

Paperkarma

Editors at Reader's Digest

The Sweet Spot Christine Carter, Ph.D.,2015-01-20 Learn how to achieve more by doing less! Live in that zone you’ve glimpsed but can’t seem to hold on to—the sweet spot where you have the greatest strength, but also the greatest ease. Not long ago, Christine Carter, a happiness expert at UC Berkeley’s Greater Good Science Center and a speaker, writer, and mother, found herself exasperated by the busyness of modern life: too many conflicting obligations and not enough time, energy, or patience to get everything done. She tried all the standard techniques—prioritizing, multitasking, delegating, even napping—but none really worked. Determined to create a less stressful life for herself—without giving up her hard-won career success or happiness at home—she road-tested every research-based tactic that promised to bring more ease into her life. Drawing on her vast knowledge of the latest research related to happiness, productivity, and elite performance, she followed every strategy that promised to give her more energy—or that could make her more efficient, creative, or intelligent. Her trials and errors are our reward. In *The Sweet Spot*, Carter shares the combination of practices that transformed her life from overwhelmed and exhausting to joyful, relaxed, and productive. From instituting daily micro-habits that save time to bigger picture shifts that convert stress into productive and creative energy, *The Sweet Spot* shows us how to • say “no” strategically and when to say “yes” with abandon • make decisions about routine things once to free our minds to focus on higher priorities • stop multitasking and gain efficiency • “take recess” in sync with the brain’s need for rest • use technology in ways that bolster, instead of sap, energy • increase your ratio of positive to negative emotions Complete with practical “easiest thing” tips for instant relief as well as stories from Carter’s own experience of putting *The Sweet Spot* into action, this timely and inspiring book will inoculate you against “The Overwhelm,” letting you in on the possibilities for joy and freedom that come when you stop trying to do everything right—and start doing the right things. ONE OF GREATER GOOD’S FAVORITE BOOKS OF THE YEAR “[For fans] of a certain kind of self-improvement book—the kind, like *The Happiness Project* or *168 Hours: You Have More Time Than You Think or Getting Things Done*, that offers up strategies for making certain areas of life work better without requiring that you embrace a new belief system.”—KJ Dell’Antonia, *The New York Times* (Motherlode blog) “A breath of fresh air . . . Based on personal experiments with living life in what she calls the ‘pressure cooker,’ Dr. Carter offers advice in easily digestible nuggets.”—Working Mother “Carter gives actionable ways to balance your life, your health, and your career. This book is packed with smart advice and hard-earned wisdom.”—Inc. “Learn more about escaping the ‘busyness trap’ and uncovering a happier, less stressed you.”—Shape “A highly readable, diligently researched advice book that offers concrete tips on how to get off the treadmill of busyness.”—Greater Good “Chock-full of concrete tips on how to sharpen your focus, improve your efficiency, and use technology to your advantage.”—The Week “Illuminates the simple and sustainable path toward a precious and happy balance.”—Deepak Chopra

Making Shift Happen Nya Van Leuvan,Lauren Highleyman,Rod Fujita,Ashleigh Kellerman,2022-01-11 The changemaker's guide to catalyzing environmental behaviour change for a healthy future To tackle our urgent environmental problems and achieve positive, durable change, we must design solutions based directly on how people think, make decisions, and act. From hotels that save water and money using simple signage, to energy suppliers that boost participation in renewable energy programs through mere enrollment form tweaks—shifting the behavior of millions for the better is possible. Based on decades of research into what drives behavior change, *Making Shift Happen* provides a suite of powerful tools to transform the world. It features A to Z guidance on how to design a behavior change initiative—from choosing the right audience and uncovering what drives their behavior, to designing, prototyping, testing, and implementation. Clear instructions and real-world examples empower you to apply hundreds of behavioral science solutions including: Using social norms to spread positive environmental behaviors Selecting and testing stories, metaphors, and values to frame information for each audience Catalyzing action by aligning your initiative with your audience's personal and social motivators Breaking bad habits and building positive ones Capturing your audience's attention and reducing barriers to action Connecting people with nature and building empathy for the environment and its inhabitants. *Making Shift Happen* is a must-have guide for practitioners in non-profits, governments, and businesses looking to design successful campaigns and initiatives that shift behaviors and mindsets toward positive environmental outcomes and a better future for all. AWARDS GOLD | 2023 Nautilus Book Awards | Social Sciences & Education

The Rough Guide to the Best Android Apps Peter Buckley,Andrew Clare,2012-01-01 The 400 best for smartphones and tablets--Cover.

