

Busy Philipps

Aubrey Plaza, Dan Murphy

This Will Only Hurt a Little Busy Philipps, 2019-10-22 A hilarious, heartfelt, and refreshingly honest memoir and New York Times bestseller by the beloved comedic actress known for her roles on *Freaks and Geeks*, *Dawson's Creek*, and *Cougar Town* who has become "the breakout star of Instagram stories...Imagine I Love Lucy mixed with a modern lifestyle guru" (*The New Yorker*). There's no stopping Busy Philipps. From the time she was two and "aced out in her nudes" to explore the neighborhood (as her mom famously described her toddler jailbreak), Busy has always been headstrong, defiant, and determined not to miss out on all the fun. These qualities led her to leave Scottsdale, Arizona, at the age of nineteen to pursue her passion for acting in Hollywood. But much like her painful and painfully funny teenage years, chasing her dreams wasn't always easy and sometimes hurt more than a little. In a memoir "that often reads like a Real World confessional or an open diary" (*Kirkus Reviews*), Busy opens up about chafing against a sexist system rife with on-set bullying and body shaming, being there when friends face shattering loss, enduring devastating personal and professional betrayals from those she loved best, and struggling with postpartum anxiety and the challenges of motherhood. But Busy also brings to the page her sly sense of humor and the unshakeable sense that disappointment shouldn't stand in her way—even when she's knocked down both figuratively and literally (from a knee injury at her seventh-grade dance to a violent encounter on the set of *Freaks and Geeks*). The rough patches in her life are tempered by times of hilarity and joy: leveraging a flawless impression of Cher from *Clueless* into her first paid acting gig, helping reinvent a genre with cult classic *Freaks and Geeks*, becoming fast friends with *Dawson's Creek* castmate Michelle Williams, staging her own surprise wedding, conquering natural childbirth with the help of a *Mad Men*-themed hallucination, and of course, how her Instagram stories became "the most addictive thing on the internet right now" (*Cosmopolitan*). Busy is the rare entertainer whose impressive arsenal of talents as an actress is equally matched by her storytelling ability, sense of humor, and sharp observations about life, love, and motherhood—"if you think you know Busy from her Instagram stories, you don't know the half of it" (*Jenni Konner*). Her conversational writing reminds us what we love about her on screens large and small. From "candid tales of celebrity life, mom life, and general Busy-ness" (*W Magazine*), *This Will Only Hurt a Little* "is everything we've been dying to hear about" (*Bustle*).

This Will Only Hurt a Little Busy Philipps, 2018-10-16 A hilarious, heartfelt, and refreshingly honest memoir and New York Times bestseller by the beloved comedic actress known for her roles on *Freaks and Geeks*, *Dawson's Creek*, and *Cougar Town* who has become "the breakout star of Instagram stories...Imagine I Love Lucy mixed with a modern lifestyle guru" (*The New Yorker*). There's no stopping Busy Philipps. From the time she was two and "aced out in her nudes" to explore the neighborhood (as her mom famously described her toddler jailbreak), Busy has always been headstrong, defiant, and determined not to miss out on all the fun. These qualities led her to leave Scottsdale, Arizona, at the age of nineteen to pursue her passion for acting in Hollywood. But much like her painful and painfully funny teenage years, chasing her dreams wasn't always easy and sometimes hurt more than a little. In a memoir "that often reads like a Real World confessional or an open diary" (*Kirkus Reviews*), Busy opens up about

chafing against a sexist system rife with on-set bullying and body shaming, being there when friends face shattering loss, enduring devastating personal and professional betrayals from those she loved best, and struggling with postpartum anxiety and the challenges of motherhood. But Busy also brings to the page her sly sense of humor and the unshakeable sense that disappointment shouldn't stand in her way—even when she's knocked down both figuratively and literally (from a knee injury at her seventh-grade dance to a violent encounter on the set of *Freaks and Geeks*). The rough patches in her life are tempered by times of hilarity and joy: leveraging a flawless impression of Cher from *Clueless* into her first paid acting gig, helping reinvent a genre with cult classic *Freaks and Geeks*, becoming fast friends with Dawson's Creek castmate Michelle Williams, staging her own surprise wedding, conquering natural childbirth with the help of a *Mad Men*-themed hallucination, and of course, how her Instagram stories became "the most addictive thing on the internet right now" (*Cosmopolitan*). Busy is the rare entertainer whose impressive arsenal of talents as an actress is equally matched by her storytelling ability, sense of humor, and sharp observations about life, love, and motherhood—"if you think you know Busy from her Instagram stories, you don't know the half of it" (Jenni Konner). Her conversational writing reminds us what we love about her on screens large and small. From "candid tales of celebrity life, mom life, and general Busy-ness" (*W Magazine*), *This Will Only Hurt a Little* "is everything we've been dying to hear about" (*Bustle*).

