

## Bear Grylls Survival Skills Mountains

More of us than ever before are spending weekends and holidays climbing mountains, surfing waves, kayaking on rivers or simply walking in the wilderness, as well as other more extreme activities. But how do we make the most of our time in the great outdoors? Dealing with this question, this book helps to enhance your enjoyment of the wilderness.

Life in the wild teaches us invaluable lessons. Extreme situations force us to seize opportunities, face up to dangers and rely on our instincts. But living a purpose-driven, impactful life can be an even greater challenge... In *A Survival Guide for Life*, Bear Grylls shares the hard-earned lessons he's learned from some of the harshest environments on earth. How do you keep going when all the odds are stacked against you? How can you inspire a team to follow you in spite of obvious danger? What are the most important skills to learn if you really want to achieve your maximum potential? Bear's instantly inspiring tales from his adventures in all four corners of the globe include his personal life lessons you will never forget. We're all capable of living life more boldly and of having more fun along the way. Here's to your own great adventure! What readers are saying about *A Survival Guide For Life*: \*\*\*\*\* 'Inspiring stuff sure to put a fire in anybody's belly after reading it.' \*\*\*\*\* 'A wonderful man with a warm soul, who has lived what he delivers in this book. An uplifting and rewarding read.' \*\*\*\*\* 'This

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book encourages you to be yourself, survive in difficult periods of your life and to follow your heart.'

A prehistoric corpse entombed within an Arctic glacier, crying tears of blood. A jungle island overrun by rabid primates - escapees from a research laboratory's Hot Zone. A massive seaplane hidden beneath a mountain, packed with a Nazi cargo of mind-blowing evil. A penniless orphan kidnapped from an African slum, holding the key to the world's survival. Four terrifying journeys. One impossible path. Only one man to attempt it. Will Jaeger. The Hunter.

\*\*\*Shortlisted for the Great Outdoors Book of the Year\*\*\* Surviving in the wild takes a great deal of strength. Often faced with frozen tundra, sweltering deserts, humid jungles, perilous mountains and fast-flowing rivers, Megan Hine is no stranger to perilous conditions. Whilst leading expeditions and bushcraft survival courses and in her work on television shows such as Bear Gryll's Mission Survive and Running Wild, she has explored the corners of the globe in pursuit of adventure. Faced with the toughest of conditions: bad weather; lack of food and being in the presence of predators, is the ultimate test of character and often the biggest challenge to overcome is in the head. In these situations, the human brain is simultaneously the greatest asset and biggest liability. Not everyone is suited to the great outdoors and when danger calls many aren't as well-equipped to survive, no amount of top of the range kit will save you if you don't have the right frame of mind. Here Megan Hine examines the human ability

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and instinct for survival, showing us how others have developed the attitudes and attributes to thrive in the most dangerous situations, and how those same attitudes and attributes help them confront problems and obstacles at work and at home. Being chased through the jungle by armed opium farm guards, abseiling past bears and lighting fires with tampons, Megan has seen and done it all. In *Mind of a Survivor* she takes you along for a series of life-and-death adventures and shows you what happens to people when they are pushed to their limits. Inspirational rather than instructional, Megan examines the human ability and instinct for survival sharing the life tools that she uses and showing how they can as easily be applied to more domestic everyday life - from careers to relationships, from overcoming adversity to decision making. Filled with her own experiences, *Mind of a Survivor* is packed full of adventure and can help people survive in any situation and cope with whatever life throws at them. Offers instructions for building shelter, finding food, emergency aid, and navigating various climates and terrains.