Keep This Toss That Editors at Reader's Digest,2015-03-03 Are you afraid to open your kitchen cabinet because you know food storage containers are going to come pouring out like an erupting volcano? Do you spend hours searching for the email you need? Will you regret it tomorrow if you give away all your old concert T-shirts? And how many tote bags will you really use? *Keep This, Toss That* answers all of these questions and much more. Featuring dozens of illustrated Keep/Toss Checklists, the book shows you exactly what you need—and what you can safely toss, regret-free (even if you’re a sentimentalist or saver)—in every room of your house, for each hobby or activity, and even online. It also includes: • quick tips on clever storage solutions • tools and utensils that can do double duty • advice on how to customize the lists to suit your house, your family, and your lifestyle Answering the one key question you need to get organized and live happily with just the stuff you love, *Keep This, Toss That* is the one organizing book you must have.

Environmental Catastrophe Bridey Heing,2019-12-15 Unlike natural disasters, which happen because of the earth's natural geological processes, environmental catastrophes are devastating events that occur due to humanity's impact on the environment. These can include nuclear bombings, oil spills, and more recently the extreme weather events brought about by climate change. Wildfires, heat waves, flooding, droughts, and numerous other catastrophic scenarios manifest as a result. Use this volume to inform and alert your readers about this essential topic. With the global impact of environmental catastrophes becoming increasingly pronounced, scientists and politicians alike question what the best course of action may be to slow or even reverse the devastation. With this book, readers will form intelligent opinions that can help shape future action about necessary solutions.

Year of No Garbage Eve O. Schaub,2023-04-18 Eve’s brave and honest experiment reveals the shocking impact of the throwaway society we’ve become and at the same time showing small ways we can all do better.” —Rebecca Prince-Ruiz, founder of Plastic Free July Year of No Garbage is Super Size Me meets the environmental movement. In this book Eve O. Schaub, humorist and stunt memoirist extraordinaire, tackles her most difficult challenge to date: garbage. Convincing her husband and two daughters to go along with her, Schaub attempts the seemingly impossible: living in the modern world without creating any trash at all. For an entire year. And- as it turns out- during a pandemic. In the process, Schaub learns some startling things: that modern recycling is broken, and single stream recycling is a lie. That flushable wipes aren’t flushable and compostables aren’t compostable. That plastic drives climate change, fosters racism, and is poisoning the environment and our bodies at alarming rates, as microplastics are being found everywhere, from the top of Mount Everest to the placenta of unborn babies. If you’ve ever thought twice about that plastic straw in your drink, you’re gonna want to read this book.

Simply Spaced Monica Leed,2019-10-08 *Simply Spaced* is your step-by-step guide for clearing clutter and styling a beautiful home that aligns with your passion and purpose. Broken into projects by room, across a “year of clear,” the 3-step method dispels the myth that you can’t learn to be organized. *Simply Spaced* teaches you to think like a professional organizer. Learn to simplify like a pro by implementing the fail-safe method to declutter any space, keeping only what you love, need, and use. Streamline your home and take back control by optimizing space with strategic storage. And finally, style your home to inspire creativity and connection. Monica Leed, CEO and owner of *Simply Spaced*, will reshape how you think about your home and belongings. Her practical tips make

getting organized desirable, achievable, and sustainable. She’s made this all possible through a belief that simplicity and order create the mental and physical space we all need to thrive. Complete with checklists and tear-out worksheets, Monica shares her best advice on how to create a home that “rises up to meet you.” Each chapter includes: 5 clutter culprits 5 pro tips to combat clutter 15 things to let go of now Style tips for every room From kitchens and closets to kids’ spaces and storage, Monica will inspire you to conquer one room at a time, overcoming overwhelm and organizing it all. The Simply Spaced method, born from the LA-based professional organizing service and lifestyle company Simply Spaced, has helped countless clients tap into their creativity for profound change. Get ready to be inspired as you clear the physical and mental clutter that’s been holding you back from living your best life. It all starts at home.

