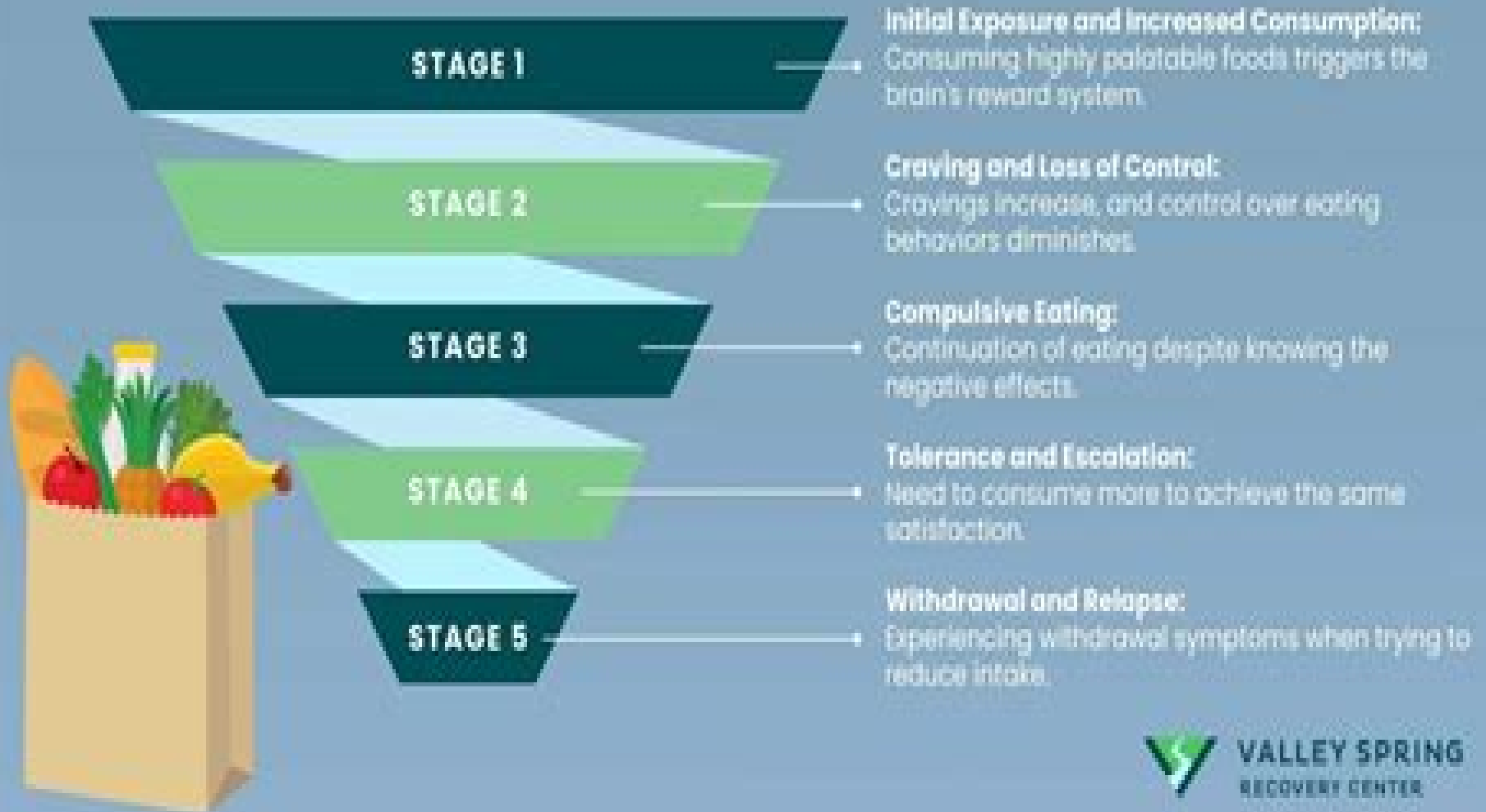


# STAGES OF FOOD ADDICTION



**VALLEY SPRING**  
RECOVERY CENTER

# Overcome Food Addiction Step

**Pasquale De Marco**



## **Overcome Food Addiction Step:**

**Break Free From Food Addiction** Gregory Groves, If you've been struggling with food addiction binge eating or emotional eating this book is here to help In Break Free From Food Addiction you'll learn practical steps and strategies to take back control of your eating habits and transform your relationship with food This book isn't about quick fixes or magic solutions it's about lasting change Inside you'll discover The truth about food addiction and why it's so hard to break How to start developing healthier eating habits and end destructive patterns The most addictive foods to watch out for and the least addictive ones to enjoy instead How to deal with emotional triggers like stress anxiety and depression without turning to food Tips for creating real lasting behavior changes that will set you up for long term success Simple strategies to stop sugar cravings and regain control of your willpower Dealing with food triggers Break Free From Food Addiction empowers you to understand the root causes behind your eating habits and equips you with tools to break free from the cycle of food addiction Whether you're dealing with guilt stress or the pressure to overcome overwhelming cravings this book provides the guidance you need to move forward and build a healthier more balanced life You have the power to take control of your eating and transform your life Let this book help you take the first step today Remember Action success and change begins with you

**Food Addiction: Treatment for Overeating: Stop Food Addiction Recovery Workbook Food Addiction Problems And Solutions Overcoming Food Addiction** Charlie Mason ,2021-02-21 When you have trouble losing unwanted weight and keeping it off you are not alone Millions of people are struggling with their healthy eating and lifestyle to help manage their weight But what most people do not notice is the link between emotional craving and eating and unwanted weight A part of your brain tells you that you need to eat a healthy meal but your craving is telling you to reach for the comfort food instead Chances are you end up with the comfort food but it is not for a lack of willpower or motivation Food addiction leads to various health related problems including being over weight and other eating disorders Food addiction is a mental and physical issue that requires mental and physical treatment Unlike other addictions you cannot eliminate food from your daily behaviors as you can with smoking or alcohol You need food to survive This means you need to find a way to stop your cravings and eat less in a realistic