we need to do something meaningful something seriously directed toward the welfare of humanity as a whole to do this you need to recognize that the whole world is part of you from how to be compassionate the surest path to true happiness lies in being intimately concerned with the welfare of others or as his holiness the dalai lama would say in compassion in how to be compassionate his holiness reveals basic mistakes of attitude that lead us to inner turmoil and how we can correct them to achieve a better tomorrow he demonstrates precisely how opening our hearts and minds to other people is the best way to overcome the misguided ideas that are at the root of all our problems he shows us how compassion can be a continuous wellspring of happiness in our own lives and how our newfound happiness can extend outward from us in ever wider and wider circles as we become more compassionate human beings our friends family neighbors loved ones and even our enemies will find themselves less frequently in the thrall of destructive emotions like anger jealousy and fear prompting them to become more warmhearted kind and harmonious forces within their own circles with simple language and startling clarity his holiness makes evident as never before that the path to global harmony begins in the hearts of individual women and men enlivened by personal anecdotes and intimate accounts of the dalai lama s experiences as a student thinker political leader and nobel peace prize laureate how to be compassionate gives seekers of all faiths the keys to overcoming anger hatred and selfishness the primary obstacles to happiness and to becoming agents of positive transformation in our communities and the world at large

Dare to Be Kind 2017-06-06

sometimes we are met with overwhelming challenges that knock us off our feet but lizzie has been able to embody the power of hope and compassion in everything she does michelle obama born with a rare genetic condition lizzie velasquez always knew she was different but it wasn t until she was older that she understood what that meant to herself and others in this daring inspirational book lizzie reveals the hidden forces that give rise to self doubt and empowers us to unlock empathy and kindness for ourselves and others through her own battles with anxiety and depression she demonstrates how we can overcome obstacles and move forward with greater positivity and hope dare to be kind offers the path to self acceptance love and tolerance and provides a framework for living with confidence and resilience and ultimately forging a radically compassionate world

Passion and Compassion in Early Christianity 2016-06-09

this book examines how early christians cultivated affective compassion as a virtue in a roman world that valued emotional tranquillity

The Social Production of Buddhist Compassion in Chinese Societies 2021-11-08

this book investigates and establishes a theoretical framework for the study of the social production of religious compassion in the era of shale modernity among chinese communities in hong kong singapore and taiwan it argues that the production of buddhist compassionate fields in the 21st century is a response to the rising social inequality and social needs of modern society religious compassion serves as an emotive force that propels the religious self and socio religious groups to commit to the performance of acts of philanthropy that includes the delivery of welfare and care services medical care education and humanitarian aid through a combination of documentation analysis and anthropological research the book examines the interconnectivity of reformist buddhist teachings of compassion charisma gender and state in influencing the attitudes and actions of the sangha and buddhist individuals in the production of buddhist compassionate fields in a changing socio economic landscape it will be of interest to scholars from anthropology sociology religious studies and asian studies

The Neuroscience of Empathy, Compassion, and Self-Compassion

2018-06-19

the neuroscience of empathy compassion and self compassion provides contemporary perspectives on the three related domains of empathy compassion and self compassion ecs it informs current research stimulates further research endeavors and encourages continued and creative philosophical and scientific inquiry into the critical societal constructs of ecs examining the growing number of electrocortical eeg power spectral coherence evoked potential etc studies and the sizeable body of exciting neuroendocrine research e g oxytocin dopamine etc that have accumulated over decades this reference is a unique and comprehensive approach to empathy compassion and self compassion provides perspectives on empathy compassion and self compassion ecs including discussions of cruelty torture killings homicides suicides terrorism and other examples of empathy compassion erosion addresses autonomic nervous system vagal reflections of ecs discusses recent findings and understanding of ecs from mirror neuron research covers neuroendocrine manifestations of ecs and self compassion and the neuroendocrine enhancement examines the neuroscience research on the enhancement of ecs includes directed meditations mindfulness mantra metta etc and their effects on ecs and the brain

The Compassionate Instinct: The Science of Human Goodness

2010-01-04

leading scientists and science writers reflect on the life changing perspective changing new science of human goodness in these pages you will hear from steven pinker who asks why is there peace robert sapolsky who examines violence among primates paul ekman who talks with the dalai lama about global compassion daniel goleman who proposes constructive anger and many others led by renowned psychologist dacher keltner the greater good science center based at the university of california in berkeley has been at the forefront of the positive psychology movement making discoveries about how and why people do good four times a year the center publishes its findings with essays on forgiveness moral inspiration and everyday ethics in greater good magazine the best of these writings are collected here for the first time a collection of personal stories and empirical research the compassionate instinct will make you think not only about what it means to be happy and fulfilled but also about what it means to lead an ethical and compassionate life

