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Guided Imagery Exercises

to help your students with self-regulation



Special Memory. Encourage students to draw a picture and/or tell the story of a special memory from their past that brings comfort or joy.



Safe Place. Have students imagine what their ideal safe space would look like and then draw it or write about it.



Protective Shield. Invite students to imagine and draw themselves with a protective shield or force field around themselves. Encourage youth to imagine these things any time they feel they need protection.



Hero. Invite students to create a superhero equipped with whatever super powers are desired or needed.



Future Self. Encourage students to imagine their future, positive selves and then draw that person.

Guided Imagery Techniques

Denise Grocke, Torben Moe



Guided Imagery Techniques:

Guided Imagery for Self-Healing Martin L. Rossman, 2010-09-07 Using methods he has taught to thousands of patients and health care professionals since 1972 Dr Rossman teaches a step by step method of harnessing the power of the mind to further one's own physical healing Versatile and easy to learn mental imagery as explained by Dr Rossman can be used to Achieve deep physiological relaxation Stimulate healing responses in the body Create an inner dialogue and gain a better understanding of one's health Improve health and general well being The idea of guided imagery as an aid to the healing process is a recognized key component in the health care equation of mind body healing Starting with a discussion of the nature of imagery and how it works Dr Rossman presents specific scripts that can be used directly Scripts include Exploring Your Imagery Abilities Basic Relaxation Skills Deepening Techniques Your Healing Imagery Meeting Your Inner Advisor Symptoms are Symbols Grounding Your Insight Learning From Your Resistance and Your Image of Wellness A practical and helpful book not only for those facing specific health problems but for all who wish to use the imagination for a wide range of individual purposes unlimited to health situations The Mind's Eye: Using Visualization Techniques for Success Shu Chen Hou, Introducing The Mind's Eye Using Visualization Techniques for Success Are you tired of feeling stuck and unable to achieve your goals Do you want to unlock the power of your mind to create the life you want If so then The Mind's Eye Using Visualization Techniques for Success is the book for you In this groundbreaking guide you'll discover the secrets to using visualization techniques to create the success you desire From improving your health and relationships to achieving your career goals this book will show you how to activate your mind's natural power to manifest the life you've always wanted Using a combination of science backed research and practical exercises The Mind's Eye will guide you through the process of harnessing the power of visualization to achieve success in all areas of your life You'll learn how to Develop a positive mindset that supports success Create powerful affirmations that align with your goals Visualize your desired outcomes with clarity and focus Tap into your intuition to guide your decisions Overcome limiting beliefs that hold you back And much more With The Mind's Eye you'll have the tools you need to unlock your full potential and achieve success beyond your wildest dreams Don't settle for a life that doesn't fulfill you take action now and start living the life you deserve Order your copy of The Mind's Eye Using Visualization Techniques for Success today and unlock the power of your mind to achieve the success you've always wanted **Mind Journeys: Guided Imagery and Fantasy Journeys for Healing Professionals** Boreas M.L. Saage, Mind Journeys is a comprehensive guide for healing professionals who want to incorporate guided imagery and fantasy journeys into their practice This practical resource provides detailed instructions for conducting various types of meditation and relaxation journeys with adult clients The book begins with fundamental principles of guided imagery and mind journeys covering essential preparation techniques optimal timing and environmental considerations It explores different types of imagination journeys from simple fantasy journeys to deep meditative experiences providing clear

frameworks for each approach Readers will learn specific techniques for Creating effective guided meditation sessions Facilitating relaxation journeys for stress reduction Developing therapeutic fantasy journeys Incorporating breathing methods and visualization techniques Enhancing body awareness and healing processes The guide includes specialized sections on Therapeutic applications in professional healing practice Stress management and burnout prevention Advanced meditation techniques for personal growth Integration of mind journeys into daily life Development of sustainable self practice routines Each chapter provides practical tools step by step instructions and clear guidelines for implementation The material is specifically designed for working with adult clients and includes considerations for different therapeutic settings Whether you re a therapist counselor coach or healing professional this guide offers valuable resources for expanding your practice with guided imagery and meditation journeys It provides a structured approach to incorporating these powerful tools into your therapeutic work while supporting your own personal development journey