This Will Only Hurt a Little Busy Philipps, 2018-10-18 THE NEW YORK TIMES BESTSELLER 'Busy is a legit writer with a voice as clear as a bell' Tina Fey 'Funny, refreshingly candid memoir about Hollywood, motherhood and BFFhood' *Cosmopolitan* 'Judy Blume meets Karl Ove Knausgaard meets one brave woman from Arizona' Miranda July A memoir by the beloved comedic actress known for her roles on *Freaks and Geeks*, *Dawson's Creek*, and *Cougartown* who has become 'the breakout star on Instagram stories . . . imagine *I Love Lucy* mixed with a modern lifestyle guru' (*New Yorker*). Busy Philipps's autobiographical book offers the same unfiltered and candid storytelling that her Instagram followers have come to know and love, from growing up in Scottsdale, Arizona and her painful and painfully funny teen years, to her life as a working actress, mother, and famous best friend. Busy is the rare entertainer whose impressive arsenal of talents as an actress is equally matched by her storytelling ability, sense of humor, and sharp observations about life, love, and motherhood. Her conversational writing reminds us what we love about her on screens large and small. From film to television to Instagram, Busy delightfully showcases her wry humor and her willingness to bare it all. 'I've been waiting my whole life to write this book. I'm just so grateful someone asked. Otherwise, what was the point of any of it??' 'Candid, painful and extremely wryly funny' Stylist 'Like most women, famous or not, bad things have happened to Busy Philipps - as well as weird stuff, jawdropping stuff and heartwarming stuff' *Refinery29* 'This Will Only Hurt a Little has stopped me in my tracks completely' Sophie Heawood, *Observer*

Get Your Own Damn Beer, I'm Watching the Game! Holly Robinson Peete, Daniel Paisner, 2005-08-15 Year after year, Sunday afternoons and Monday nights during the NFL season have belonged to men. While they cheer and argue play calls, the women in their lives are relegated to beer and chip detail. It's time for these women to join the

action, and Holly Robinson Peete, star of 21 Jump Street, For Your Love, and Hangin' with Mr. Cooper, and wife of NFL quarterback Rodney Peete, has written this hip, smart, cheerful guide to help them do so. In Get Your Own Damn Beer, I'm Watching the Game!, Peete shares her infectious enthusiasm for pro football and takes the complexity out of the game by breaking it down to its component parts. She explains the role of each position player, provides a rundown of all on-field penalties and referees' hand signals, and offers an illustrated guide to some of the most common plays in the NFL. She gives her take on the most memorable plays in NFL history and dishes some inside dirt-in a breezy, girl-talkin' narrative that promises to turn the novice spectator into a well-informed football fanatic.

A New Model Ashley Graham, Rebecca Paley, 2017-05-09 "Evocative." – The Cut One of the most outspoken voices gracing the cover of magazines today encourages women to be their most confident selves, recognize their personal beauty, and reach for their highest dreams in this wise, warm, and inspiring memoir. Voluptuous beauty Ashley Graham has been modeling professionally since the age of thirteen. Discovered at a shopping mall in Nebraska, her stunning face and sexy curves have graced the covers of top magazines, including Cosmopolitan and British Vogue, and she was the first size 14 model to appear on the front of the wildly popular Sports Illustrated swimsuit issue. The face of brands such as H&M Studio, she is also a judge for the latest season of America's Next Top Model. And that's only the beginning for this extraordinary talent. Ashley is leading a new generation of women breaking ground and demolishing stereotypes, transforming our ideals about body image and what is fashionable and beautiful. A woman who proves that when it comes to beauty, size is just a number, she is the voice for the body positivity movement today and a role model for all women—no matter their individual body type, shape, or weight. In this collection of insightful, provocative essays illustrated with a dozen photos, Ashley shares her perspective on how ideas around body image are evolving—and how we still have work to do; the fun—and stress—of a career in the fashion world; her life before modeling; and her path to accepting her size without limiting her dreams—defying rigid industry standards and naysayers who told her it couldn't be done. As she talks about her successes and setbacks, Ashley offers support for every woman coming to terms with who she is, bolster her self-confidence, and motivates her to be her strongest, healthiest, and most beautiful self.