The first thrilling adventure in the brand-new collectible series for young readers from survival expert and Chief Scout BEAR GRYLLES. Olly isn't enjoying activity camp. Why should he bother building a shelter or foraging for food with his teammates - he'd rather be at home in the warm and dry, where the sofa and the video games are. But then Olly gets given a compass with a mysterious fifth direction. When he follows it, he's magically transported to a high mountain range where he meets survival expert Bear

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Grylls. With his help, Olly must learn to survive in sub-zero temperatures, including what to do if the ice cracks when you're crossing a frozen lake, or a blizzard sets in . . . But can his adventure with Bear Grylls change Olly's mind about teamwork and perseverance? And who will Olly give the compass to next? Each book in this fun new 12-book series from BEAR GRYLLES follows a different child on the outdoor activity camp. Once they are given the magical compass, they meet the inspirational adventurer in an amazing place and learn new skills and facts they can take back with them to their real life.

Bestselling author Bear Grylls has survived a free-fall parachute accident that left him with a broken back, possibly unable to walk again; falling down a mountain in the Rockies, severing a finger in the Vietnam jungle, a broken shoulder in Antarctica. He passed the gruelling training to join the SAS, crossed the North Atlantic in an open inflatable boat, and held the highest ever open-air formal dinner party, in a balloon at 25,000 feet. But the hardest thing he has ever had to face, he says, is the death of his father. It was then, age 25, that he found what he describes in an interview with the Telegraph as 'a really lovely quiet faith that has been a powerful thing in our lives'. As he wrote in GQ magazine, 'Faith doesn't mean you have to be especially "religious". But, in a nutshell, my faith tells me that I am known, that I am secure and that I am loved - regardless of the storms I may find myself in from time to time, regardless of how often I fall and fail.' For the first time, in this open, brave and honest book, Bear

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reveals the inspiration that helps him to stand strong and find peace each day. These daily readings - exploring themes of friendships, failure, courage, risk, and much more - show us all how to face each day with purpose and power. 'Be brave. Embrace faith wherever you may find it. You have nothing to lose and everything to gain.'

THE ULTIMATE SURVIVAL GUIDE FROM THE WORLD'S LEADING SURVIVAL EXPERT. \_\_\_\_\_ Do you know how to... Survive a bear attack? Make fire from virtually nothing? Fly a plane in an emergency? Survive in the most extreme conditions? Bear Grylls does. There is barely a terrain he hasn't conquered or an extreme environment he hasn't experienced. From his time in 21 SAS, through to his extraordinary expeditions in the toughest corners of each of the seven continents, Bear has accumulated an astonishing wealth of survival knowledge. Now, for the first time, he is putting all his expertise into one book. How To Stay Alive will teach you all of the essential skills you need to survive in the modern world. \_\_\_\_\_

What readers are saying about How to Stay Alive: \*\*\*\*\* 'I bought this as a gift for a friend and, I have to admit, ended up keeping it.' \*\*\*\*\* 'This book has been a great source of information for the family, it's great for facts, can't wait to fly a plane in an emergency.' \*\*\*\*\*

'Genuinely essential - every home should have one!' \*\*\*\*\* 'In any emergency this is the one thing you take when you run! Could be the thing that keeps you alive.' NEVER GIVE UP, Bear's extraordinary new autobiography, is available to pre-order now This humorously illustrated book is a collection of wisdom that renowned adventurer

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Bear Grylls wants to share with his sons about the risks, tumbles, and victories of a well-lived life. Mountain climber, world-record holder, and internationally known television personality Grylls knows a thing or two about adventure. The greatest adventure he's experienced, though, is raising his three boys. In *To My Sons*, Grylls shares the quotes, Scripture verses, and spiritual wisdom he has learned through the literal ups and downs of an exciting life. Featuring cartoons from well-known sketch artist Charlie Mackesy, this book is a poignant primer for boys and men of all ages.