Imagery Techniques in Modern Jewish Mysticism Daniel Reiser, 2018-07-09 This book analyzes and describes the development and aspects of imagery techniques a primary mode of mystical experience in twentieth century Jewish mysticism These techniques in contrast to linguistic techniques in medieval Kabbalah and in contrast to early Hasidism have all the characteristics of a full screenplay a long and complicated plot woven together from many scenes a kind of a feature film Research on this development and nature of the imagery experience is carried out through comparison to similar developments in philosophy and psychology and is fruitfully contextualized within broader trends of western and eastern mysticism

Guided Imagery & Music (GIM) and Music Imagery Methods for Individual and Group Therapy Denise Grocke, Torben Moe, 2015-05-21 This edited volume systematically describes the major adaptations of the Bonny Method of Guided Imagery which accommodate a variety of contexts and client groups The international contributors who each use these adaptations in their own clinical practice provide theoretical and practical details of the approach used for their client group

Essential Play Therapy Techniques Charles E. Schaefer, Donna Cangelosi, 2016-01-28 Highly practical and user friendly this book presents 58 play therapy techniques that belong in every child clinician s toolbox The expert authors draw from multiple theoretical orientations to showcase powerful well established approaches applicable to a broad range of childhood problems Activities needed materials and variations of each technique are succinctly described Of critical importance for today s evidence based practitioner each chapter also includes a historical perspective on the technique at hand a rationale explaining its therapeutic power and a review of relevant empirical findings The book enables readers to determine which strategies are appropriate for a particular child or group and rapidly incorporate them into practice

Spiritual Healing Techniques C. P. Kumar, In today s fast paced and stressful world the concept of spiritual healing has become increasingly relevant People are looking for ways to heal themselves not just physically but emotionally mentally and spiritually as well Spiritual healing is a holistic approach that addresses the root cause of a problem rather than just treating its symptoms This book on Spiritual

Healing Techniques is aimed at providing readers with a comprehensive understanding of various spiritual healing techniques that can help them achieve a state of balance and harmony in their lives. The book covers a range of topics from understanding the mind-body connection and the power of visualization in healing to working with spirit guides and angels, chakra healing techniques and past life regression for healing. The book also explores the role of intuition, meditation, sound, and music, crystals and gemstones, aromatherapy, yoga, and nature in spiritual healing. In addition, the book provides readers with tools such as affirmations and understanding the Law of Attraction for healing and creating a personalized healing plan. Furthermore, the book addresses the challenges that individuals may face during the spiritual healing process, including spiritual emergencies and dark nights of the soul. The book concludes by encouraging readers to embrace the journey of spiritual healing and to give back to others as a way of healing themselves. This book is written in an easy-to-understand language and is suitable for both beginners and those who have some knowledge of spiritual healing. It is a valuable resource for individuals who are looking to improve their physical, emotional, mental, and spiritual well-being and achieve a state of balance and harmony in their lives.

The Oxford Handbook of Nonsuicidal Self-Injury Elizabeth E. Lloyd-Richardson, Imke Baetens, Janis L. Whitlock, 2022-03-18. Nonsuicidal self-injury (NSSI), deliberate bodily harm without suicidal intent, is increasingly common among individuals of all ages. NSSI encompasses a wide variety of behaviors, including but not limited to cutting, carving of the skin, scratching, burning, or swallowing toxic substances. Over less than two decades, NSSI has gone from what appeared to be a rather rare condition to one that has become an indelible part of the mental health landscape in populations of all types. The Oxford Handbook of Nonsuicidal Self-Injury is a compendium of up-to-date research and knowledge of topics germane to the field of NSSI. Edited by renowned scholars Elizabeth E. Lloyd-Richardson, Imke Baetens, and Janis L. Whitlock, the handbook brings together leading-edge research from a group of internationally distinguished scholars. It covers a wide array of topics, including epidemiology, function, neurophysiological processes, lived experience, and intervention and prevention approaches. Each chapter offers a critical review of the literature and ample discussion of key discoveries, perspectives, and future directions of clinical and research efforts, as well as powerful intervention and prevention implications for a wide variety of populations. This comprehensive text will serve as a go-to guide for scholars, clinicians, and anyone with interest in understanding, treating, and preventing self-injury.