I'm Fine...And Other Lies Whitney Cummings, 2021-02-02 "Whitney Cummings has written a book about being, well, not fine—and what to do when you find yourself with brutal anxiety and a co-dependency disorder; all in her trademark wit, humor, and honesty. This book, however, is fine as hell."—Sophia Amoruso, author of #Girlboss "The funniest cry for help you'll read this year."—BJ Novak Well, well, well. Look at you, ogling my book page....I presume if you're reading this it means you either need more encouragement to buy it or we used to date and you're trying to figure out if you should sue me or not. Here are all the stories and mistakes I've made that were way too embarrassing to tell on stage in front of an actual audience; but thanks to not-so-modern technology, you can read about them here so I don't have to risk having your judgmental eye contact crush my self-esteem. This book contains some delicious schadenfreude in which I recall such humiliating debacles as breaking my shoulder while

trying to impress a guy, coming very close to spending my life in a Guatemalan prison, and having my lacerated ear sewn back on by a deaf guy after losing it in a torrid love affair. In addition to hoarding mortifying situations that'll make you feel way better about your choices, I've also accumulated a lot of knowledge from therapists, psychotherapists, and psychopaths, which can probably help you avoid making the same mistakes I've made. Think of this book as everything you'd want from the Internet all in one place, except without the constant distractions of ads, online shopping, and porn. I'm not sure what else to say to say, except that you should buy it if you want to laugh and learn how to stop being crazy. And if we used to date, see you in court.

The Thrilling Adventure Hour Ben Acker, Ben Blacker, 2013-08-20 Based on the popular Hollywood stage show and Nerdist Industry podcast, The Thrilling Adventure Hour is a rip-roaring adventure anthology in the tradition of old-time radio serials, brought to you by a carnival of Hollywood and comic's finest! In a timeless collection of original genre tales that harken back to the heyday of old-time radio entertainment, The Thrilling Adventure Hour brings to life the wild and wonderful worlds and characters serialized on stage by co-creators Ben Acker and Ben Blacker, and performed regularly by fan-favorite actors and comedians such as Paul F. Tompkins, Paget Brewster, Busy Philipps, Nathan Fillion, Linda Cardellini, Patton Oswalt, Neil Patrick Harris, and many, many more. And now those serialized characters will come to life on the pages of this hardcover anthology featuring all-new stories from the worlds of the TAH universe by top artists from the comics community! Each stand-alone tale celebrates and reinvigorates a new genre from the radio comedies of yesteryear, including science fiction, fantasy, westerns, superheroes, horror, war dramas, and many more. A unique, timey-wimey blend of silver age pulp and post-modern pop, this one-of-a-kind anthology promises something for everyone as this cult phenomenon jumps off the proscenium stage and onto the page for the first time in over eight years and 100+ consecutive shows around the globe!

This Is Big Marisa Meltzer, 2020-04-14 From a contributor to The Cut, one of Vogue's most anticipated books bravely and honestly (Busy Philipps) talks about weight loss and sheds a light on Weight Watchers founder Jean Nidetch: a triumphant chronicle (New York Times). Marisa Meltzer began her first diet at the age of five. Growing up an indoors-loving child in Northern California, she learned from an early age that weight was the one part of her life she could neither change nor even really understand. Fast forward nearly four decades. Marisa, also a contributor to the New Yorker and the New York Times, comes across an obituary for Jean Nidetch, the Queens, New York housewife who founded Weight Watchers in 1963. Weaving Jean's incredible story as weight loss maven and pathbreaking entrepreneur with Marisa's own journey through Weight Watchers, she chronicles the deep parallels, and enduring frustrations, in each woman's decades-long efforts to lose weight and keep it off. The result is funny, unexpected, and unforgettable: a testament to how transformation goes far beyond a number on the scale.

