

# SEXUAL INTIMACY IN MARRIAGE

## SERIES: LIFESTYLE ISSUES IN THE CHURCH

by Doug Goins

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*"My husband and I have been married for fifteen years. We have two children under the age of ten. There's been very little intimacy in our marriage, either emotional or physical. I've been the initiator and my husband the avoider. We've gone to a Christian marriage counselor, and my husband is now going for therapy. But I have lost absolutely all my feeling for him. As a Christian, where do I go from here?" (1)*

This poignant cry for intimacy in a marriage relationship is the opening paragraph of a wonderful book by Dr. Clifford Penner and his wife Joyce Penner. (He's a clinical psychologist, and she's a registered nurse.) I wish I had seen this book thirty years ago when I was first starting out in marriage.

Where do we go to deal with this issue of sexual intimacy in marriage? The answer is the word of God, because it very clearly and unashamedly explains who we are as sexual beings created in God's image. God is the Creator of every single good gift, including sexual expression, and both Testaments of our Bible wonderfully emphasize the value and goodness of sexuality in our lives. The Bible handles this subject in a very wholesome way. The passage before us is appropriately explicit—neither technical and clinical, like some kind of sex manual, nor erotic and titillating in any sense. Understanding our human sexuality as it was given to be expressed in marriage is above all spiritually edifying. Truth liberates. And that's what I hope God does for us in this study.

The heart of the passage before us, 1 Corinthians 7:1-9, is probably verses 3-4. Eugene Peterson paraphrases these verses in *The Message* as follows:

*"The marriage bed must be a place of mutuality, the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to stand up for your rights. Marriage is a decision to serve the other, whether in bed or out." (2)*

Paul begins in verse 1 by addressing some confusion in the church in Corinth over sexual abstinence.

**Now concerning the things about which you wrote,  
it is good for a man not to touch a woman.**

Up to this point in the letter, Paul has been dealing with sinful struggles in the life of the church in Corinth that he had heard about by word of mouth. In 1 Corinthians 1:11 Paul says, "...I have been informed concerning you, my brethren, by Chloe's people, that there are quarrels among you." So for the next four chapters he addresses what he was told the church was struggling with. In 5:1, again he heard something by word of mouth: "It is actually reported that there is immorality among you..." And then in chapters 5 and 6 he deals with sexual immorality and with legal immorality, if you will, in that body of believers.

But now, beginning in 7:1, Paul is going to respond to a whole series of questions that were addressed to him in a letter from the leadership of the church in Corinth. They were questions about practical issues like marriage, divorce, singleness, food offered to idols, spiritual gifts, public worship, what happens to our bodies when we die, and finally, a concern about an offering to be taken for some believers in Jerusalem who were in poverty. Paul will devote the rest of this letter to answering these questions.

# Marriage Therapy Manual Sexual Intimacy

**Heather B. MacIntosh**



## **Marriage Therapy Manual Sexual Intimacy:**

*Clinical Handbook of Couple Therapy, Fourth Edition* Alan S. Gurman, 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy. Noted contributors, many of whom developed the approaches they describe, combine clear conceptual exposition with thorough descriptions of therapeutic techniques. In addition to presenting major couple therapy models in step by step detail, the book describes effective applications for particular populations and problems. Chapters adhere closely to a uniform structure to facilitate study and comparison, enhancing the book's utility as a reference and text. See also *Clinical Casebook of Couple Therapy* also edited by Alan S. Gurman which presents in depth illustrations of treatment.

**The Quick-Reference Guide to Sexuality & Relationship Counseling** Dr. Tim Clinton, Dr. Mark Laaser, 2010-04-01 One of the foremost counseling needs in our day is help with sexuality and relationship issues. But sometimes those who are faced with helping the hurting could use a little more information about the problems that people bring to them. *The Quick Reference Guide to Sexuality and Relationship Counseling* provides the answers. It is an A-Z guide for assisting people: helpers, pastors, professional counselors, youth workers, and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations. Each of the 40 topics covered follows a helpful eight part outline and identifies: 1. typical symptoms and patterns, 2. definitions and key thoughts, 3. questions to ask, 4. directions for the conversation, 5. action steps, 6. biblical insights, 7. prayer starters, and 8. recommended resources. About the series: *The Quick Reference Guides* are A-Z guides that assist people: helpers, pastors, professional counselors, youth workers, and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations. Each of the forty topics covered follows a helpful eight part outline and identifies: 1. typical symptoms and patterns, 2. definitions and key thoughts, 3. questions to ask, 4. directions for the conversation, 5. action steps, 6. biblical insights, 7. prayer starters, and 8. recommended resources.