Lili's Caregiver's Guide Lili Udell Fiore,2023-12-22 While in her forties, Lili Udell Fiore found herself in a difficult situation. While juggling her career, marriage, and family, she received a call that her beloved aunt, who lived many states away, was not well. Faced with managing her aunt's care from a distance, Lili relied on wisdom from professionals, friends, and family members to do her best. Eventually, Lili found her way, and then was also faced with caring for her aging parents. In a helpful resource for caregivers seeking trusted guidance, Fiore shares the lessons learned and wisdom gained from missteps along her own journey as a caregiver that also includes knowledge she learned from her father who was an Episcopal Priest and head of Pastoral Care at the local hospital and an early teacher of dying and death in the 1970s. Her guide provides advice on how to hire Caregivers, create healthy boundaries, utilize her sensory care method, approach Loved Ones about advocating on their behalf, provide end-of-life care, and dozens of tracking forms for personal and medical care. There are various forms, for managing caregiving, preparing for your Loved One's death, and managing affairs after death. Included is valuable insight on grief and how to live again once the journey as a caregiver has ended. Lili's Caregiver's Guide shares proven methods to help Caregivers find peace, organization, and a sense of control while creating the best possible life and passing for you the Caregiver and your Loved Ones.

The Real Simple Method to Organize Every Room The Editors of Real Simple,2018-08-07 Rein in the chaos and regain control of your space. Whether you live in a small space or a large one, Real Simple has the best why-didn't-I-think-of-that advice for creating- and keeping-an easy, stylish, organized home. This practical and inspiring handbook covers everything from how to pare down to cleaning in way less time; from savvy storage solutions to apps that make organizing a snap; from handy checklists and cheat sheets to the most useful products. Organize Every Room is a clutter-busting, timesaving, space-maximizing road map to simplifying your life and creating a happier home.

New Order Fay Wolf,2016-01-12 For readers of The Life-Changing Magic of Tidying Up and The Power of Habit comes a revelatory, witty guide to a clearer home and a more creative mind. Can a decluttered space fuel a creative mind? Heck yes, says organizing expert Fay Wolf, who has helped everyone from Hollywood celebrities to schoolteachers to work-from-home parents achieve a simpler, more fulfilling life. Here, Wolf outlines her basic rules for saying goodbye to the stuff crowding up your space and hello to new habits that free you up for the things you’re passionate about. And it can all be done in as little as a few minutes a day. Learn how to create productive to-do lists • stem the flood of paper • downsize digital clutter and social media • arrange your space to spark creative juices • curb your desire to accumulate • collaborate and connect with others for support • embrace imperfection • keep up the momentum Wolf also shares her favorite productivity apps and resources for donating your many, many items. From the outer clutter of your home to the inner clutter of your chatty mind, this handbook will help you make room for artistic inspiration and invite you to treat yourself to less. Praise for New Order “Clarity, control, peace and quiet: All of these ‘nebulous golden nuggets’ can be obtained by following Wolf’s sensible decluttering program.”—The New York Times Book Review “Less stuff. Less paper. Less digital. These are some of the ingredients for a decluttered life to be found in New Order.”—Los Angeles Times “New Order seriously changed my life.”—Emily Deschanel “Fay Wolf is some kind of superhero.”—Jesse Tyler Ferguson “Full of millennially minded tips that will help you clean-attack your space.”—Refinery29 “The KonMari alternative you’ve been waiting for . . . [Wolf’s] approach is about reducing chaos so you can focus on more important things, like creative pursuits. . . . The New Order method resonates with me.”—PopSugar “Fay Wolf is living proof that being highly organized doesn’t have to mean being sterile and rigid.”—Apartment Therapy “Her message is about fun and freedom, rather than healing and fixing.”—The Guardian “How can one possibly be productive when faced with so many obligations? Enter: The Triangle of Productivity.”—InStyle “A smart, accessible, sensitive and charming book about clutter.”—Hello Giggles “Wolf has helped individuals clean out and create space in their lives for decades . . . and now she’s sharing her best tips with the world in this book.”—Romper