Summary of Busy Philipps's This Will Only Hurt a Little Everest Media, 2022-04-09T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 I have many defining stories, but the one that sums up who I am and why I am the way I am is that I have always seen myself as a Debbie Downer. I am a performer, and I live to make sure everyone is happy and having a good time. #2 My mother's story is that I was a

very stubborn child, and that my parents could never control me. I was born in Oak Park, Illinois, a suburb of Chicago. My mother grew up in Oak Park, and her parents met there. #3 My mom always said I was like the toddler in the story, wandering around by myself in a diaper. I aced out in my nudes. I was always getting into stuff and never stopping to think about the consequences. #4 I've always felt different than my family members. I've always looked different, with blond hair and blue eyes, compared to my dark-haired parents and sister. I've always felt left out.

Hey Ladies! Michelle Markowitz, Caroline Moss, 2018-05-01 Based on the column of the same name that appeared in The Toast, Hey Ladies! is a laugh-out-loud read that follows a fictitious group of eight 20-and-30-something female friends for one year of holidays, summer house rentals, dates, brunches, breakups, and, of course, the planning of a disastrous wedding. This instantly relatable story is told entirely through emails, texts, DMs, and every other form of communication known to man. The women in the book are stand-ins for annoying friends that we all have. There's Nicole, who's always broke and tries to pay for things in Forever21 gift cards. There's Katie, the self-important budding journalist, who thinks a retweet and a byline are the same thing. And there's Jen, the DIY suburban bride-to-be. With a perfectly pitched sardonic tone, Hey Ladies! will have you cringing and laughing as you recognize your own friends, and even yourself.

Missing Out Adam Phillips, 2013-01-22 A transformative book about the lives we wish we had and what they can teach us about who we are All of us lead two parallel lives: the one we are actively living, and the one we feel we should have had or might yet have. As hard as we try to exist in the moment, the unlived life is an inescapable presence, a shadow at our heels. And this itself can become the story of our lives: an elegy to unmet needs and sacrificed desires. We become haunted by the myth of our own potential, of what we have in ourselves to be or to do. And this can make of our lives a perpetual falling-short. But what happens if we remove the idea of failure from the equation? With his flair for graceful paradox, the acclaimed psychoanalyst Adam Phillips suggests that if we accept frustration as a way of outlining what we really want, satisfaction suddenly becomes possible. To crave a life without frustration is to crave a life without the potential to identify and accomplish our desires. In this elegant, compassionate, and absorbing book, Phillips draws deeply on his own clinical experience as well as on the works of Shakespeare and Freud, of D. W. Winnicott and William James, to suggest that frustration, not getting it, and and getting away with it are all chapters in our unlived lives—and may be essential to the one fully lived.

Alpha David Philipps, 2022-09-13 An “infuriating, fast-paced” (The Washington Post) account of the Navy SEALs of Alpha platoon, the startling accusations against their chief, Eddie Gallagher, and the courtroom battle that exposed the dark underbelly of America's special forces—from a Pulitzer Prize-winning reporter WINNER OF THE COLORADO BOOK AWARD • “Nearly impossible to put down.”—Jon Krakauer, New York Times bestselling author of Where Men Win Glory and Into the Wild In this “brilliantly written” (The New York Times Book Review) and startling account, Pulitzer Prize-winning New York Times correspondent David Philipps reveals a powerful moral crucible, one

that would define the American military during the years of combat that became known as “the forever war.” When the Navy SEALs of Alpha platoon returned from their 2017 deployment to Iraq, a group of them reported their chief, Eddie Gallagher, for war crimes, alleging that he’d stabbed a prisoner in cold blood and taken lethal sniper shots at unarmed civilians. The story of Alpha’s war, both in Iraq and in the shocking trial that followed the men’s accusations, would complicate the SEALs’ post-9/11 hero narrative, turning brothers-in-arms against one another and bringing into stark relief the choice that elite soldiers face between loyalty to their unit and to their country. One of the great stories written about American special forces, Alpha is by turns a battlefield drama, a courtroom thriller, and a compelling examination of how soldiers define themselves and live with the decisions in the heat of combat.