*The Everything Guide to a Happy Marriage* Stephen Martin, Victoria Costello, 2009-06-18 Every newly married couple wants to beat the odds and make their marriage work. Unfortunately, 50 percent of first marriages and 65 percent of second marriages fail. Clearly, couples need guidance and support to keep their partnerships strong. In this guide, married couple Stephen Martin and Victoria Costello offer information, tips, and advice to help readers: recognize danger signs in a marriage, communicate effectively, handle discussions about money, sex, kids, and other tough topics, keep the passion alive, maintain a sense of identity within a partnership, navigate special situations such as stepfamilies and cultural differences. With the help of this concise book, couples can address problems before they become dealbreakers. From the stress of combining finances and raising kids to dealing with in-laws and blending families, there's a lot of pressure in a marriage. But all it takes is a little information and determination to make it work and to make it last.

*The Wiley-Blackwell Handbook of Couples and Family Relationships* Patricia Noller, Gery C. Karantzas, 2012-02-20 *The Wiley Blackwell Handbook of COUPLES AND FAMILY RELATIONSHIPS* Perhaps as never before

models of couples and families are changing dramatically in the 21st century This remarkable and timely collection brings it all together from description of societal trends to psychological studies of communication affect and cognition to implications for health intervention and policy Noller and Karantzas have assembled an outstanding up to date collection of theoretically grounded empirically rich chapters This volume is likely to end up one of the most well worn books on your desk Harry Reis University of Rochester This volume provides important state of the art commentaries on the psychological interpersonal and social issues that face couples and families Noller and Karantzas have assembled an excellent group of contributors who skillfully articulate current trends in scholarship and who apply research findings to practical concerns associated with treatment and policy This is a must read for anyone interested in couple and family relationships Anita L Vangelisti University of Texas at Austin The Wiley Blackwell Handbook of Couples and Family Relationships offers keen insights into ways to confront the unique challenges of relationships in 21st century Western society Original contributions from an international cast of leading relationship researchers practitioners educators and policy makers link research policy and practice to reflect the most up to date knowledge of the myriad issues surrounding contemporary relationships Themes explored include family structure versus functioning attachment theory divorce and family breakdown communication and conflict self regulation partner regulation and behavior change care giving and parenting relationship education and therapy and policy implications In addition to tackling issues of love sex and intimacy a number of authors focus on specific interventions that can be utilized by professionals in assisting clients achieve more fulfilling relationships This handbook is an invaluable resource for counselors therapists and others involved in helping couples and families to survive in the current social context

**Developmental Couple Therapy for Complex Trauma** Heather B. MacIntosh, 2019-04-09

Developmental Couple Therapy for Complex Trauma provides therapists with comprehensive and practical guidance for integrating DCTCT into their work with traumatized couples The book includes an evidence based framework which emphasizes the importance of containing conflict and helps clients to build emotional regulation and mentalizing skills The framework is an invaluable asset to all clinicians working with couples dealing with the ravaging impacts of complex trauma who may not be able to benefit from traditional forms of couple therapy due to challenges in regulating emotions mentalizing and other aspects of the complex trauma response that limit capacity to engage in relationships and couple therapy The chapters guide you through the four key stages of DCTCT Psychoeducation Building Capacity Dyadic Processing and Consolidation Each stage has accompanying activities and narratives in which to engage traumatized couples and includes a variety of case transcripts to illustrate the approach Throughout the manual the author provides the reader with insights from real world scenarios based on her extensive clinical experience worksheets that can be used as part of the therapeutic process systematic analyses of the therapeutic process from the therapist's point of view comprehensive recommendations for further reading so that you can develop your expertise in any area of DCTCT Never losing sight of the fact that the

therapist plays an essential role as a coach and mentor for those undertaking couple therapy this manual is a valuable tool for any clinician working to engage traumatized couples and equip them with the skills they need to develop and maintain a strong and vibrant couple relationship **Handbook of LGBT-Affirmative Couple and Family Therapy** Jerry J.

