



# The Ultimate Guide to **Hypnotic Inductions**

# Guide Hypnosis Induction

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Robinson**



## **Guide Hypnosis Induction:**

**The Hypnosis Guide** Gustave Sorensen,2013-03-25 Consider this as a cram course in modern hypnosis as seen from the point of view of the beginner and from one who has been there and knows where and how to reach that new Plato As you move toward a new career in hypnosis with the knowhow of how to get there and where during these hard times to go next Now is to time to train for a new satisfying and profitable business of your own in hypnosis *The Holistic Guide to Hypnotherapy* Steve Webster C.Ht,2017-03-29 The Holistic Guide to Hypnotherapy is the most comprehensive and detailed guide to hypnotherapy yet The essence of hypnotherapy appears in a fluid light interspersed with information graphics interesting points famous quotes and humorous memes Detailed guides to the steps of hypnotherapy therapies modalities and alternate health options help both the novice and the professional Most hypnotists cannot hypnotize 60 percent of the population and this book teaches you how to Your subconscious mind can never be ill and in this regard the book concludes with teaching you how to be a consciousness engineer and create the existence you desire and deserve *Hypnotism: The Complete Beginners Guide to Genuine Hypnosis (Discover the Secret Hypnotic Techniques and Language Patterns to Hypnotize and Persuade Anyone)* Gerard Toliver,101-01-01 This book is about contextual hypnotherapy the evidenced based approaches you can use to problem solve in clinical hypnosis Its purpose is to free you from the constraints of the methods of hypnosis that are based on tradition rather than research and to teach you new skills you can use with your clients immediately By overviewing the research that behavioral therapists use specific methods and techniques that are based on hypnotic intervention are outlined and shared What this means is that the new techniques you learn will be based on research and will have proven outcomes It also means that when you finish this book you will have the resources and the methods to integrate these new tools into your hypnosis sessions In this book you ll learn What is hypnosis and how it works 3 steps to induce a trance with exact scripts you can use Hypnotic techniques world s top hypnotists use Betty erickson s 3 2 1 script 5 techniques to focus anyone s attention and sneak into the subconscious How to hypnotize anyone using breath voice memorization and language The staircase how to use metaphors to speak to the subconscious Hypnotic tips tricks and secrets that most people don t know How to use hypnosis to help people achieve their goals easier The hypnotic interview and the pre talk before you begin a hypnotic session are discussed as well as how to induce a subject into a trance state You will learn the steps and processes needed to work on and with a subject or patient in the hypnotic trance state What signs should a practitioner look for in a subject undergoing hypnotic suggestion to tell if the person is truly hypnotized Just as important you will learn the signs to look for if someone is just pretending to be hypnotized **Ad and Jo's Guide to Hypnosis and Hypnotherapy** Jo Biggs,Adam Vile,2006-07-01 This is a book about how to be a hypnotherapist It will take you on a journey towards becoming competent and confident and teaches you the tools techniques and attitude that you need to practise as a professional hypnotherapist In conjunction with tutor lead study and hands on practical training and

assessment this material forms a full General Hypnotherapy Register accredited training course Written by experienced hypnotherapists and trainers and based on the successful Semillion hypnotherapy and NLP training this book is both a training and reference manual

**Medical Hypnosis Book - A Practitioner's Guide to Clinical Hypnotherapy** Dr. Prof. Shaunak Ajinkya, Dr. Deepali Ajinkya, Medical Hypnosis A Practitioner's Guide to Clinical Hypnotherapy is a very comprehensive informative and clinically useful book for professionals as well as students Each chapter starts with an index of contents so that one can directly go to one's topic of interest It is supported by a large number of references which makes this book evidence based Most interesting is the chapter on Case Vignettes with session wise per verbatim descriptions of interactions with patients I congratulate both the authors for their hard work in bringing out this masterpiece and for their untiring contribution in this field of hypnosis