way As you navigate through the pages of this book you will find tips and techniques to help you understand your cravings how to stop them and ways to treat your food addiction Enjoy the simple and easy to follow tables lists and guides as you choose healthy meals over unhealthy and your wellbeing over cravings This book is designed to give you solutions to overeating in an inspiring and unique way It aims to reveal to you the common beliefs and thoughts about foods untangle the addictive impulses programmed in your brain and how to retrain your mind and body so you can live a healthier happier and balanced life with eating Using an approachable and factual delivery Food Addiction Treatment for Overeating offers you real solutions and simple steps so you can learn how to release the negative feelings entrapping you in your negative habits and the constant drudgery of failed diets and broken assurances food addiction

overeating food addiction books food addiction recovery workbook food addiction workbook food addiction problems and solutions stop food addiction overcoming food addiction breaking food addiction beating food addiction addiction to food break food addiction

☐☐ SUGAR AND FOOD ADDICTION: HUMANITY'S WORST POISON ☐☐ Adriano Leonel ,2025-03-31

SUGAR AND FOOD ADDICTION HUMANITY S WORST POISON YOU ARE STUCK IN A VICIOUS CYCLE WITH SUGAR AND YOU DON T EVEN REALIZE IT Have you ever tried to cut out sweets and failed Have you promised yourself you would change but the craving always comes back Do you feel extremely tired anxious have difficulty concentrating and believe that this is normal Then this book is for you The truth is harsh but it needs to be said sugar is one of the most addictive substances on the planet and most people are addicted to it without realizing it The food industry doesn t want you to know this They profit from your addiction manipulate your brain and destroy your health while you blame yourself thinking that the problem is a lack of willpower In this book you will discover How sugar acts like a drug on your body and mind The hidden damage it causes to your liver brain and hormonal system Why diets don t work and how to truly free yourself The impact of sugar on anxiety depression insomnia and even premature aging Practical strategies to reduce consumption without suffering and without relapses I m not here to give you a diet manual or a bunch of impossible rules I m here to show you the truth and give you a real path to freedom This book is for those who are tired of trying and failing For those who want to break out of the cycle of compulsion For those who want to feel in control of their own lives again If you are ready for this transformation then open this book and take the first step Your freedom begins now