Mothering Earth Julia Rockwell,2023-10-10 This Earth—and money—saving guide to sustainable living empowers families everywhere to fight climate change by making practical lifestyle changes—at home at their own pace. Expert author Julia Rockwell provides a road map to simplify and streamline our lives in a way that benefits overall well-being and the health of the planet—all without sacrificing comforts or turning our lives upside down. And to do so you... do not need to carve out separate time to focus on sustainability, do not need to spend more money, do not need to partake in DIY projects, do not need to be perfect, do not need to get rid of all the plastic in your home, do not need to turn your family’s life upside down, do not need to feel guilty (you didn’t create this mess we are in), do not need to live off the grid. Written and designed to reach all families, this inspiring and useful book highlights “eco-action” solutions that support a climate-friendly lifestyle at your own pace. Some of the eco-actions topics covered are: Take a Trash Tally Find Your Free Marketplace Switch to Reusables Help Kids Eat, Not Waste It shows us how caring for a healthy planet doesn’t just boost mental wellness, reduce stress, and heighten sense of community, but also saves time and money, too. Includes a comprehensive list of eco-insider resources, a 31-day Eco-Family Challenge, a guide to creating a personalized roadmap to resources in your area, and the book itself is printed on responsibly forested, FSC certified paper. Realistic yet impactful, Mothering Earth gives readers a feasible guide for simple and meaningful change, while at the same time sparks calmness and connection. With the tools to create an effective and healthy eco-routine, readers take a holistic look at shifting habits and making them stick in this Earth-saving guidebook. “We know women and girls will be most affected by climate change. Mothering Earth has us all thinking about how to take agency in our own lives while fighting for the systemic changes we need for a thriving planet.” —Eve Rodsky, author of New York Times bestseller Fair Play and Find Your Unicorn Space Saving the planet is an all-hands-on-deck effort, and in this book, Julia gives strategies that can get your whole family (or just yourself whilst navigating family) on board with simple shifts that are economical, fun, and best of all, impactful. Every household needs to read this. Better yet, every human needs to read this. —Ashlee Piper, Sustainability Expert and Author of Give A Sh*t: Do Good. Live Better. Save the Planet. This book is a powerful and practical guide for how we can individually make small shifts and daily choices to collectively create a more just, equitable world – and a more climate resilient future – for our children and for generations to come. —Melinda Kramer, Co-Founder and Co-Director of Women’s Earth Alliance Conscious parenting is not an easy task, but Julia will show you how it’s not only possible - it's the foundation for a whole new kind of life. And one that you don’t want to miss out on. —Anne Therese Gennari, author of The Climate Optimist Handbook Mothering Earth is the approachable, accessible guide I’ve needed to move from overwhelm to action. Julia skillfully outlines the small, simple changes my family can make to live more sustainably and create a stronger planet. —Jill Koziol, Co-Founder & CEO, Motherly Julia has done incredibly thorough research coupled with her dedicated experience and testing in order to offer a wide host of solutions for every aspect of domestic life. This book will be an incredibly valuable resource for parents and non-parents alike... —Danielle Jezienicki, Director of Sustainability at Grove Collaborative

The Buy Nothing, Get Everything Plan Liesl Clark, Rebecca Rockefeller, 2021-01-12 In the spirit of *The Gentle Art of Swedish Death Cleaning* and *The Joy of Less*, experience the benefits of buying less and sharing more with this accessible 7-step guide to decluttering, saving money, and creating community from the creators of the Buy Nothing Project. In their island community, friends Liesl Clark and Rebecca Rockefeller discovered that the beaches of Puget Sound were spoiled by a daily influx of plastic items and trash washing on shore. From pens and toothbrushes to toys and straws, they wondered, where did it all come from? Of course, it comes from us—our homes, our backyards, our cars, and our workplaces. And so, a rallying cry against excess stuff was born. In 2013, they launched the first Facebook Buy Nothing Project group in their small town off the coast of Seattle, and they never expected it to become a viral sensation. Today there are thousands of Buy Nothing groups all over the world, boasting more than a million members, and 5,000 highly active volunteers. Inspired by the ancient practice of gift economies, where neighbors share and pool resources, *The Buy Nothing, Get Everything Plan* introduces an environmentally conscious 7-step guide that teaches us how to buy less, give more, and live generously. At once an actionable plan and a thought-provoking exploration of our addiction to stuff, this powerful program will help you declutter your home without filling landfills, shop more thoughtfully and discerningly, and let go of the need to buy new things. Filled with helpful lists and practical suggestions including 50 items you never need to buy (Ziploc bags and paper towels) and 50 things to make instead (gift cards and salad dressing), *The Buy Nothing, Get Everything Plan* encourages you to rethink why you shop and embrace a space-saving, money-saving, and earth-saving mindset of buying less and sharing more.