DR PROF NILESH SHAH Professor Head Department of Psychiatry L T M Medical College and Sion Hospital Mumbai

*The Holistic Guide to Hypnotherapy* Steve Webster, 2017-03-29 The Holistic Guide to Hypnotherapy Here is the world's most comprehensive and detailed revelation of the ancient art of hypnotherapy in two volumes Whether you are currently learning it practicing it a hypnotherapy professional or just plain interested in the amazing art of hypnotherapy this book will be your most valuable resource Hypnotherapy is not the only discipline covered in this huge store of knowledge among many other things you will learn about health from a holistic point of view benefits of nutrition meditation about relationships sexuality and more Steve Webster brilliantly explains Simple complex and metaphysical hypnotherapy The differences between hypnosis and hypnotherapy Approaches and amazing new techniques to use on different personality types How to use 18 Laws of Suggestibility to rid clients of illness disease and behavioral disorder and how to reprogram your mind Mechanics of hypnosis the scientific intricacies and 27 diagnostic tools to help you How to treat the top 35 afflictions like weight loss anxiety pain sleep disorders and social phobias Guided imagery neuroplasticity epigenetics neuro linguistic programming ideomotor responses and the power of dream venting Your clients coping blocking release and defense mechanisms Body syndromes how emotions affect us and the subconscious mind How one health disorder HHS might be responsible for 85% of afflictions The real Law of Attraction and how to make it work for you Steve has coined a new description for hypnotherapists Consciousness Engineers because that's what they are The client's consciousness creates their reality and the hypnotherapist adjusts that consciousness The subconscious mind vibrates at a level where it does not know illness disease and behavioral disorder but the conscious mind vibrates at a lower level and attracts these negative energies After reading the Consciousness Engineering section Volume 2 you will understand Your 3 minds their vibrational levels and how to increase your power of creation How to manifest anything and how to become an ascended master Learn what the subconscious mind is and how to guide your client to engage with it and harness its amazing powers The two volumes explain how you create your whole world and how to create a world that brings you and your clients joy and peace It explains levels of consciousness how to increase yours and how you are immortal in your

quantum world With over 100 inductions deepeners and convincers with over 100 original diagrams and images and with over 100 informative tables and quotes This book really is your hypnotherapy Bible     *Hypnosis for Chronic Pain Management : Therapist Guide* Harborview Medical Center Mark P. Jensen Professor and Vice Chair for Research Department of Rehabilitation Medicine, 2011-04-02 An explosion of interest in the applications of hypnosis for clinical problems especially pain has led to a wide accumulation of research on hypnosis as a viable beneficial supplement to treatment protocols Over the past two decades published controlled trials have confirmed that hypnosis treatments are effective for reducing daily pain intensity increasing activity level and improving mood and sleep quality in individuals with chronic pain Moreover evidence also suggests that hypnotic procedures can increase the beneficial effects of other treatments such as cognitive behavioral therapy CBT Based on these findings there is a lack of practical resources in the field that offer recommendations for incorporating hypnosis and hypnotic protocols into treatment for pain management This therapist guide fills this gap by distilling the techniques empirically validated by these clinical trials into one comprehensive user friendly volume Organized into three parts Hypnosis for Chronic Pain Management summarizes the findings from research examines the effects of hypnosis on pain and provides step by step instructions for performing hypnotic inductions and making hypnotic suggestions Designed to be used in conjunction with the corresponding patient workbook this unique therapist guide is written for clinicians who treat patients with chronic pain and who wish to incorporate hypnosis and hypnotic procedures into their treatment protocols or those clinicians who already have training in clinical hypnosis and hope to acquire the skills needed to apply it to pain management An excellent blueprint to understanding pain and the fundamentals of how hypnosis combined with CBT can offer pain amelioration Perfect even for uninitiated practitioners who wish to use empirically based scripts Jeffrey Zeig Ph D The Milton Erickson Foundation Pain can too easily enslave people holding them captive in many different ways It is a liberating theme of empowerment that echoes throughout Dr Jensen s work he empowers clinicians to work more knowledgeably and skillfully with people who suffer painful conditions using his therapist guide and he encourages the suffering individual to break free from pain s grip with the practical pain management skills taught in his workbook Dr Jensen s vision for the many ways hypnosis can help reduce the debilitating effects of painful conditions is fresh inspiring and should be regularly integrated into every pain management program Michael D Yapko Ph D Clinical Psychologist and author of Trancework An Introduction to the Practice of Clinical Hypnosis Third Edition and Treating Depression with Hypnosis     *Advanced Hypnosis Beginners Training Guide* Smart Guides , This definition captures our common understanding of hypnosis but research has not only revealed that hypnosis is a much more complicated thing but it has also given rise to a number of theories about how to best define hypnosis This book will go into step by step advanced details on how to correctly harness the skill of hypnosis as well as the breakdown of what is hypnosis so you can better understand what you are aiming to learn and how to manage the method psychologically within yourself and others