Imagination and Healing Anees Sheikh, 2019-03-28. The volume explores in depth the vast healing potential of a fundamental human gift. In addition to providing a historical perspective of the importance accorded to imagination in the disease and healing processes, the book furnishes theoretical, empirical, and clinical evidence of the efficacy of imagery in the healing of a wide variety of health problems, including stress, pain, cancer, depression, phobias, skin disorders, and sexual dysfunctions.

Mental Toughness for Athletes: Mastering the Winning Mindset Frank Green, 2024-12-13. Imagine stepping onto the field, court, or track not with fear or doubt but with unwavering confidence and a fierce determination to succeed. This is the power of mental

toughness a crucial skill that separates ordinary athletes from champions This book is your guide to unlocking the winning mindset a powerful tool that transcends physical abilities and fuels extraordinary performances Through practical exercises and real world examples you ll learn to identify and challenge limiting beliefs develop laser sharp focus and cultivate a resilient spirit that bounces back from setbacks You ll discover how to harness the power of visualization positive self talk and mental imagery to create a mental blueprint for success This book isn t just about winning games it s about building a foundation of mental strength that carries you through life s challenges and empowers you to achieve your full potential both on and off the field Whether you re a seasoned competitor or just starting your athletic journey this book offers the tools and strategies to cultivate the mental toughness that will elevate your performance and transform your experience Handbook of Health Social Work Sarah Gehlert, Teri Browne, 2011-10-13 Praise for HANDBOOK of HEALTH SOCIAL WORK SECOND EDITION Handbook of Health Social Work Second Edition is a crucial addition for seasoned practitioners libraries as well as an essential foundation for fledgling social workers ready to enter health as a practice and research area From the Foreword by Suzanne Heurtin Roberts U S Department of Health and Human Services The book s strengths include the high quality of writing and the expertise of its contributors It covers the field of health social work in significant depth and is sure to leave readers well informed Mary Sormanti PhD MSW Associate Professor of Professional Practice Columbia University School of Social Work Quite simply this is the definitive volume for health and social work In this second edition Gehlert and Browne and their expert contributors have confidently managed to keep pace with current theory and empirical research across a wide range of subject matter that will be of interest to practitioners educators and researchers Michael Vaughn PhD Assistant Professor School of Social Work School of Public Health and Department of Public Policy Studies Saint Louis University Thoroughly revised and updated the only comprehensive handbook of its kind covering the diverse field of health social work Now in its Second Edition Handbook of Health Social Work provides a comprehensive and evidence based overview of contemporary social work practice in health care Written from a wellness perspective the chapters cover practice and research areas ranging from chronic disorders to infectious disease from physical to mental disorders and all areas in between An excellent resource preparing social workers for the present and future challenges of practice in the field of health care the Handbook of Health Social Work Second Edition features discussion on New trends in social work and health care including genetics transdisciplinary care as well as national and state changes in policy Health social work and children The wide array of roles performed by social workers in health care settings Ethical issues and decision making in a variety of arenas Understanding of community factors in health social work Edited by two respected leaders in the field of health social work this second edition includes contributions from a diverse team of notable experts researchers and scholars addressing multiple theoretical foundations models issues and dilemmas for the social worker in health care The resulting resource offers both a foundation for social work practice in health care and a guide for strategy policy and program development in