You’ll Never Eat Lunch in This Town Again Julia Phillips, 2017-02-14 “The Hollywood memoir that tells all . . . Sex. Drugs. Greed. Why, it sounds just like a movie.”—The New York Times Every memoir claims to bare it all, but Julia Phillips’s actually does. This is an addictive, gloves-off exposé from the producer of the classic films *The Sting*, *Taxi Driver*, and *Close Encounters of the Third Kind*—and the first woman ever to win an Academy Award for Best Picture—who made her name in Hollywood during the halcyon seventies and the yuppie-infested eighties and lived to tell the tale. Wickedly funny and surprisingly moving, *You’ll Never Eat Lunch in This Town Again* takes you on a trip through the dream-manufacturing capital of the world and into the vortex of drug addiction and rehab on the arm of one who saw it all, did it all, and took her leave. Praise for *You’ll Never Eat Lunch in This Town Again* “One of the most honest books ever written about one of the most dishonest towns ever created.”—The Boston Globe “Gossip too hot for even the *National Enquirer* . . . Julia Phillips is not so much Hollywood’s Boswell as its Dante.”—Los Angeles Magazine “A blistering look at La La Land.”—USA Today “One of the nastiest, tastiest tell-alls in showbiz history.”—People

Attention Seeking Adam Phillips, 2022-01-04 *Attention Seeking* is a short, fascinating introduction to the concept of attention from Britain’s leading psychoanalyst, author of *Missing Out* and *On Kindness*. Everything depends on what, if anything, we find interesting: on what we are encouraged and educated to find interesting, and what we find ourselves being interested in despite ourselves. There is our official curiosity and our unofficial curiosity (and psychoanalysis is a story about the relationship between the two). Based on three connected lectures by Adam Phillips, this compact book is a lucid and memorable introduction to the concept of our attention, spanning from interest to obsession, private desire to corporate commodity. What is attention, and why do we seek it? How does our culture moralize attention as a force in need of control? Phillips is one of our brightest and most unusual thinkers, uniquely capable of bringing our deepest impulses and instincts to light.

The Kitchen Debate and Cold War Consumer Politics Sarah T. Phillips, Shane Hamilton, 2014-01-03 With primary sources never before translated into English, *Kitchen Debate and Cold War Consumer Politics* connects this debate, which profoundly shaped the economic, social, and cultural contours of the Cold War era, to consumer society, gender ideologies, and geopolitics.

The Legend of the Christmas Witch Aubrey Plaza, Dan Murphy, 2021-11-16 From Parks and Recreation star Aubrey Plaza and creative partner Dan Murphy comes the long lost tale of the Christmas Witch, Santa Claus's much misunderstood twin sister. The perfect gift for the holiday season and beyond! Gather 'round the fire to hear a Christmas legend that has never been told before...until now. Each year a mysterious figure sweeps into town, leaving behind strange gifts in the night. No, not Santa Claus, but his sister... The Christmas Witch. Her story begins many, many years ago when her brother was torn away from her as a child. Raised alone by a witch of the woods, Kristtörn's powers of magic grew, as did her temper. Determined to find her long lost twin, she set out on a perilous journey across oceans to find him. But what she found instead was a deep-seated fear of her powers and a confrontation that would leave the fate of Christmas hanging in the balance. From award-winning producer and actress Aubrey Plaza and her creative partner Dan Murphy comes a holiday story unlike any told before. With all the richness of classic folklore, they've woven a tale of bravery, love and magic. Whatever you thought you knew about Christmas...think again.