**A Guide to Pediatric Anesthesia** Craig Sims,Dana Weber,Chris Johnson,2019-08-12 The second edition of the successful book Your Guide to Pediatric Anesthesia offers a practical approach to pediatric anesthesia with a concise account of the topic in a reader friendly format The book begins with an overview of pediatric anesthesia then continues with chapters related to different pediatric surgeries and the relevant anesthetic issues including a chapter of emergency scenarios in pediatric anesthesia The final section has chapters containing past exam questions in pediatric anesthesia a set of clinical scenarios written in an exam question and answer format and a glossary of syndromes and conditions with brief important information and practical recommendations The book also includes an accurate and comprehensive index which helps readers guide themselves through the book Written in a consistent exam focused non academic writing style chapters provide a clear explanation of each topic with a review of management options discussing advantages and disadvantages and concluding with a suggested practical approach in each case It contains the syllabus for the College exams but is also full of practical techniques and discussion for trainees during their pediatric rotation It is relevant and useful for anesthetists who have completed their exams and are now caring for children in their practice A Guide to Pediatric Anesthesia covers the important topics at a level suitable for trainees occasional pediatric anesthetists and anesthetic assistants A Clinical

Guide to the Treatment of the Human Stress Response George S. Everly, Jr.,Jeffrey M. Lating,2019-03-05 This comprehensive update of the now classic text applies the most current findings across disciplines to the treatment of pathogenic human stress arousal New and revised chapters bring together the art and science of intervention based in up to date neuroscience starting with an innovative model tracing the stress to disease continuum throughout the systems of the human body The authors detail the spectrum of physiological and psychological treatments for the stress response including cognitive therapy neuromuscular relaxation breathing exercises nutritional interventions and pharmacotherapy They also assess the strengths and limitations of widely used measures of the stress response and consider the value of personality factors cultural considerations and resilience in stress mediation Included in the coverage The anatomy and physiology of the human stress response Advances in neuroscience implications for stress Crisis intervention and psychological first aid Neurophysiological rationale for the use of the relaxation response Physical exercise and the human stress response The pharmacological management of stress reactions Disaster Mental Health Planning Cultural Awareness and Stress The Fourth Edition of A Clinical Guide to the Treatment of Human Stress Response offers readers a dual perspective exceedingly useful in examining the origins of the stress response and in preventing and treating the response itself This rich integrative volume will join its predecessors in popularity among practitioners and students across disciplines and specialties **Covert Hypnosis: The**

**Secret Structure Behind Everyday Hypnosis (A Training Manual for Delivering Multimodal Hypnotic Sessions)** Adam Wingate,101-01-01 In this book you ll learn exactly how to sell using nlp and sales hypnosis techniques that really work You ll also learn how to communicate much more persuasively You ll learn more about people than you ever thought possible