proactive and actionable terms **PSYCHOLOGICAL SUPPORT BY COGNITIVE BEHAVIORAL THERAPY FOR CYSTIC FIBROSIS** Edenilson Brandl, Cystic fibrosis CF is a chronic life threatening genetic disorder that impacts not only the respiratory and digestive systems but also an individual's psychological well being The continuous battle with illness medical treatments and the uncertainty of the future can leave profound emotional and mental imprints on patients and their families In recent years the importance of psychological support for those affected by CF has come to light and among the various therapeutic approaches Cognitive Behavioral Therapy CBT stands out as an effective method for managing the psychological toll of chronic illness This book Psychological Support by Cognitive Behavioral Therapy for Cystic Fibrosis is designed to serve as a comprehensive guide for understanding the psychological challenges faced by CF patients and their families It aims to highlight how CBT can provide effective tools to help them navigate these difficulties from managing the trauma of diagnosis to coping with the ongoing physical and emotional pain associated with the disorder The journey of living with a genetic illness like cystic fibrosis is often filled with uncertainty fear and emotional strain For patients the impact of the disease goes beyond the physical symptoms it affects their identity independence relationships and self worth Families too must cope with the overwhelming stress of caregiving fear of the future and the emotional exhaustion that comes with chronic illness In this book I combine essential knowledge about the biology genetics and medical challenges of CF with an introduction to CBT techniques that can be personalized to address these psychological struggles I delve into the science behind cystic fibrosis and the complexities of genetic mutations that drive the condition I also explore the impact of hereditary diseases and offer insights into how behavioral genetics and epigenetics play a role in CF and similar conditions More than just a theoretical discussion this book offers actionable tools and strategies based on CBT principles to help CF patients and their families manage anxiety depression chronic pain and the everyday emotional hurdles they encounter From practical tips on pain management to learning how to live a fulfilling life despite the challenges this book is meant to be a practical guide for both mental health professionals and those directly affected by CF I hope that this book can offer not only information but also hope and empowerment for individuals and families facing cystic fibrosis By integrating psychological support into the treatment of CF it is possible to improve the quality of life for everyone touched by this difficult journey

Mindfulness for Chronic Pain: Your Guide to Healing and Relief (Part-2) Dr. Lourde Nadin Epinal, PhD, 2025-01-21 Core Mindfulness Techniques for Chronic Pain Relief Handbook is the second book in a series titled Mindfulness for Navigating Chronic Pain A Practical Handbook to Healing and Relief Expanding on the mind body connection introduced in the first volume this book provides practical research based mindfulness skills designed to take your chronic pain management to the next level Given tools to recover their well being through devoted practice with compassion the narrations in each chapter present certain approaches to the pursuit of pain relief Chronic Pain starts with a foundational technique called Loving Kindness Meditation meditation focused on compassion for self and others Therefore this practice is the first step that moves

readers in a way that they develop a kind nature toward their pain Loosen Up and Walk Free The Drunken Person Technique offers a wonderfully playful mindfulness practice that you can use to release physical stress and melt into movement and free flowing ease If you are looking for more sustainable changes check out Building a Mindful Routine for Long Term Pain Management for tips to incorporate mindfulness into everyday life Mindful Eating for Pain Management and Using Gratitude to Shift Your Focus Away From Pain provide techniques readers can use to cultivate behaviours that combat the burden of chronic pain Overcoming Insomnia Due to Pain Mindful Sleep Practices is part of the section Pain and Sleep Mindfulness Techniques for Better Rest addressing how pain often disrupts sleep Readers are offered practical tools to enhance restful and restorative experiences Techniques such as Visualization and Guided Imagery for Deep Healing promote relaxation to aid healing while Using Nature for Mindfulness and Pain Relief highlights the restorative power of nature Mindfulness for Back Pain and Mindfulness for Musculoskeletal Issues focus on common pain problems offering targeted strategies for relief The book also emphasizes the role of community in Creating a Support System for Mindful Pain Management providing guidance on fostering connections and shared healing experiences With real life case studies and scientific evidence this book demonstrates mindfulness s transformative effects offering tools for lasting healing and peace It is perfect for professionals and well being seekers alike

The Role of Visualization in Pain Management during Labour , Visualize Your Way to a Blissful Birth Pain Management Techniques for Labor Experience the incredible power of visualization in pain management during labor with Visualize Your Way to a Blissful Birth This comprehensive guide empowers expectant mothers to harness their inner strength and achieve a more comfortable and positive birthing experience through the art of visualization Chapter 1 The Power of Visualization Uncover the transformative abilities of visualization and how it can help you navigate the challenges of labor with confidence and composure Chapter 2 Preparing for Labor Learn how to prepare your mind and body for labor setting the stage for a successful and satisfying birthing experience Chapter 3 Creating Your Birth Plan Craft a personalized birth plan that integrates visualization techniques ensuring your unique preferences are honored during labor Chapter 4 Mastering Visualization Techniques Discover a wide range of visualization techniques that will help you manage pain stay calm and stay focused during labor Chapter 5 The Benefits of Visualization Explore the numerous advantages of incorporating visualization into your labor from reduced anxiety to enhanced relaxation Chapter 6 Partner Involvement Discover how your birthing partner can actively participate in your visualization practice offering invaluable support and encouragement Chapter 7 Visualization Tools and Resources Explore a variety of visualization tools and resources including mobile apps books audio resources and more to enrich your practice Chapter 8 Real Life Success Stories Be inspired by the real life experiences of women who have used visualization to achieve beautiful empowering births Chapter 9 Integrating Visualization with Medical Interventions Learn how to seamlessly combine visualization with medical interventions when necessary ensuring a well rounded approach to your labor experience Chapter 10 Postpartum Healing Through Visualization