Life in the wild teaches us invaluable lessons. Extreme situations force us to seize opportunities, face up to dangers and rely on our instincts. But living a purpose-driven, impactful life can be an even greater challenge... In *A Survival Guide for Life*, Bear Grylls shares the hard-earned lessons he's learned from some of the harshest environments on earth. How do you keep going when all the odds are stacked against you? How can you inspire a team to follow you in spite of obvious danger? What are the most important skills to learn if you really want to achieve your maximum potential? Bear's instantly inspiring tales from his adventures in all four corners of the globe include his personal life lessons you will never forget. We're all capable of living life more boldly and of having more fun along the way. Here's to your own great adventure! 'No one could fail to be gripped by his heartfelt excitement and emotion over what was the adventure of a lifetime' Independent At the age of twenty-three, Bear Grylls became one of the youngest Britons to reach the summit of Mount Everest. At extreme altitude

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youth holds no advantage over experience, and it is generally acknowledged that younger climbers have more difficulty coping with the adverse effects of mountaineering. Nevertheless, only two years after breaking his back in a freefall parachuting accident, Bear Grylls overcame severe weather conditions, fatigue, dehydration and a last-minute illness to stand on top of the world's highest mountain. Facing Up is the story of his adventure, his courage and humour, his friendship and faith.

The #1 New York Times bestselling classic frontier adventure novel that inspired two award-winning films! Charles Portis has long been acclaimed as one of America's foremost writers. True Grit, his most famous novel, was first published in 1968, and became the basis for two movies, the 1969 classic starring John Wayne and, in 2010, a new version starring Academy Award® winner Jeff Bridges and written and directed by the Coen brothers. True Grit tells the story of Mattie Ross, who is just fourteen when the coward Tom Chaney shoots her father down in Fort Smith, Arkansas, and robs him of his life, his horse, and \$150 in cash. Mattie leaves home to avenge her father's blood. With one-eyed Rooster Cogburn, the meanest available U.S. Marshal, by her side, Mattie pursues the killer into Indian Territory. True Grit is eccentric, cool, straight, and unflinching, like Mattie herself. From a writer of true status, this is an American classic through and through.

Lily is a great team player, but she finds it hard to speak up and make herself heard.

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When a fun activity at camp lands her unexpectedly on a mountaineering adventure with Bear Grylls, there are challenges for Lily on every cliff. Together they must plot the route down the mountain.

'A rocket-fuelled adventure.' - Tim Peake 'His passion for adventure is truly infectious.' - Gareth Southgate 'Bear is someone who truly grabs life with both hands.' - Jonny Wilkinson 'So many positive messages wrapped up in Bear's many incredible adventures.' - Roger Federer *Improvise. Adapt. Overcome.* And above all, never ever give up. In *Never Give Up*, global adventurer, Chief Scout and TV presenter Bear Grylls immerses readers in some truly remarkable adventures. As Bear shares personal stories from his toughest expeditions, this inspiring autobiography captures the exhilarating reality behind some of his hairiest survival missions. In this eagerly awaited follow up to his Number One bestseller *Mud, Sweat and Tears*, Bear takes readers behind the scenes on 'Man vs. Wild', the series that spawned an entire adventure industry. He also provides a unique and revealing insight into what it's really like to go 'Running Wild' with guests including President Obama, Roger Federer and Julia Roberts, to name but a few of his global superstar guests. Along the way, Bear opens up about his most personal challenges, discovers the true value of adventure, and embodies the enduring power of courage, kindness and a never give up spirit. **READERS LOVE BEAR GRYLLES \*\*\*\*\*** A really good read, full of adventure and excitement, highs and lows. \*\*\*\*\* An inspirational person \*\*\*\*\* Bear puts all of himself

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into everything he does - including this storybook of his life!

The star of the UK survival series "Man vs. Wild" recounts his adventurous life, from sailing and climbing on the Isle of Wight, where he grew up, via his experiences with mountaineering and martial arts, to the free-fall parachuting accident in Africa that almost left him paralyzed.

Bear Grylls knows what it takes to survive. But he's not the first. Take the American bombardier Louis Zamperini, who survived 47 days stranded at sea by catching and killing hungry sharks and drinking the warm blood of albatrosses - only to be captured by the Japanese and horrifically tortured for years in their most brutal POW camps... Or Marcus Luttrell, a Navy SEAL who single-handedly took on a Taliban regiment before dragging his bleeding, bullet-ridden body for days through the harsh mountains of Afghanistan... Or Nando Parrado, one of the survivors of a horrific air-crash high in the ice-bound Andes, who only lived because he was willing to eat the flesh of his dead companions... In this gripping new book, Bear tells the stories of the adventurers, explorers, soldiers and spies whose refusal to quit in the most extreme situations has inspired him throughout his life. Some of them make uncomfortable reading - survival is rarely pretty. But all of them are tales of eye-watering bravery, death-defying resilience and extraordinary mental toughness by men and women who have one thing in common: true grit.