*A Clinical Guide to Treating Behavioral Addictions* Amanda L. Giordano,2021-06-22 Giordano an established scholar in behavioral addictions has provided a landmark clinical reference book This text provides the quintessential guide to understanding process addictions with detailed attention to assessment and treatment that is unparalleled in the literature This is a must have book for every clinician Craig S Cashwell Ph D LPC NCC ACS CSAT S Professor William Mary This groundbreaking text *A Clinical Guide to Treating Behavioral Addictions* is a must read for counselors and educators alike As a former addictions counselor now counselor educator I found the information in this text timely relevant and instrumental to the work of treating persons with behavioral addictions This go to resource will prove to be invaluable for years to come Michael K Schmit PhD LPC Hazelden Betty Ford Graduate School of Addiction Studies An innovative new text addressing 11 behavioral addictions in detail with a focus on recent neuroscience This practical approachable guide for clinicians comprehensively covers an array of behavioral addictions ranging from internet gaming addiction and sex addiction to social media addiction and food addiction Each chapter answers foundational questions to inform clinical practice including How do I conceptualize it How do I identify it How do I assess it How do I treat it and How do I learn more Through this innovative resource clinicians will gain valuable knowledge regarding the conceptualization identification assessment and treatment of behavioral addictions Each chapter highlights the most current research related to specific behavioral addictions provides a synthesis of recent neuroscience and

examines diverse treatment approaches to fit the widest range of clinical styles In addition this book describes the evolving definition of addiction provides examples of how to advocate for clients with behavioral addictions and devotes an entire chapter to understanding the neuroscience of addiction This clinical reference book will help counselors provide compassionate effective services to clients with a variety of behavioral addictions Purchase includes digital access for use on most mobile devices or computers Key Features Offers Voices from the Field sections in which clinicians describe their experiences working with each behavioral addiction Includes a chapter completely devoted to the neuroscience of addiction in addition to a synthesis of recent neuroscience in each chapter Synthesizes current research to aid in clinical conceptualizations Describes useful assessment instruments and how to access them Presents a wide range of treatment approaches and 12 step program options Provides abundant resources for further study

**Emotional Eating: How to Beat Food Addiction** Grace Mignott,2014-02-10 Lots of person worldwide fight to beat emotional eating every day It is a condition that affects more people than we would like to think it does The thing is that persons in our families or close friends may secretly suffer from the condition Emotional Eating How to Beat Food Addiction explains exactly what emotional eating is what the signs and symptoms are and how it can be conquered in the long run It can be a challenge to conquer and it takes a lot of professional treatment and a strong support group of friends and family to get someone over this hurdle The great thing that the author highlights in this book is that it can be conquered

Conquer Your Food Addiction Caryl Ehrlich,2010-05-11 Conquer Your Food Addiction is not a diet book But if you re committed to losing weight it s the right book for you Nobody can cajole trick or provoke you into shedding those excess pounds But if you are genuinely ready to go for it Caryl Ehrlich is here to lead the way with her 8 step program for permanent weight loss The perfect solution for people who are overweight many of whom are compulsive eaters Ehrlich s is a behavioral approach to weight loss that teaches you how to change habits in order to overcome food addiction As she observes no deprivation diet will work for food addicts because they use food the way other addicts use drugs or alcohol not to satisfy physical hunger but to distract oneself from painful feelings loneliness anger boredom sadness with a never ending conveyor belt of food A former compulsive eater herself Ehrlich developed this easy to understand program for herself more than twenty five years ago and has taught it to others with astounding results for more than two decades With the help of Conquer Your Food Addiction you will Learn how to distinguish physical hunger from emotional hunger Become aware of your unconscious ritualized eating habits Develop the skills necessary to approach food differently Change your behavior in order to change your body Awaken to an improved realistic relationship with food Using original concepts and easy assignments Ehrlich s proven 8 step program retrains your thought process so that you can begin to see food in a new and healthy way Once you do you ll be amazed at how the pounds come off