Bigner, Joseph L. Wetchler, 2012-05-04 The editors and contributors of this comprehensive text provide a unique and important contribution to LGBT clinical literature Spanning 30 chapters they discuss the diverse and complex issues involved in LGBT couple and family therapy In almost 15 years this book provides the first in depth overview of the best practices for therapists and those in training who wish to work effectively with LGBT clients couples and families need to know and is only the second of its kind in the history of the field The clinical issues discussed include raising LGBT children coming out elderly LGBT issues sex therapy ethical and training issues Because of the breadth of the book its specificity and the expertise of the contributing authors and editors it is the definitive handbook on LGBT couple and family therapy A Christian Guide to Sexual Counseling Mary Ann Mayo, 2003-01-17 Sexual counseling is not a task that pastors and general Christian counselors usually consider theirs If one is to venture into the field he or she must have a solid foundation of reliable information both physiological and psychological and confidence that caring intervention will make a difference This book has been written to provide reliable information and also building a basis of confidence for Christian counselors A Christian Guide to Sexual Counseling offers counselors procedures for helping couples with sexual problems by first exploring the ambivalent messages that church and culture have conveyed about sexuality Because the primary sex organ of both the male and the female is the mind attitudes and concepts must be scrutinized weighed and approved or disapproved As the author so forcefully maintains sexual counseling will always be trying to repair distortions if sound sex education does not become a priority for the church Many contemporary Christians are wary of sex therapy because of the notoriety of charlatans and pop sex psychologists But faddish theories do not comprise the basis for the mainstream of sex therapy There are sound biological and psychological bases for sexual counseling And Christian spirituality is not or should not be disjoined from treatment of sexual problems So Mayo brings body mind and spirit together in her assessment of the common problems and the appropriate treatments The book includes discussions of the following areas attitudes of the church toward sexuality the responsibility of Christian leaders to offer positive teaching normal sexual functioning common sexual problems in a marriage the role and possible outcomes of sexual counseling female problems male problems special concerns for singles premarital education

**DSM-5® and Family Systems** Jessica A. Russo, J. Kelly Coker, Jason H. King, 2017-05-26 The first book to present DSM 5 diagnoses within a systems context The first text to present DSM 5 diagnoses within a relational perspective DSM 5 and Family Systems delivers timely content aimed at training marriage and family therapists clinical mental health counselors and other systems oriented practitioners It reflects how the DSM 5 examines for the first time its diagnostic categories from the perspective of cultural and environmental impact on the development of individual disorders and conditions This

comprehensive text provides students with an understanding of how to approach a diagnosis as it relates to assessments treatment planning and ethical implications from a family and relational systems perspective With contributions from distinguished faculty at counseling and marriage and family therapy training programs each chapter includes an overview of the DSM in family systems contexts cultural aspects family systems assessments and interventions and ethical and legal implications Abundant case vignettes aid students in conceptualizing diagnoses in each DSM 5 category Key Features Considers all categories of DSM 5 diagnoses from a family and relational systems perspective the first book to do so Includes family systems contexts assessments interventions cultural considerations and ethical and legal implications Provides sample case vignettes for conceptualization of each DSM 5 category Written and edited by esteemed educators in counseling and MFT Designed for courses in diagnosis assessment and psychopathology The Handbook of Sexuality in Close Relationships John H. Harvey, Amy Wenzel, Susan Sprecher, 2004-04-26 The editor s bring together major scholars from the diversity of fields working on close relationship topics to examine past contributions and new directions in sexuality The emphasis is on theoretical integration and stimulation methodological r A Couples' Guide To Achieving Better Sex, Part 1: Communicate, Consent, Connect Daz Alexandera Tendler, 2025-02-27 This first sexological e book from the Achieving Better Sex e book series written and designed by clinical sexologist Daz Alexandera Tendler he she they offers expert curated strategies tools and resources to help couples overcome the universal barriers of sexual communication sexual satisfaction and emotional and physical intimacy Through three evidence informed and structured practices that focus on active listening consent emotional and physical connection and sexual exploration along with sexological content that informs and excites A Couples Guide To Achieving Better Sex Part 1 Communicate Consent Connect empowers partners to express their relationship and sexual desires with confidence and compassion to respect each other s boundaries and to enhance individual and shared arousal and pleasure Backed by sexological theory and research this guide lays a concrete foundation for the building and strengthening of respectful fulfilling and empathetic intimate relationships Over the course of at least six weeks couples are taken on a journey to explore shared goals with curiosity reflect on the nature and success of their relationship and how they would like to improve it and navigate and deepen connection and chemistry Once couples have worked their way through this e book to their satisfaction a minimum of a six week period they are offered a complimentary 20 minute sexology consultation with author and clinical sexologist Daz Alexandera Daz works as a clinical sexologist for the Australian Institute of Sexology and Sexual Medicine in Victoria Australia and as a clinical sexologist and sex educator for Better Sex Space They hold extensive experience as a clinical sexologist having consulted with hundreds of clients in diverse relationship structures from diverse cultural backgrounds and of diverse sexualities and genders Working with Daz couples will discover how to flourish as sexual partners cultivating lasting intimacy rooted in joy appreciation satisfaction and mutual understanding This e book guide and complimentary 20 minute sexology appointment with Daz work in tandem to enhance