The Going Green Handbook Alice Mary Alvrez, 2018-07-15 Start one new habit every week—and live the good green life. Level up your eco-knowledge with these fifty-two creative ideas and easy ways to live a sustainable life that's healthier for you and for the planet (as well as for your household budget). You'll find DIY tips on changes big and small, including: Reducing waste Eating organic Keeping toxins out of your home Raising chickens Planting a bee-friendly garden Growing veggies, fruits, and herbs Composting Making toxin-free, eco-friendly cleansers and paint And more! "Sustainable living is better in every way and this book shows how to do it." —Becca Anderson, author of *Every Day Thankful*

Paperless Deacon B. Ellis, 2023-06-26 Going paperless isn't just about saving the environment; it's about saving your sanity. Looking to simplify your life and reduce the clutter of paper? Look no further than *The Future of Work and Life*. In this comprehensive guide, you'll learn about the benefits of going paperless, the environmental impact of paper usage, and how to assess your own paper consumption habits. But going paperless isn't just about reducing waste - it's also about improving productivity and organization. That's why this book provides you with the tools you need to go paperless, from digital storage and organization platforms to scanning and digitizing tools for paper documents. Transitioning to digital workflows can be daunting, but this book offers strategies for making the switch and tips for integrating digital tools into your daily routine. Plus, you'll learn about best practices for securing your digital documents and protecting your personal information online. Maintaining a paperless lifestyle is easier than you might think, and this book provides strategies for staying organized and productive without paper. You'll also learn about the social and environmental impact of going paperless and the future of paperless technology. Still have questions or comments? This book even offers the opportunity to get another book for free. Don't wait - start simplifying your life and reducing waste today with *The Future of Work and Life*.
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Real Simple Organizing Room by Room Real Simple, 2021-01-08 Get Organized Once and For All: Think of decluttering as the ultimate goal, the one move that makes all other goals more achievable. The whole-house, whole-family plan in these pages is designed to save time (fewer closet excavations) and aggravation (no more pantry landslides). It might also erase guilt, since clutter reminds us of the decisions, big and little, that we've dodged. More shelf space is lovely, but more mental space is the real game changer. What will you do with yours?

Zero Waste Shia Su, 2018-04-03 Easy and Effective Strategies to Jumpstart a Sustainable, Waste-Free Lifestyle We have a worldwide trash epidemic. The average American disposes of 4.4 pounds of garbage per day, and our landfills hold 254 million tons of waste. What if there were a simple—and fun—way for you to make a difference? What if you could take charge of your own waste, reduce your carbon footprint, and make an individual impact on an already fragile environment? A zero waste lifestyle is the answer—and Shia Su is living it. Every single piece of unrecyclable garbage Shia has produced in one year fits into a mason jar—and if it seems overwhelming, it isn't! In *Zero Waste*, Shia demystifies and simplifies the zero waste lifestyle for the beginner, sharing practical advice, quick solutions, and tips and tricks that will make trash-free living fun and meaningful. Learn how to: Build your own zero waste kit Prepare real food—the lazy way Make your own DIY household cleaners and toiletries Be zero waste even in the bathroom! And more! Be part of the solution! Implement these small changes at your own pace, and restructure your life to one of sustainable living for your community, your health, and the earth that sustains you.