MISSION: SURVIVAL. LOCATION: The Alaskan mountains. DANGERS: Blizzards; grizzly

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bears; white-water rapids. The world's youngest survival expert is in trouble again. The second book in an explosive adventure series from real-life survival expert BEAR GRYLLS.

'Just \*wonderful\*. A breath of fresh air in a book. Sal is a story with incredible heart, told so beautifully and with such clarity and grace I can hardly believe it's a debut! I loved it' JOANNA CANNON, author of THE TROUBLE WITH GOATS AND SHEEP AN OBSERVER 'NEW FACE OF FICTION 2018' This is a story of something like survival. Sal planned it for almost a year before they ran. She nicked an Ordnance Survey map from the school library. She bought a compass, a Bear Grylls knife, waterproofs and a first aid kit from Amazon using stolen credit cards. She read the SAS Survival Handbook and watched loads of YouTube videos. And now Sal knows a lot of stuff. Like how to build a shelter and start a fire. How to estimate distances, snare rabbits and shoot an airgun. And how to protect her sister, Peppa. Because Peppa is ten, which is how old Sal was when Robert started on her. Told in Sal's distinctive voice, and filled with the silent, dizzying beauty of rural Scotland, Sal is a disturbing, uplifting story of survival, of the kindness of strangers, and the irrepressible power of sisterly love; a love that can lead us to do extraordinary and unimaginable things.

Parenting.

The extraordinary new autobiography from adventurer Bear Grylls. In Never Give Up, global adventurer and TV presenter Bear Grylls chronicles his life and career since stepping onto screen, taking readers along with him on his most famous adventures, sharing personal stories from his favourite expeditions, and capturing his hairiest survival challenges. The follow up to the internationally bestselling Mud, Sweat and Tears, in this new autobiography Bear takes readers behind the scenes on infamous 'Man vs. Wild' shoots and provides an insight into what

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it's really like to go 'Running Wild' with guests including President Obama, Roger Federer and Julia Roberts. Along the way, Bear explores the valuable lessons he's learned in the wild, opens up about his most personal challenges and achievements, and celebrates the true value of adventure and the enduring importance of courage, kindness and resilience.

The ultimate guide to nutrition from adventurer and bestselling author Bear Grylls. 'Mouth-watering, travel-inspired recipes are accompanied by shopping tips and nutritional nuggets. The action hero as domestic god - swoon!' The Lady Packed with comprehensive advice on ingredients, Fuel for Life includes over 70 simple, mouth-watering recipes. Bear's encouraging and practical guidance will motivate you to try new foods and show you healthy versions of your favourite meals. Free from wheat, gluten, dairy and refined sugar, this is delicious, natural and wholesome food that you and your body will love. Fuel for Life will help you feel healthier, happier, stronger and more energised, and will your nourish your body for maximum success and long-term health. Readers are loving cooking Bear's recipes: \*\*\*\*\* 'Even the kids are loving these super healthy recipes.' \*\*\*\*\* 'Packed with amazingly tasty recipes . . . my whole family loved them.' \*\*\*\*\* 'Love the easy recipes and practical advice. Great book!'