partners sexual health and address any sexual challenges they face Couples who purchase this e book and complete their complimentary consultation can continue to see Daz in their professional capacity at a reduced rate only available to people who have bought the e book this ensures a couple s commitment to deepening the physical and emotional chemistry and love they have for one another      A Personal Guide to Living with Progressive Memory Loss Prudence Twigg, Sandy

Burgener,2007-10-15 This book provides practical guidance for coping with progressive memory loss and includes examples of real people who have faced similar challenges These stories highlight both good and bad ways to deal with the problems that arise and are also useful for describing the experiences of memory loss to friends and family      **Integrative**

**Behavioral Couple Therapy: A Therapist's Guide to Creating Acceptance and Change, Second Edition** Andrew Christensen,Brian D. Doss,Neil S. Jacobson,2020-09-15 The definitive therapist manual for Integrative Behavioral Couple Therapy IBCT one of the most empirically supported approaches to couple therapy Andrew Christensen codeveloper along with the late Neil Jacobson of Integrative Behavioral Couple Therapy and Brian Doss provide an essential manual for their evidence based practice The authors offer guidance on formulation assessment and feedback of couples distress from an IBCT perspective They also detail techniques to achieve acceptance and deliberate change In this updated edition of the work readers learn about innovations to the IBCT approach in the 20 years since the publication of the original edition including refinements of core therapeutic techniques Additionally this edition provides new guidance on working with diverse couples complex clinical issues and integrating technology into a course of treatment      **Biblical Foundations for**

**Premarital Counseling: A Comprehensive Guide for Priests and Christian Counselors** Rev. Dr. Christine Julie Nabwire,2025-05-12 This book serves as an in depth resource for premarital counseling combining biblical teachings with practical advice It begins with the divine design for marriage emphasizing its origin as a sacred covenant reflecting God s image and Christ s relationship with the Church and highlights key aspects like companionship procreation and spiritual growth The book outlines prerequisites for marriage including spiritual maturity character qualities and emotional readiness while also providing practical assessment tools It offers a detailed initial assessment framework addressing faith foundation and relationship dynamics followed by core counseling sessions on faith roles communication intimacy and practical life together The guide includes various assessment tools biblical counseling methods and special circumstances such as previous marriages and cultural considerations It provides pre wedding guidance on ceremony planning vow writing and premarital retreats and extends support post wedding with follow up plans crisis intervention and ongoing mentorship The comprehensive approach ensures couples are well prepared for a godly marriage grounded in biblical principles and equipped to navigate the challenges of married life      **A Clinician's Guide to Systemic Sex Therapy** Nancy

Gambescia,Gerald R. Weeks,Katherine M. Hertlein,2020-12-21 This new edition of A Clinician s Guide to Systemic Sex Therapy integrates the latest empirical research from the field of sex therapy and demonstrates how clinicians can optimize

their treatment for a wide range of clients Grounded in the Intersystem Approach the book incorporates the multifaceted perspectives of the individual client couple or family It considers every domain of assessment and treatment biology psychology the intimate relationship family of origin and larger contextual factors contributing to any sexual relational issue This revised edition contains 13 chapters consistent with the DSM 5 definitions of sexual disorders and features new content on areas including LGBTQ issues non monogamous relationships intersex clients and an increased focus on issues surrounding sexual diversity The authors of this award winning text have set out a cutting edge framework for clinicians looking to develop a comprehensive understanding of sexual issues which will be an essential reference point for beginning and seasoned therapists alike The 2nd edition of A Clinician s Guide to Systemic Sex Therapy won the AASECT Book Award and Best Integrative Approach to Sex Therapy Award 2017