Selling will be easy and effortless on your part You ll learn what takes most sales professionals a lifetime of selling to get right Owning this book you can cut the line and take control and give yourself a better life Here is a preview of what you ll learn Meaning of covert hypnosis How to go about with conversational hypnosis Benefits of covert hypnosis Facts about covert hypnosis Much much more This book reaches far outside the therapy room because hypnosis is everywhere Beyond the secrecy and stagecraft is an extraordinary set of skills for influence and transformation Protect yourself against manipulation with this knowledge you will understand the tricks behind sales hypnosis and media influence and be able to defend yourself against covert persuasion     The Complete Idiot's Guide to Psychic Intuition, 3rd Edition LaVonne Carlson-Finnerty,Lynn Robinson,2012-06-05 Everyone is psychic And that includes you We all have an inner voice that tells us important things we have no other way of knowing A select few have learned how to tune in to that voice You can use your natural intuition and its wisdom to avoid disaster heal bodies and minds and make contact with other minds and spirits Lynn A Robinson M Ed will give you the exercises needed to hone your inner voice The Complete Idiot s Guide to Psychic Intuition Third Edition uses a hands on approach to psychic development for beginners taking you from a basic introduction of various psychic abilities to using your own psychic powers to solve your own problems Also learn how to perform psychic readings for others Topics covered include Discovering what psychic intuition is and what a psychic can tell someone about themselves Assessing your current psychic abilities Trusting your instincts and developing psychic awareness Learning about the mind body connection and how to use psychic power to heal yourself and others Hypnosis visions dreams and telepathy exploring what can be learned from altered states of consciousness Knowing things before they happen Recalling past life experiences Seeing hearing feeling and knowing messages that others do not perceive Learning how use the tools of the psychic trade and how to give a psychic reading Get the things you really want in life by combining all you have learned about intuition     *Handbook of Medical and Psychological Hypnosis* Gary Elkins,2016-07-25 A unique state of the art interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up to date comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine Authoredby hypnosis experts worldwide it encompasses state of the art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and caseexamples for all major psychological disorders and medical conditions In easily understandable language this desk reference addresses theories neurophysiology of hypnosis hypnotherapy screening measurement of hypnotizability professional issues and ethics Individual chapters present hypnoticinductions to treat 70 disorders including anxiety depression pain sleep problems phobias fibromyalgia irritable bowel syndrome menopausal hotflashes Parkinson s disease palliative care tinnitus addictions and a multitude other common complaints The guide also examines the history and foundations of hypnosis myths and misconceptions patient screening dealing with resistance and precautions tothe use of hypnosis It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis With each

application the text includes relevant research specific induction techniques and an illustrative case example Additionally the resource covers professional issues certification hypnosis in the hospital and placebo effects Key Features Presents state of the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research intervention techniques and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification ethics and other professional issues