*Live Fuel: Unleash Your Potential Through Mindful Nutrition* Pasquale De Marco,2025-07-19 In a world overwhelmed by conflicting diet advice and fitness trends Live Fuel emerges as a beacon of clarity and empowerment This

comprehensive guide transcends the realm of weight loss or muscle gain offering a holistic approach to health and well being that nourishes both body and mind Live Fuel introduces the revolutionary concept of BodyFueling a philosophy that goes beyond calorie counting and restrictive diets It s about understanding the intricate symphony of your body the delicate balance of macronutrients and micronutrients and the profound impact of mindful eating With Live Fuel you ll embark on a transformative journey towards optimal health and vitality You ll learn to cultivate a mindful relationship with food breaking free from emotional eating patterns and embracing intuitive eating You ll explore the synergy between nutrition and mindful movement discovering the power of exercise to enhance your physical and mental well being This book delves into the importance of quality sleep stress management and emotional well being revealing their profound impact on your overall health Live Fuel provides practical strategies for managing stress cultivating resilience and nurturing a healthy mind body connection Live Fuel is more than just a guide it s an invitation to embark on a journey of self discovery and empowerment It s a call to action to take ownership of your health to fuel your body and mind with intention and to live a life filled with vitality purpose and fulfillment Within these pages you ll find The principles of BodyFueling and how to apply them to your daily life A comprehensive understanding of macronutrients micronutrients and mindful eating Strategies for breaking free from emotional eating and cultivating a healthy relationship with food The science behind mindful movement and exercise and how to create a balanced fitness routine The importance of quality sleep stress management and emotional well being and practical tips for improving them Inspirational stories and case studies of individuals who have transformed their lives through BodyFueling Live Fuel is your roadmap to a healthier happier life It s a journey that begins with intention and ends with empowerment a journey that will transform the way you think about food fitness and your overall well being If you like this book write a review

**Overcome Food Addiction** Erika Wallace,2015-09-29 If you have a troubled relationship with food Overcome Food Addiction Step By Step Guide to Solve Emotional Eating for a Better and Happier Life is a must read for you Outlining everything you need to know about food addiction this book holds your hand as you prepare to make the biggest change in your life becoming a non addict Overcome Food Addiction Step By Step Guide to Solve Emotional Eating for a Better and Happier Life begins by helping you to understand just what food addiction is and what it means and slowly moves through the steps you must take to overcome your addiction Whether you are a repeat customer trying your hand yet again at recovery or whether this is your first time tackling your problem with food addiction this is a book that will help you to see things in a brand new light and give you the motivation it takes to keep on track As you journey through Overcome Food Addiction Step By Step Guide to Solve Emotional Eating for a Better and Happier Life you will come to understand that you are not alone in your journey and you will find out just where you can go for support from like minded people as you make your journey to a healthier you Forget the books that teach diet plans that work or books that tell you that your food addiction is all in your head Overcome Food Addiction Step By Step Guide to Solve Emotional Eating for a Better and

Happier Life understands that food addiction is so much more and makes no such claims while presenting you with the resources you need to make change Inside this book you will come to understand that your journey into a healthy relationship with food will begin and end with you but it isn't a journey you must make alone Here is a preview of what you will learn from this book The physical symptoms of food addiction How to determine if you really are a food addict Deciding whether Food Addicts Anonymous is right for you How to prepare yourself for change And Much More **The Food Addiction Recovery Workbook** Carolyn Coker Ross, 2017-09-01 When it comes to addiction abstinence isn't always the right answer and with food addiction it's impossible For readers stuck in a cycle of bingeing overeating and restricting physician Carolyn Coker Ross offers the proven effective Anchor Program Using this step by step guide readers will learn strategies to help curb cravings end body dissatisfaction manage stress and emotions without food and get off the diet treadmill once and for all