Choose Your Retirement Emily Guy Birken, 2015-09-04 As seen in *Woman's Day*, *US News & World Report*, and *Money Magazine* Uncover the truth about planning for retirement! From financial advisors and pundits on television to colleagues and family members, everyone has something to say about retirement. But how much of it is true? Whether you're looking to move into a senior living community or travel the world, *Choose Your Retirement* shows you how to realistically prepare for the future you desire. Inside, you will find expert advice for choosing the best retirement path for you and your family as well as information on common myths like: - You will only need 80 percent of your current income in retirement -Medicare will cover all your health-care needs -Switching investments over to bonds is the safest retirement option -Social Security will run out in 2033, leaving millions without their promised benefits Filled with hundreds of facts about retiring, *Choose Your Retirement* helps you set attainable financial goals and plan for the retirement—and life—you've always wanted.

Liar & Spy Rebecca Stead, 2012-08-07 The instant New York Times bestseller from the author of the Newbery Medal winner *When You Reach Me*: a story about spies, games, and friendship. The first day Georges (the S is silent) moves into a new Brooklyn apartment, he sees a sign taped to a door in the basement: SPY CLUB MEETING—TODAY! That's how he meets his twelve-year-old neighbor Safer. He and Georges quickly become allies—and fellow spies. Their assignment? Tracking the mysterious Mr. X, who lives in the apartment upstairs. But as Safer's requests become more and more demanding, Georges starts to wonder: how far is too far to go for your only friend? "Will touch the hearts of kids and adults alike." —NPR Winner of the Guardian Prize for Children's Fiction Named a Best Book of the Year by *The New York Times*, *The Wall Street Journal*, and more!

Minimalista Shira Gill, 2021-11-02 Elevate your personal style, trim your belongings, and transform your life, one room at a time, with this visionary lifestyle and home organization book from professional organizing expert, Shira Gill. "Warm, funny, and direct,

Shira builds you up while helping you edit down to the best version of yourself.”—Stacy London, New York Times bestselling author of *The Truth About Style* As a professional home organizer with clients ranging from students to multi-millionaires, Shira Gill observed that clutter is a universal stress trigger. Over the years she created a signature decluttering and organization process that promotes sustainability, achieves lasting results, and can be applied to anyone, regardless of their space or lifestyle. Rather than imposing strict rules and limitations, Shira redefines minimalism as having the perfect amount of everything—for you—based on your personal values and the limitations of your space. Now, in *Minimalista*, Shira shares her complete toolkit for the first time, built around five key steps: Clarify, Edit, Organize, Elevate, and Maintain. Once you learn the methodology you'll dive into the hands-on work, choose-your-own-adventure style: knock out a room, or even a single drawer; style a bookshelf; donate a sweater. Shira teaches that the most important thing you can do is start, and that small victories, achieved one at a time, will snowball into massive transformation. Broken into small, bite-sized chunks, *Minimalista* makes it clear that if the process is fun and easy to follow, anyone can learn the principles of editing and organization.

All Fall Down Jennifer Weiner,2015-04-07 Allison Weiss has a great job, a handsome husband, an adorable daughter and a secret. Allison Weiss is a typical working mother, trying to balance a business, aging parents, a demanding daughter, and a marriage. But when the website she develops takes off, she finds herself challenged to the point of being completely overwhelmed. Her husband's becoming distant, her daughter's acting spoiled, her father is dealing with early Alzheimer's, and her mother's barely dealing at all. As she struggles to hold her home and work life together, and meet all of the needs of the people around her, Allison finds that the painkillers she was prescribed for a back injury help her deal with more than just physical discomfort. However, when Allison's use gets to the point that she can no longer control. or hide it, she ends up in a world she never thought she'd experience outside of a movie theater: rehab. Amid the teenage heroin addicts, the alcoholic grandmothers, the barely-trained recovery coaches, and the counselors who seem to believe that one mode of recovery fits all, Allison struggles to get her life back on track, even as she's convincing herself that she's not as bad off as the women around her.

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Paperkarma**

In some sort of inundated with monitors and the cacophony of instantaneous conversation, the profound power and psychological resonance of verbal artistry frequently fade in to obscurity, eclipsed by the continuous onslaught of sound and distractions. However, set within the musical pages of **Paperkarma**, a charming perform of fictional elegance that pulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this magical opus manuals viewers on an emotional odyssey, softly revealing the latent possible and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect its captivating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Paperkarma Introduction

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