**The Therapeutic Power of Hypnosis: A Comprehensive Guide to Healing Mind and Body** Pasquale De Marco, 2025-04-30 The Therapeutic Power of Hypnosis A Comprehensive Guide to Healing Mind and Body the groundbreaking work by renowned hypnotherapist Pasquale De Marco unveils the extraordinary potential of hypnosis as a catalyst for profound healing and personal empowerment Through a comprehensive exploration of the latest scientific research and practical applications this book empowers readers with a deep understanding of hypnosis and its immense therapeutic value The Therapeutic Power of Hypnosis A Comprehensive Guide to Healing Mind and Body dispels common misconceptions and myths surrounding hypnosis replacing them with a clear and evidence based approach that emphasizes the safety efficacy and transformative nature of this ancient practice Pasquale De Marco skillfully guides readers through the process of inducing hypnosis deepening the trance state and utilizing effective hypnotic suggestions to address a wide range of physical emotional and psychological issues Whether you are a seasoned hypnotherapist seeking to expand your knowledge or an individual seeking to explore the transformative potential of hypnosis for yourself The Therapeutic Power of Hypnosis A Comprehensive Guide to Healing Mind and Body offers an invaluable resource Pasquale De Marco's compassionate and supportive guidance shines through every page empowering readers to embrace the transformative power of hypnosis and unlock their own innate capacity for healing and well being In The Therapeutic Power of Hypnosis A Comprehensive Guide to Healing Mind and Body Pasquale De Marco invites readers to embark on a journey of self discovery and personal empowerment Through the transformative power of hypnosis individuals can overcome limiting beliefs heal emotional wounds and access their inner wisdom to create lasting change in their lives The Therapeutic Power of Hypnosis A Comprehensive Guide to Healing Mind and Body is an essential resource for anyone seeking to unlock the full potential of their mind and live a more fulfilling and meaningful life Discover the Profound Benefits of Hypnosis Relieve stress and anxiety Overcome fears and phobias Improve sleep quality Manage chronic pain Enhance self esteem and confidence Heal emotional traumas Break unhealthy habits Foster spiritual growth and development Empower Yourself with Practical Techniques Step by step instructions for inducing hypnosis Techniques for deepening the trance state Crafting effective hypnotic suggestions Ethical considerations in hypnosis practice Unlock Your Inner Potential with The Therapeutic Power of Hypnosis A Comprehensive Guide to Healing Mind and Body Embrace the transformative power of hypnosis Journey toward profound healing and personal growth Empower yourself with practical techniques and expert guidance Live a more fulfilling



and meaningful life If you like this book write a review on google books

**The Routledge International Handbook of Clinical Hypnosis** Julie H. Linden, Giuseppe De Benedittis, Laurence I. Sugarman, Katalin Varga, 2024-02-02 The Routledge International Handbook of Clinical Hypnosis explores and clarifies the challenge of defining what hypnosis is and how best to integrate it into treatment It contains state of the art neuroscience cutting edge practice and future oriented visions of clinical hypnosis integrated into all aspects of health and clinical care Chapters gather current research theories and applications in order to view clinical hypnosis through the lens of neurobiological plasticity and reveal the central role of hypnosis in health care This handbook catalogs the utility of clinical hypnosis as a biopsychosocial intervention amid a broad range of treatment modalities and contexts It features contributions from esteemed international contributors covering topics such as self hypnosis key theories of hypnosis hypnosis and trauma hypnosis and chronic pain management attachment and more This handbook is essential for researchers clinicians and newcomers to clinical hypnosis in medical schools hospitals and other healthcare settings Chapters 4 35 62 and 63 of this book are freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4.0 license

**The Practice of Cognitive-Behavioural Hypnotherapy** Donald J. Robertson, 2018-05-08 This is a comprehensive evidence based clinical manual for practitioners of cognitive behavioural hypnotherapy Cognitive behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis At a theoretical level it adopts a research based cognitive behavioural model of hypnosis At a practical level it closely integrates traditional hypnotherapy and cognitive behavioural therapy techniques This is the first major treatment manual to describe a fully integrated cognitive behavioural approach to hypnotherapy based on current evidence and best practice in the fields of hypnotism and CBT It is the product of years of work by the author a cognitive behavioural therapist and specialist in clinical hypnosis with over fifteen years experience in the therapy field This book should be essential reading for anyone interested in modern evidence based approaches to clinical hypnosis It is also an important resource for cognitive behavioural therapists interested in the psychology of suggestion and the use of mental imagery techniques