*Emotional Eating: Stop Compulsive Overeating & Quit Your Food Addiction (A Self-compassionate Approach to Freeing Yourself From Disordered Eating)* Moises Leonard, 2011-01-01 You might find it hard to believe but your anxiety is not your enemy It might seem like a cruel joke but anxiety was originally our body's alarm system meant to keep us safe from the dangers of a harsh world But in our modern overstimulated world this alarm doesn't know when to turn off And if you want to bring your anxiety under control you need to understand why your nervous system is stuck in fight or flight mode Here's just a little of what you'll discover inside Breaking down the root causes of overeating why you can't seem to control your diet The must know differences between emotional eating stress eating binge eating Psychologically proven dbt strategies to manage your overeating develop a healthy relationship with food Productive ways to manage stress depression loneliness anxiety with mindfulness Top 10 tips for maintaining long term success plus how you can build a vital support system Dozens of actionable worksheets to help you gain vital self knowledge work through your emotional challenges A report in bbc science linked to a study demonstrating that cbt can change the prefrontal cortex the part of the brain responsible for higher level thinking In this book you are going to discover how you can use cbt to condition your thoughts and actions to support you in improving your emotional experiences in life From cover to cover you will be walked through the step by step process of overcoming your mental illness once and for all using cbt **Food Addiction Handbook** Ethan Chase, 2024-04-15 Inside my new book Food Addiction Handbook Signs Symptoms Effects Treatments I break down the facts about food addiction into a simple to understand and easy to follow handbook that anyone can use to understand food addiction its causes complications of food and food addiction treatments Inside my food addiction handbook you will learn about the following aspects of food addiction What Food Addiction is How Food Addiction Starts The Effects of Food Addiction Complications Associated with Food Addiction Identifying Signs of Food Addiction How to Tell If Someone Is Addicted to Food Food Addiction Facts Treatment Options for Food Addiction Plus so much more Let me help you understand food addiction and guide you through the process of not only understanding the condition but how treatment and ongoing support can help

reduce and even cure food addiction with long term results

### **Freedom and Fulfillment for Your Body and Mind**

Pasquale De Marco, 2025-05-10 Freedom and Fulfillment for Your Body and Mind by Pasquale De Marco is the ultimate guide to achieving holistic well being This comprehensive book provides evidence based strategies and practical tips for improving your physical and mental health finding purpose and fulfillment and living a life that is authentically aligned with your values In Freedom and Fulfillment for Your Body and Mind you ll learn how to Embrace a holistic approach to health and well being by understanding the interconnectedness of your body mind and spirit Cultivate mindful eating habits to improve your relationship with food and nourish your body from the inside out Find inner peace and reduce stress through mindfulness techniques meditation and other evidence based practices Discover your passions and live a life of purpose by identifying your unique strengths and values and setting goals that are aligned with your authentic self Develop healthy relationships by building strong communication skills setting boundaries and nurturing connections with loved ones Reconnect with nature to experience the healing power of the natural world reduce stress and improve your overall well being Embrace a growth mindset to overcome challenges learn from mistakes and continually grow and evolve as a person Age with grace by accepting the aging process maintaining your physical and mental health and finding purpose and fulfillment in your later years Live a life of meaning by making a difference in the world leaving a legacy that you re proud of and living in alignment with your values Whether you re looking to make small changes or embark on a complete lifestyle transformation Freedom and Fulfillment for Your Body and Mind has something for you This book is your guide to a happier healthier and more fulfilling life If you like this book write a review on google books

### **The Nourished Soul: A Journey to Intuitive Eating and Beyond**

Pasquale De Marco, 2025-07-13 In a world where diets and body image pressures bombard us from every angle The Nourished Soul emerges as a beacon of hope guiding you toward a profoundly transformative relationship with food and your body This book is not just another diet or weight loss manual it s an invitation to embark on a journey of self discovery healing and empowerment Within these pages you ll find a wealth of practical tools and strategies to help you navigate the challenges of modern day eating You ll learn to decipher your body s hunger and fullness signals manage emotional eating triggers overcome food cravings and cultivate a positive body image The Nourished Soul is not a restrictive diet or a rigid set of rules it s a flexible and intuitive approach that empowers you to make choices that align with your unique needs and preferences You ll learn to listen to your body s wisdom honor your cravings and create a balanced and enjoyable relationship with food This book is more than just a guide to healthy eating it s a journey of self discovery and transformation You ll learn to challenge negative body talk embrace body diversity and cultivate self acceptance and self love You ll uncover the connection between food and well being and discover how nourishing your body and soul can lead to a life filled with vitality joy and freedom from food obsession The Nourished Soul is an essential guide for anyone seeking a deeper understanding of intuitive eating mindful eating and the profound connection between food body and soul Join us on this



transformative journey and create a life filled with nourishment balance and well being If you like this book write a review