I Want to Thank You Gina Hamadey, 2021-04-13 An inspiring guide to saying thank you, one heartfelt note at a time. We all know that gratitude is good for us--but the real magic comes when we express it. Writer Gina Hamadey learned this life-changing lesson firsthand when a case of burnout and too many hours on social media left her feeling depleted and disconnected. In this engaging book, she chronicles how twelve months spent writing 365 thank-you notes to strangers, neighbors, family members, and friends shifted her perspective. Her journey shows that developing a lasting active gratitude practice can make you a happier person, heal complicated relationships, and reconnect you with the people you love--all with just a little bit of bravery at the mailbox. How can we turn an often-dreaded task into a rewarding act of self-care that makes us feel more present, joyful, and connected? Whether we're writing to a long-lost friend, a helpful neighbor, or a child's teacher, this inspiring book helps us reflect on meaningful memories and shared experiences and express ourselves with authenticity, vulnerability, and heart. Informed by Hamadey's year of discovery as well as interviews with experts on relationships, gratitude, and more, this deceptively simple guide offers a powerful way to jump-start your joy. Hamadey found herself thanking not only family members and friends, but less expected people in her sphere, including local shopkeepers, physical therapists, long-ago career mentors, favorite authors, and more. Once you get going, you might find yourself cultivating an active gratitude practice, too--one heartfelt note of thanks at a time.

Why Not Me? Mindy Kaling, 2015-09-15 #1 NEW YORK TIMES BESTSELLER • From the author of *Is Everyone Hanging Out Without Me?* and creator of *The Mindy Project* and *Never Have I Ever* comes a hilarious collection of essays about her ongoing journey to find contentment and excitement in her adult life. "This is Kaling at the height of her power."—USA Today In *Why Not Me?*, Kaling shares insightful, deeply personal stories about falling in love at work, seeking new friendships in lonely places, attempting to be the first person in history to lose weight without any behavior modification whatsoever, and believing that you have a place in Hollywood when you're constantly reminded that no one looks like you. In "How to Look Spectacular: A Starlet's Confessions," Kaling gives her tongue-in-

cheek secrets for surefire on-camera beauty, ("Your natural hair color may be appropriate for your skin tone, but this isn't the land of appropriate—this is Hollywood, baby. Out here, a dark-skinned woman's traditional hair color is honey blonde.") "Player" tells the story of Kaling being seduced and dumped by a female friend in L.A. ("I had been replaced by a younger model. And now they had matching bangs.") In "Unlikely Leading Lady," she muses on America's fixation with the weight of actresses, ("Most women we see onscreen are either so thin that they're walking clavicles or so huge that their only scenes involve them breaking furniture.") And in "Soup Snakes," Kaling spills some secrets on her relationship with her ex-boyfriend and close friend, B.J. Novak ("I will freely admit: my relationship with B.J. Novak is weird as hell.") Mindy turns the anxieties, the glamour, and the celebrations of her second coming-of-age into a laugh-out-loud funny collection of essays that anyone who's ever been at a turning point in their life or career can relate to. And those who've never been at a turning point can skip to the parts where she talks about meeting Bradley Cooper.

Life After Birth Joanna Griffiths, 2024-09-10 Intimate stories from notable and influential women that celebrate the early stages of life and the start of motherhood. A book that changes the narrative about postpartum, *Life After Birth* illustrates what life is really like after birth—not just days and weeks later, but also years afterward. What is the transition to motherhood really like? From a parent in the military to a mother's pregnancy of 42 weeks, *Life After Birth* is filled with accounts of strength, resilience, and power. Every birth is a unique story. While we tend to focus our attention on the arrival of a baby, in pregnancy parents are also introduced to a new self. *Life After Birth* reflects on the many physical changes as well as the myriad of feelings that are brought on by this transformation and the inseparable bond a new life brings. Revealing real experiences and raw emotions, this book is a celebration of life and a celebration of the human body.

Wildflower Drew Barrymore, 2015-10-27 Actress Drew Barrymore shares funny, insightful, and profound stories from her past and present—told from the place of happiness she's achieved today—in this heart-stirring New York Times bestseller that *InStyle* called "deeply thoughtful and fun." *Wildflower* is a portrait of Drew's life in stories as she looks back on the adventures, challenges, and incredible experiences she's had throughout her life. It includes tales of living in her first apartment as a teenager (and how laundry may have saved her life), getting stuck under a gas station overhang on a cross-country road trip, saying good-bye to her father in a way only he could have understood, and many more journeys and lessons that have led her to the successful, happy, and healthy place she is today.

Busy Philipps Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly

remarkable. This extraordinary book, aptly titled "**Busy Philipps**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Busy Philipps Introduction

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