Extend the power of visualization into your postpartum journey promoting healing reducing anxiety and fostering postpartum well being Visualize Your Way to a Blissful Birth is your ultimate companion for embracing the incredible potential of visualization as a pain management tool during labor Equip yourself with this invaluable resource today and embark on a journey of strength resilience and empowerment as you prepare for your birthing experience Table of Contents Introduction The Role of Visualization in Pain Management during Labour THE POWER OF VISUALIZATION PREPARING FOR LABOR CREATING A BIRTH PLAN VISUALIZATION TECHNIQUES BENEFITS OF VISUALIZATION PARTNER INVOLVEMENT VISUALIZATION TOOLS AND RESOURCES MOBILE APPS BOOKS AND AUDIO RESOURCES CASE STUDIES PERSONAL STORIES EXPERT OPINIONS INTEGRATING VISUALIZATION WITH MEDICAL INTERVENTIONS COMBINING VISUALIZATION WITH MEDICATION VISUALIZATION DURING MEDICAL PROCEDURES POSTPARTUM VISUALIZATION HEALING AND RECOVERY REDUCING POSTPARTUM ANXIETY CONCLUSION FREQUENTLY ASKED QUESTIONS Have Questions Comments Get Another Book Free

Stress-Free Learning River Mindfulness, AI, 2025-02-22 Stress Free Learning offers a comprehensive guide to managing academic stress and enhancing cognitive function through relaxation techniques It addresses the critical need for stress management in today's high pressure educational environment revealing how stress impairs memory concentration and overall cognitive performance The book uniquely focuses on the physiological and psychological impacts of stress teaching students how to counteract these effects to improve academic performance The book explores the science of stress linking it to the fight or flight response and detailing its impact on the brain It introduces various relaxation techniques including mindfulness meditation deep breathing exercises and progressive muscle relaxation providing step by step instructions and evidence based research Readers will discover how consistent implementation of these techniques can lead to tangible improvements in cognitive function and academic achievements Progressing through the science of stress relaxation techniques and integration into daily routines Stress Free Learning provides strategies for time management goal setting and creating supportive learning environments It's designed for students educators and parents offering practical tools and strategies to navigate academic challenges with greater ease and resilience empowering readers to cultivate resilience for long term well being

Integrative Medicine David Rakel, 2012 Counterstrain Acupuncture for headache Acupuncture for nausea and vomiting Saline nasal irrigation Bioenergetics Integrating spiritual assessment and care Therapeutic homeopathy Human energetic therapies Other therapeutic considerations Creating a greener clinic the impact of global warming on health Creating ceremony and ritual in the medical encounter Appendix laboratory testing resources in integrative medicine

Integrative Medicine E-Book David Rakel, 2012-04-12 Integrative Medicine by Dr David Rakel provides the practical evidence based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work

keeping you at the forefront of the trend toward integrative health care Incorporate therapeutic integrative medicine modalities into clinical practice through the Tools for Your Practice section that offers how to application for recommending mediation prescribing probiotics and how to do an elimination diet Apply integrative treatments for a full range of diseases and conditions including autism stroke chronic fatigue syndrome and various forms of cancer see how to advise patients on health maintenance and wellness and get valuable advice on topics such as meditation diet and exercises for back pain Avoid potential complications with recommended dosages and precautions Enhance patient care with therapy based guidance and printable patient education guides Implement proven integrative treatments for various diseases thanks to an evidence based therapeutic approach Weigh the likely effectiveness of various treatments vs their potential harm with helpful icons based on the SORT Strength of Recommendation Taxonomy method Validate potential interventions through the latest research in genomics and advanced imaging technologies such as MRI