### **Food Addiction Treatment For Overeating & Healthy Eating Guide On What To Eat Healthy** Charle

Mason,2021-03-02 Food Addiction Treatment For Overeating When you have trouble losing unwanted weight and keeping it off you are not alone Millions of people are struggling with their healthy eating and lifestyle to help manage their weight But what most people do not notice is the link between emotional craving and eating and unwanted weight A part of your brain tells you that you need to eat a healthy meal but your craving is telling you to reach for the comfort food instead Chances are you end up with the comfort food but it is not for a lack of willpower or motivation Food addiction leads to various health related problems including being over weight and other eating disorders Food addiction is a mental and physical issue that requires mental and physical treatment Unlike other addictions you cannot eliminate food from your daily behaviors as you can with smoking or alcohol You need food to survive This means you need to find a way to stop your cravings and eat less in a realistic way As you navigate through the pages of this book you will find tips and techniques to help you understand your cravings how to stop them and ways to treat your food addiction Enjoy the simple and easy to follow tables lists and guides as you choose healthy meals over unhealthy and your wellbeing over cravings This book is designed to give you solutions to overeating in an inspiring and unique way Healthy Eating Guide On What To Eat Healthy We all eat We all know that some foods are better for us than others and we all know that the foods we crave are usually not the foods that are good for us Theory is great but practice is better This book is all about putting nutrition and food science theory to use in your life Learn which foods to eat and which to avoid and why This book will help you understand food and nutrition science and guide you through making the years of research work for you and your health Practice makes perfect routine is the best practice This food guide will help you create food rules to live by and make a diet plan that s balanced nutritious and keeps you engaged The book will explain how to ditch the added sugars and enjoy the natural flavors of food and help you set up a food plan for a balanced unprocessed life It also details the use of fasting in your diet and explains how mindfulness and mental rest can help you reach your goals Best of all this book doesn t just tell you to eat or avoid certain things it gives you a detailed scientific reason why you should or should not have certain foods and drinks in your meal plan No more because I said so or according to x blogger Everything in these pages is backed by food and nutrition science explained simply and broken down to easily digestible bites That s not to say the process is easy You re training your own mind to enjoy the taste of unsweetened unprocessed untainted foods and that takes time and energy Everything will be explained in positive simple steps you can take to better your life

**Why Can't I Stop Eating?** Debbie Danowski,Pedro Lazaro,2009-06-03 This straight talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food Why can t I stop eating If like millions of others you often ask yourself this question you may be addicted to food The food you eat may be precisely what makes you crave more and more This straight talking book puts the

widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Debbie Danowski whose food addiction nearly ruined her life and Peter Lazaro combine forces to give readers a full understanding of this debilitating condition its sources patterns consequences and physiological underpinnings. Unlike fad diets and drugs with their side effects hidden costs and infamous failure rates the program outlined in this book goes to the root cause of chronic overeating and puts the tools for a lifelong cure into the hands of anyone willing to accept responsibility for a healthy happy future.

**The Sustenance Guide: Daily Reflections on Healthy Eating Practices** Pasquale De Marco, 2025-04-25 Embark on a transformative journey towards mindful eating and lasting well being with this comprehensive guide to cultivating a healthy relationship with food. Discover practical strategies and techniques to navigate emotional eating overcome food addiction and create a balanced and sustainable lifestyle. Within these pages you will find a wealth of knowledge and guidance to empower you on your journey towards mindful eating. Learn how to harness the power of mindfulness to transform your eating habits develop a positive body image and achieve lasting well being. Through a series of thought provoking chapters this book delves into the intricate relationship between food emotions and overall health. Gain a deeper understanding of the role of mindfulness in promoting healthy eating habits and fostering a positive body image. Explore the importance of creating a peaceful and enjoyable mealtime environment engaging all senses during meals and savoring each bite with gratitude. This book offers a roadmap for cultivating a healthy lifestyle that nourishes both body and mind. Whether you are struggling with emotional eating food addiction or simply seeking to improve your overall well being this book provides a wealth of knowledge and guidance to empower you on your journey towards mindful eating and lasting health. With its engaging writing style and evidence based insights this book is an invaluable resource for anyone seeking to transform their relationship with food and achieve lasting well being. Discover the secrets to mindful snacking portion control and making mealtime a mindful experience. Learn how to navigate social gatherings and special occasions without overeating and develop a long term plan for maintaining a healthy weight. If you like this book write a review on google books.