Bear Grylls is fitter, stronger and readier than ever to take on the challenges of the wild, thanks to a revolutionary new fitness program. And at the heart of Bear's personal training regime are fast-paced, dynamic workouts that can be done anywhere by anyone - men and women, young and old - in just 30 minutes or less! Select your workout: choose from Kettlebell Resistance training, Bodyweight workouts or Primal Power stretch sessions. Try one of Bear's epic Hero workouts for his ultimate challenge of all three disciplines combined ... Learn the moves: select your express workout based on the time you have available - be it 3 minutes or 30 - and then,

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as Bear says, 'It's time to get BG fit!' Train hard but eat natural: follow Bear's simple and straightforward advice on fuelling your body for maximum success and sustained health benefits. Train more efficiently with fast and achievable results - a fitter, stronger, healthier you is just around the corner. Go on, it's your life - train for it! \_\_\_\_\_ What readers are saying about Your Life: Train For it: \*\*\*\*\* 'A fantastic book with clear and easy to follow instructions for each work out.' \*\*\*\*\* 'Great and simple ways to fit fitness into even a busy life style.' \*\*\*\*\* 'Accessible, affordable results with no gym.'

Are you ready to be an explorer? Do you know how to cope with searing heat and intense cold? Can you find food and water in the wild? Avoid deadly diseases? Fight back against man-eating beasts? Bear Grylls World Adventure Survival Camp will teach you everything you need to know to cope in all weather and terrain. The perfect gift for any young adventurers in training.

Presents valuable skills and secret tricks for surviving in the wilderness, discussing knot tying, preparing and lighting a fire, tracking animals, and collecting water.

MountainsWeldon Owen

The tenth in the fun new 12-book collectible series for young readers from survival expert and Chief Scout BEAR GRYLLES. A mysterious compass with a fifth direction transports a young girl to a mountain top high above sea level, where the air is thin, the steep drops are treacherous and the conditions tough. Luckily, survival expert Bear Grylls is on hand to guide her safely down the mountain, facing her fears and gaining in confidence along the way. Each book in this fun new 12-book series from BEAR GRYLLES follows a different child on the outdoor activity camp. Once they are given the magical compass, they meet the inspirational

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adventurer in an amazing place and learn new skills and facts they can take with them back to their real life.

People have lived through the most unusual situations. Read this book to discover several near-death experiences and the amazing people who survived them.

When teen adventurer Beck Granger finds himself stranded on a Himalayan mountainside, he has to draw on all his strength and skill to survive. After death-defying climbing and sheltering in some of the hardest terrain on earth, Beck also has to somehow make it through bear attacks and flash floods. But the biggest challenge of all is still ahead! Can Beck finally learn the truth about his parents' deaths and bring their killers to justice?

Each audiobook in this series from Bear Grylls follows a different child on the outdoor activity camp. Once they are given the magical compass, they meet the inspirational adventurer in an amazing place and learn new skills and facts they can take back with them to their real life.

This volume features two exciting adventures: **The Cave Challenge:** The mysterious compass with a fifth direction transports a young boy to an extensive cave system filled with bats, treacherous drops and hidden dangers. Luckily survival expert Bear Grylls is on hand to guide him safely out, facing his fears and gaining in confidence along the way. **The Mountain Challenge:** Lily finds herself transported to a mountaintop high above sea level where the air is thin, the steep drops are dangerous and the conditions tough. With guidance and encouragement from survival expert Bear Grylls, Lily learns not only how to safely navigate a way down the mountain but the importance of speaking up when you have important information to share.

Go on a thrilling adventure with Bear Grylls, experiencing some amazing mountains up close.

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Travel across some of the world's most dangerous terrains and master the skills needed to stay safe. Includes step-by-step instructions and tips from Bear.

"Olly's not having fun at camp. His backpack is trying to kill him and building a shelter gives him splinters. But that night a mysterious compass transports Olly onto a glacier, where Bear Grylls, his guide, is watching. The only way home is to trek across frozen lakes and through deep snow drift--and Bear can see that there's a blizzard coming ... Will Olly learn that trying your best can make all the difference, or will the challenge be too much?"--Page [4] cover.

Embark on an amazing adventure with Bear Grylls to explore the great outdoors. Learn what to pack on a polar expedition, which creatures to avoid, and how to hunt on the ice. Includes step-by-step instructions and tips from Bear.