Self-Compassion for Parents 2019-07-30

i yelled at the kids again and feel so ashamed i barely have time to shower let alone exercise no wonder i m so out of shape i m just not the dad i hoped i would be parenting is hard that s why self compassion is so important in this empathic resource mindfulness expert and psychologist susan m pollak helps you let go of constant self judgment and treat yourself with the same kindness and caring you strive to offer your kids simple yet powerful guided meditation techniques most under three minutes long are easy to practice while doing the dishes driving to work or soothing a fussy baby learn to respond to your own imperfections like a supportive friend not a harsh critic you will find yourself happier and more energized and will discover new reserves of patience and appreciation for your kids

The Compassion Book 2018-09-20

2nd edition

Buddhist Acts of Compassion 2000-11

my religion is compassion the dalai lama has said indeed the vow to be of benefit to others lies at the heart of buddhist practice this book collects dozens of profound and moving stories of true compassion from the buddhist monk who offered his body to starving animals to modern western practitioners who use buddhist principles for healing and social reform these stories inspire with their depth tenderness humor and occasional outrageousness included are tales of the crazy wisdom kindness practiced by many masters in the tibetan and zen traditions as well as selections from the best loved buddhist figures of today including sogyal rinpoche

2013-10-20

10/13

10 questions to explore empathy
and compassion in an interview

sharon salzberg thich nhat hanh and the dalai lama

The Politics of Compassion 2014-01-10

this book provides a critical overview of the role of the emotions in politics compassion is a politically charged virtue and yet we know surprisingly little about the uses and abuses of compassion in political environments covering sociology political theory and psychology and with contributions from martha nussbaum and andrew linklater amongst others the book gives a succinct overview of the main theories of political compassion and the emotions in politics it covers key concepts such as humanitarianism political emotion and agency in relation to compassion as a political virtue the politics of compassion is a fascinating resource for students and scholars of political theory international relations political sociology and psychology

Ocean of Nectar 2000

ocean of nectar is first complete commentary in english to chandrakirti s classic guide to the middle way one of the most important scriptures in mahayan buddhism and regsrded to this day as the principal text on emptiness the ultimate nature of reality in this long awaited major work geshe kelsang provides an entirely new translation of chandrakirti s verse masterpiece and explains with outstanding clarity the philosophical reasoning establishing budda s most profound view of the middle way

Awakening Compassion at Work 2017-02-20

presenting an outline of the four necessary steps for meeting suffering with compassion this insightful book shows how to build a capacity for compassion into the structures and practices of an organization

The Dalai Lama's Book of Love and Compassion 2001

in this small book intended to speak to everyone both buddhist and non buddhist alike one of the world s most beloved spiritual leaders simply and clearly addresses the concerns of modern life and the need to balance spiritual and material values and to create harmony and energy in life

Twelve Steps to a Compassionate Life 2011-01-06

drawing on a wide range of material ranging from the spiritual character of the world religions to the findings of contemporary neuroscience karen armstrong argues that compassion is hardwired into our brains yet is constantly pushed back by our more primitive instincts for selfishness and survival since time immemorial religion has enhanced our altruistic tendencies all faiths insist that the golden rule is the test of true spirituality always treat others as you wish to be treated yourself taking as her starting point the teachings of the great world religions karen armstrong demonstrates in twelve practical steps how we can bring compassion to the forefront of our lives these steps both reveal the inadequacies of our knowledge of ourselves and others and enable us to unlock our potential for understanding empathy and altruism that can be translated into acts of kindness and charity they culminate in the most radical and challenging of all religious maxims love your enemy yet in today s world compassion is no longer a luxury but in the words of martin luther king an absolute necessity for our survival practising these steps will not change our lives overnight and turn us into saints or sages the attempt to become a more compassionate human being is a lifelong project yet karen armstrong argues that compassion is inseparable from humanity and by transcending the limitations of selfishness on a daily basis we will not only make a difference in the world but also lead happier more fulfilled lives

Justice and Compassion in Biblical Law 2009-12-14

annotation richard hiers provides a new consideration biblical law with an emphasis upon the underlying justice and compassion implicit within special consideration is given to matters of civil law the death penalty and due process

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10 questions to explore empathy and compassion in an interview

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