**I Ate Cookies Out Of The Trash** Tami Pruitt, 2023-01-31 I Ate Cookies Out of the Trash is an inspirational guide written by Tami Pruitt based on her real life experiences dealing with body image and eating issues. She shapes her book with her struggles and how to overcome them. Supported with research based facts and accompanied by her professional advice as a Registered Dietitian RD she lets others know they re not alone in struggling with self love body image and disordered eating. But Tami isn t your stereotypical health guru who runs seven miles a day and judges people for the kind of unhealthy food they consume. Instead she s the friend you never had the kind that encourages and motivates you to rise above those dilemmas. Tami takes us down memory lane where life pitted challenges against her and what she did to get through them. Giving us a glimpse of her struggles she keeps a firm connection with the equally troubling or adverse lives of her readers. Tami s unique position in having faced diet and weight troubles while being an RD gives her an unparalleled level of empathy for those that

might be going through the same With her expert advice and motivation to strive to be the best version of herself Tami imparts the message that no matter how hard it gets you re never alone Navigating the ever changing diet trends is exhausting for an RD let alone for the general population and Tami helps you understand that it is okay to not be perfect There are others out there like you I Ate Cookies Out of the Trash fills one with the hope that things can get better once you manifest what you want and are determined to achieve it at any cost Tami Pruitt MS RD NWCC

**Addictions Counseling Today** Kevin Alderson,2019-12-03 Focusing on the new DSM V classifications for addiction with an emphasis on CACREP neuroscience and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction

*Weight Loss Hypnosis: Transform Your Body and Mind With Powerful Hypnosis Techniques (Unlock the Subliminal Secrets to Lose Weight Fast and Look Amazing Today)* Harrison Gross,101-01-01 In this book we propose a different approach It s absolutely painless and inexpensive Have you ever considered using self hypnosis We will show you how your mind can persuade your body that your food needs are lower We will also show you how through hypnosis it is possible to convince your subconscious that you have undergone a gastric band operation producing in reality the same weight loss effects that you would have with a real surgery With this book you ll be able to Lose weight fast and naturally How to gain confidence and increase self esteem Gain more energy throughout your day How to really think positively Enjoy the experience of nurturing and taking care of your body The top secret morning habits of successful people How to unlock the power of prayer to achieve what you want in life Packed with scientifically backed techniques and expert insights this book is your roadmap to a healthier slimmer you Discover how to harness the power of hypnosis to shed stubborn pounds balance your hormones and regulate glucose levels This isn t just another diet book it s a comprehensive mind body approach to achieving sustainable weight loss and overall well being

*Weight Loss Hypnosis: Powerful Meditations to Conquer Emotional Eating, Food Addiction and Rapidly Burn Fat(Powerful Hypnosis Techniques for Healthy Lifestyle Habits)* Lawrence Headley,101-01-01 You will also discover the strategies on how your mind can change into a positive peaceful state You will know the specific steps on how to make yourself happy fulfilled optimistic calm and peaceful every day This hypnosis and meditation guide is designed specifically for those who want to lose weight in a healthy way while increasing your motivation for achieving your ideal body The meditations and hypnosis sessions are all about regulating food portions in a naturally and highly effective way by engaging your subconscious in the process Here is what you will find in this book The power of hypnosis and self hypnosis and how to use them successfully The 10 secrets of modern hypnosis you should know How to use meditation and affirmations to lose weight What is overeating and emotional eating and how to stop the cycle How to control food cravings How to avoid gastric band surgery the gastric band hypnosis How to start feeling good by loving your body and healing your soul Are you searching for a solution that delivers real lasting results backed by a track record of success Do you struggle to maintain strict diets and exercise routines while managing the

demands of everyday life Our minds are often cluttered with old habits and beliefs trapping us in unhealthy patterns with food weight loss and exercise Relying solely on willpower is like a band aid on a wound needing stitches it won t address the root cause

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## Overcome Food Addiction Step Introduction

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