**Cambridge Handbook of Psychology, Health and Medicine** Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet and health ethnicity and

health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders      Master the Power of Self-hypnosis C. Roy Hunter, 1998 Some books tell you what to change This one tells you how Master the powers of the mind open the gateways to your subconscious and seize control of your life If you've been struggling to modify deeply ingrained habits or reach any difficult to achieve goal willpower alone may not do the trick The secret to success lies deeply buried in the unconscious and one of the world's foremost hypnotherapists will show you point by point how to make a commitment to change get motivated and alter the ingrained negative programming that's holding you back With this self hypnosis handbook you'll learn innovative empowerment exercises that teach relaxation stress management overcoming insomnia and establishing priorities Avoid the failure trap by clearing psychic obstacles Creatively daydream to stop smoking lose weight and improve job performance memory study habits and more Add on the proper use of affirmations and fine tune the ability of language to heal or harm Find out the four important trance ingredients imagination belief expectancy and conviction and use the practical tips on how to build them up and employ them in your journey into self hypnosis 144 pages 7 x 10      *Clinical Manual of Pediatric Consultation-Liaison Psychiatry* Richard J. Shaw, David R. DeMaso, 2019-09-16 Clinical Manual of Pediatric Consultation Liaison Psychiatry offers a comprehensive guide for mental health clinicians trainees and students to pediatric consultation liaison psychiatry CLP a specialized area of psychiatry whose practitioners have particular expertise in the diagnosis and management of psychiatric disorders in complex physically ill children and adolescents Patients commonly fall into one of three descriptive categories those with comorbid emotional and physical illnesses that complicate each other's management those with distressing somatic symptoms plus abnormal thoughts feelings and behavior in response to these symptoms and those with psychiatric symptoms that are a direct consequence of a physical illness and or its treatment The text authored by two luminaries in pediatric psychiatry thoroughly explores the challenges faced by these patients and pediatric practitioners and mental health professionals who together care for them addressing in a concrete and practical manner the wide variety of issues encountered in the pediatric hospital These concerns range from how to address treatment nonadherence in children to how to conduct a psychosocial assessment of a solid organ transplant recipient The text's carefully chosen features and valuable content include Historical context for the evolution of pediatric psychosomatic medicine to pediatric consultation liaison psychiatry ensuring an accurate up to date representation of the field and proper integration with DSM 5 classification Detailed clinical assessment protocols with guidance for exploring interrelated domains such as illness factors emotional impact family functioning and social relationships These practical step by step guides assist the consultant in conducting a comprehensive psychiatric psychological assessment A target symptom oriented chapter on psychopharmacology in the physically ill child which offers guidance on management of acute agitation insomnia fatigue depression and anxiety The treatment algorithms presented are designed to be easily understood by non psychiatric

clinicians Guidance on the use of practical interventions to help physically ill children undergoing traumatic medical procedures including hypnosis progressive muscle relaxation and breathing techniques These specific techniques will help the clinician in assisting distressed patients The previous edition was considered the gold standard for books in the field This new thoroughly revised iteration of Clinical Manual of Pediatric Consultation Liaison Psychiatry will doubtless inspire similar acclaim for its rigor accessibility and clinical wisdom

**Anxiety Disorders: The Go-To Guide for Clients and Therapists (Go-To Guides for Mental Health)** Carolyn Daitch, 2011-03-14 A comprehensive and accessible book on anxiety for clients and therapists alike Anxiety disorders are the number one psychiatric problem in the United States yet many clients who suffer from anxiety do not get effective counseling and they often end therapy without successful amelioration of their symptoms Carolyn Daitch a seasoned therapist and award winning author has found that clients benefit most when they are active participants in their therapy and should be knowledgeable about anxiety disorders to facilitate this process For the benefit of both therapists and clients she covers the ins and outs of the anxiety disorders Generalized Anxiety Disorder Panic Disorder Specific Phobias Social Anxiety Disorder and Obsessive Compulsive Disorder and offers numerous case examples of those who have sought treatment for these disorders and learned to manage them For each type of anxiety disorder she details specific treatment options and techniques explaining which are best suited to individual use and which are better done in collaboration with a therapist Engaging comprehensive and reassuring this is an essential Go To Guide

## Reviewing **Guide Hypnosis Induction**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Guide Hypnosis Induction**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Guide Hypnosis Induction Introduction**

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