**A Comprehensive Handbook of IVF** Sushma Deshmukh, Bindu Chimote, 2024-02-03 In vitro fertilisation IVF is one of several techniques available to help people with fertility problems have a baby During IVF an egg is removed from the woman s ovaries and fertilised with sperm in a laboratory The fertilised egg called an embryo is then returned to the woman s womb to grow and develop This book is a complete guide to IVF for specialists and trainees in reproductive medicine Divided into two parts the first sections discuss clinical aspects of IVF including laboratory set up patient selection and preparation drugs and stimulation protocols male infertility the operating theatre and assisted reproductive technology ART techniques special situations such as endometriosis and recurrent implantation failure and recent advances in ART The second part of the book covers laboratory aspects explaining the physical and practical processes of IVF including management of culture conditions quality control male and female gametes embryo gradation and implantation cryopreservation and sperm freezing and advanced embryology With a recognised international team of authors this comprehensive text is further enhanced by diagrams and figures to assist learning

[The Quick-Reference Guide to Marriage & Family Counseling](#) Dr. Tim Clinton, Dr. John Trent, 2009-09-01 We all know of families or marriages in crisis When those suffering in such situations turn to us for help where do we turn The Quick Reference Guide to Marriage and Family Counseling provides the answers It is an A Z guide for assisting people helpers pastors professional counselors youth workers and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations Issues addressed by Clinton and Trent include affairs and adultery communication in marriage parenting sibling rivalry and many more Each of the forty topics covered follows a helpful eight part outline and identifies 1 typical symptoms and patterns 2 definitions and key thoughts 3 questions to ask 4 directions for the conversation 5 action steps 6 biblical insights 7 prayer starters and 8 recommended resources About the series The Quick Reference Guides are A Z guides that assist people helpers pastors professional counselors youth workers and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations Each of the forty topics covered follows a helpful eight part outline and identifies 1 typical symptoms and patterns 2 definitions and key



thoughts 3 questions to ask 4 directions for the conversation 5 action steps 6 biblical insights 7 prayer starters and 8 recommended resources

**The Handbook of Systemic Family Therapy, Systemic Family Therapy with Couples**  
 Adrian J. Blow, 2020-10-19 Volume III of The Handbook of Systemic Family Therapy focuses on therapy with couples Information on the effectiveness of relational treatment is included along with consideration of the most appropriate modality for treatment Developed in partnership with the American Association for Marriage and Family Therapy AAMFT it will appeal to clinicians such as couple marital and family therapists counselors psychologists social workers and psychiatrists It will also benefit researchers educators and graduate students involved in CMFT

*Handbook of Evidence-Based Practice in Clinical Psychology, Adult Disorders* Michel Hersen, Peter Sturmey, 2012-06-05 Handbook of Evidence Based Practice in Clinical Psychology Volume 2 covers the evidence based practices now identified for treating adults with a wide range of DSM disorders Topics include fundamental issues adult cognitive disorders substance related disorders psychotic mood and anxiety disorders and sexual disorders Each chapter provides a comprehensive review of the evidence based practice literature for each disorder and then covers several different treatment types for clinical implementation Edited by the renowned Peter Sturmey and Michel Hersen and featuring contributions from experts in the field this reference is ideal for academics researchers and libraries

*The Routledge International Handbook of Sex Therapy and Religion* Caleb Jacobson, 2025-09-30 The Routledge International Handbook of Sex Therapy and Religion is an invaluable resource for clinicians religious scholars clergy and anyone interested in the intersection of religion and sexual health By weaving together psychological theories religious ethics and cultural competence this volume provides a holistic approach to sex therapy that honors the faith and values of diverse religious traditions This handbook is not only a testament to the importance of integrating religious and cultural perspectives in therapeutic practice but also a vital tool for religious scholars and clergy in understanding and addressing sexual health issues within their communities It serves as a call to action for greater competency in addressing the complex needs of religious clients in matters of sex sexuality and gender

*The Essential Guide to a Lasting Marriage* Karla Dougherty, Martin Tashman Ph.D., 2011-08-02 If you're going to say I do you want to mean it for a lifetime Today many couples struggle with keeping their marriages alive maybe because they look at marriage as a job instead of an emotional partnership In this insightful and practical guide the authors share concrete insights and ideas that can help carry a couple along life's long romantic journey together Down to earth accessible advice filled with real life anecdotes Addresses each stage of a lifelong relationship

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### **Table of Contents Marriage Therapy Manual Sexual Intimacy**

1. Understanding the eBook Marriage Therapy Manual Sexual Intimacy
  - The Rise of Digital Reading Marriage Therapy Manual Sexual Intimacy
  - Advantages of eBooks Over Traditional Books
2. Identifying Marriage Therapy Manual Sexual Intimacy
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Marriage Therapy Manual Sexual Intimacy
  - User-Friendly Interface
4. Exploring eBook Recommendations from Marriage Therapy Manual Sexual Intimacy
  - Personalized Recommendations

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

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

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