MANIFEST YOUR DREAM LIFE NOW Jaime Wishstone, Are you ready to unlock the power of the law of attraction and manifest the life of your dreams Manifest Your Dream Life Now is your ultimate guide to doing just that Packed with powerful tools like journaling and affirmations this book is perfect for beginners eager to manifest wealth love abundance and miracles In this comprehensive guide you ll learn how to shift your mindset break free from limiting beliefs and focus your energy on achieving your goals With step by step instructions you ll discover how to harness the law of attraction to attract your ideal life and apply these transformative techniques to your own journey Featuring real life examples and practical tips Manifest Your Dream Life Now will empower you to use the law of attraction to create the life you desire Whether you want to improve your finances find your soulmate or simply feel more fulfilled this book provides the perfect starting point Don t wait any longer Begin manifesting wealth love abundance and miracles today with the powerful insights in Manifest Your Dream Life Now

PSYCHOLOGICAL SUPPORT BY COGNITIVE BEHAVIORAL THERAPY FOR HEMOPHILIA Edenilson Brandl, Living with a chronic condition like hemophilia is not just a physical challenge it impacts every aspect of life emotional psychological and social Hemophilia a genetic disorder affecting the blood s ability to clot properly requires individuals to navigate a complex web of medical treatments lifestyle adjustments and emotional hurdles For many the weight of managing a genetic condition can lead to feelings of isolation anxiety and depression This book Psychological Support by Cognitive Behavioral Therapy for Hemophilia was written with the purpose of providing a comprehensive approach to address not only the physical but also the psychological aspects of living with hemophilia By merging insights from genetics biology and psychology particularly through the lens of Cognitive Behavioral Therapy CBT this book seeks to empower individuals with hemophilia to develop coping strategies manage emotional distress and lead fulfilling lives despite their condition Cognitive Behavioral Therapy has been widely recognized as an effective therapeutic approach for managing a variety of mental health challenges and it offers valuable tools for those grappling with the emotional and psychological burdens of chronic illness This book covers essential

topics such as trauma genetic counseling independence in one's genetic journey and the practical application of CBT techniques By addressing both the biological underpinnings of hemophilia and the cognitive and emotional toll it takes this book aims to create a balanced and supportive guide for patients caregivers and mental health professionals alike In the chapters that follow we explore the intricate connection between mind and body offering both theoretical knowledge and practical tools to manage the emotional impact of hemophilia From learning how to manage pain and fatigue to developing strategies for mental resilience and emotional regulation this book is designed to be a go to resource for anyone affected by hemophilia It is my hope that this book provides a source of comfort guidance and empowerment to those living with hemophilia helping them to navigate their journey with greater confidence mental fortitude and emotional well being

10-
Minute Stress relief and Mindfulness Unlocked JIMMY S, 10 Minute Stress Relief and Mindfulness Unlocked is a comprehensive guide that empowers readers to effectively manage stress and cultivate mindfulness in their daily lives Recognizing the demands of modern life this book offers a practical solution techniques that can be seamlessly integrated into even the busiest of schedules At the heart of this book is the belief that small consistent actions can have a profound impact By dedicating just 10 minutes a day to stress relief and mindfulness practices readers will learn to navigate the turbulent waters of daily life with greater ease and clarity The book is divided into two complementary parts 10 Minute Stress Relief Explores a variety of quick evidence based techniques to alleviate stress including breathing exercises progressive muscle relaxation and yoga Provides step by step instructions and tips for incorporating these methods into busy routines Emphasizes the benefits of stress management such as improved mood increased focus and better overall health Mindfulness Unlocked Delves into the principles and foundations of mindfulness explaining its origins and the science behind its effectiveness Offers guided mindfulness practices from breath awareness to body scans and loving kindness meditations Demonstrates how to seamlessly integrate mindfulness into everyday activities from eating to walking to working Throughout the book the author weaves the connection between mindfulness and self care providing readers with holistic strategies to enhance their well being and resilience 10 Minute Stress Relief and Mindfulness Unlocked is an essential resource for anyone seeking practical and sustainable ways to manage stress cultivate inner peace and live with greater intention and presence By empowering readers to take control of their mental and emotional well being this book promises to be a transformative read

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Guided Imagery Techniques Introduction

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