Mia thinks rules are made to be broken. If it's not her idea, she's not interested. Then her friend gives her a compass, and she unexpectedly finds herself adrift on a sailboat with a faulty engine in the middle of the wide, blue ocean. Bear Grylls is captaining the boat, but it's all hands on deck when a whale tail causes a breach in the hull and waterrushes in . . . Will Mia shape up, listen up, and learn the true power of teamwork? Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all

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other outdoor-industry awards are measured.

Make the most of the warmest season of the year and embark on a summer adventure with Bear Grylls.

The complete guide to living in the wild from the ultimate survival expert In this essential guide to living wild, Bear Grylls reveals the secrets of his years of fieldcraft experience. This is the information you really need to know about living in the field from the man who has passed 21 SAS selection, climbed Everest and survived in some of the most inhospitable regions on Earth. In his inimitable style, Bear has thrown out everything that's boring about scouting and fieldcraft and concentrated only on what's exciting, inspirational and a little bit edgy. It's all here, from mastering the art of making the perfect campfire and constructing the best camp, to navigating safely through all terrains in all weathers - with or without a map...The only other thing you'll need is this book! Bear Grylls served for three years with the British Special Forces - 21 SAS. He is a world-record-breaking adventurer, a bestselling author and one of the world's most sought-after motivational speakers. Bear's prime-time adventure tv series reaches over a billion viewers worldwide in over 150 countries. He was recently awarded an honorary commission as a Lieutenant-Commander in the Royal Navy for his endeavours with both adventure and charity. He is married to Shara and they have three sons, Jesse, Marmaduke and Huckleberry.

The eleventh in the fun 12-book collectible series for young readers from survival expert

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and Chief Scout BEAR GRYLLS. Joe gets on well with everyone, enjoys camp and all the activities and is always up for a challenge. But he has a big problem with remembering directions and following instructions. When he gets a mysterious compass from a friend, he sets off on an adventure with Bear Grylls in the freezing cold Arctic tundra, where knowing where you're going is crucial to survival... Each book in this fun new 12-book series from BEAR GRYLLS follows a different child on the outdoor activity camp. Once they are given the magical compass, they meet the inspirational adventurer in an amazing place and learn new skills and facts they can take with them back to their real life.

In *Man vs. Wild*, Bear Grylls demonstrates all manner of survival techniques when faced with nature's extremes--from crossing piranha-infested rivers to fighting off grizzly bears. He shows us how, armed with the correct know-how and a determination to stay alive, all of us have the potential to beat the elements in even the bleakest of situations. Bear Grylls is the ultimate modern-day adventurer. He spent three years with the British Special Forces (21 SAS), only leaving when a near-fatal parachuting accident broke his back in three places. Just two years later, Grylls followed his childhood dream and became one of the youngest climbers ever to reach the summit of Mount Everest. He is the host of the Discovery Channel series *Man vs. Wild*, where viewers tune in to watch Grylls show what it takes to find your way out of the most inhospitable places on earth with little more than the clothes on your back. Now, in his book, he shows his millions of

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fans worldwide how to do what he does in an utterly entertaining crash course in surviving every kind of hard ecosystem--mountain, sub-zero terrain, jungle, desert, and the sea. Grylls takes readers on a journey to the corners of the earth and recreates disaster scenarios such as being stranded on a desert island or lost in the snowy Arctic. Perfect for armchair adventurers and extreme sports buffs alike, *Man vs. Wild* is destined to become a classic in adventure literature. Prepare to learn how to ...Snack on maggotsDig yourself a shelter from the snowSuck the fluid from fish eyeballsSkin a snake and eat itUse your own urine to cool yourself downLive without your cell phone

"When disaster strikes and we find ourselves alone in an unknown and hostile environment, why do some people survive and others perish Almost all of the most extraordinary tales of survival seem to involve an indefinable Ingredient X, which can only be understood as having its source in that mysterious entity, the `human spirit.'"

--Bear Grylls, *Man vs. Wild*

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