

Jappy App

Dan Harris

Happy Gut Vincent Pedre,2015-12-29 Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre’s program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

Happy Easter, Little Critter Mercer Mayer,2024-01-23 Celebrate Easter with this adorable Little Critter board book! It’s Easter morning, and Little Critter is ready to find some Easter goodies with his little sister! After church, they dye some eggs. Then they have an Easter egg hunt! Children will love this heartwarming Little Critter board book, which features a glitter cover. This sweet tale is the perfect way to introduce the youngest fans to lovable Little Critter!

Exploring the World of Japanese Craft Sake Nancy Matsumoto,Michael Tremblay,2022-05-10 *Recipient of the James Beard Media Award - Claiming the title of best book in the Beverage without Recipes category* *Top 10 Nominee of the Spirited Award from the Tales of the Cocktail Foundation* This stunning guide invites you into the story of sake--an ancient beverage finding its way in a modern world. Whether you're a sake novice or an experienced connoisseur, *Exploring the World of Japanese Craft Sake* offers fascinating insights, practical tips, and rich stories about this popular beverage. Authors and experts Nancy Matsumoto and Michael Tremblay personally undertook the challenge of visiting 35 artisanal sake breweries in Japan, the US, and Canada to interview makers and document every stage of the sake brewing process. Nancy's celebrated journalistic background combined with Michael's sake sommelier experience have led to an engaging and informative look at the world of sake. With over 300 color photos and a lively narrative, this fascinating book provides: A comprehensive introduction to the science and history of sake brewing in Japan A look at how fine craft sakes are brewed today using traditional methods and no additives--only rice, water, koji, and yeast Histories of Japan's venerable breweries, some of them over 300 years old! An answer to why some breweries are able to turn out a superior quality of sake A discussion of rice varieties and the contentious topic of terroir in the context of sake making. Current trends in the world of sake, including the fine sakes now brewed outside Japan Tasting notes and recommendations for top craft sakes you have not heard about yet This book also includes personal recipes from several top Japanese sake-brewing families along with food-pairing tips and a chapter on the authors' own Japanese sake-bar-going adventures.

Keiko Okamoto's Japanese Knitting Stitches Keiko Okamoto,2019-05-28 Keiko Okamoto's Japanese Knitting Stitches presents 150 exquisite knitting and crochet stitches from one of Japan's most prolific and innovative designers. Her designs range from classic to ethnic to quirky--in colors ranging from earthy to vivid. Keiko Okamoto is recognized around the world for her colorful and textural stitches, and this book features beautiful color photos showing the full potential of these stitch patterns. An introduction by veteran Japanese knitting expert Gayle Roehm--translator of Japanese Knitting Stitch Bible and 250 Japanese Knitting Stitches--explains the ins and outs of using the Japanese-style knitting charts and executing the stitches in a way that is simple and easy for all knitters to understand. Full instructions and diagrams for crochet and knitting projects offer a chance to put these stitches to use. These projects include: A cardigan with charming crocheted strawberry garland A multi-colored, fringed neck wrap A pair of funky, sculptural arm-warmers--toasty and multi-textured A charming Fair Isle knitted basket bag A pair of fluffy, cuffed mittens An elegant A-line textured wool sweater suitable for any body type A chic Nordic-patterned short coat This book will be a prized addition to every knitter's library, and a favorite reference for years to come!

Takenobu's Japanese-English Dictionary Takenobu Yoshitarō,1920

The English Catalogue of Books [annual] Sampson Low,1906 Vols. for 1898-1968 include a directory of publishers.

Fluent Forever Gabriel Wyner,2014-08-05 NATIONAL BESTSELLER • For anyone who wants to learn a foreign language, this is the method that will finally make the words stick. “A brilliant and thoroughly modern guide to learning new languages.”—Gary Marcus, cognitive psychologist and author of the New York Times bestseller *Guitar Zero* At thirty years old, Gabriel Wyner speaks six languages fluently. He didn’t learn them in school—who does? Rather, he learned them in the past few years, working on his own and practicing on the subway, using simple techniques and free online resources—and here he wants to show others what he’s discovered. Starting with pronunciation, you’ll learn how to rewire your ears and turn foreign sounds into familiar sounds. You’ll retrain your tongue to produce those sounds accurately, using tricks from opera singers and actors. Next, you’ll begin to tackle words, and connect sounds and spellings to imagery rather than translations, which will enable you to think in a foreign language. And with the help of sophisticated spaced-repetition techniques, you’ll be able to memorize hundreds of words a month in minutes every day. This is brain hacking at its most exciting, taking what we know about neuroscience and linguistics and using it to create the most efficient and enjoyable way to learn a foreign language in the spare minutes of your day.

Happy Not Perfect Poppy Jamie,2021-06-08 A clear path to overcoming uncertainty, perfectionism, and fears of rejection so you can finally find peace with the past and create a happier, healthier future “Poppy’s powerful approach will help you take control of your thoughts so they don’t control you.”—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* Even before the pandemic brought on a crushing wave of stress, anxiety, isolation, life change, and financial struggle, there was already a growing mental health crisis. Due to a culture that encourages perfection, hustle, and fictional life/work balance, many are burning out. Behind her Instagram-projected image of “happy wellness founder,” Poppy Jamie was also struggling mightily with perfectionism and life purpose. She began working with mental health experts and researchers to find practical tools to overcome her inner critic and rewire her mind. She discovered that it is possible to create new neural pathways in your brain to break patterns of avoidance, challenge fears of not being good enough, and turn failure around by stretching the mind with new, healthier thought habits. The old wiring (and habits) that you’ve been stuck with can be written-over. You can actually upgrade your headspace to make curiosity, vulnerability, compassion, and emotional flexibility your default settings. In the emphatic and trusted voice of Bridget Jones meets neuroscience, Poppy shares her Flexy Thoughts approach for changing how you react to emotional triggers and think of yourself while improving your mental and physical health, relationships, and vision of the future. Our emotional resilience may continue to be tested, but the new perspectives and strategies in *Happy Not Perfect* will help us bring confidence, adaptability, and acceptance to whatever comes next.

How to Walk yourself Healthy & Happy Russ Williams,2020-06-14 Walking is aerobic exercise; it is also the 'Superfood' of exercise. Most of us do it every day to varying degrees and many of us do not fully appreciate the many proven benefits for the body and mind that you can get simply by taking regular walks. Author Russ Williams – a UK based broadcaster – has been a walker for many years and noticed a distinct upturn in his physical and mental health as a result of walking regularly. He researched and subsequently wrote this book to help people fully understand WHY walking is such an important way of exercising and to understand the many PROVEN benefits of doing it for the mind and body. In his book he shares the medical evidence and why you can reap the benefits without taking a big chunk out of your daily life and routine. 'How To Walk Yourself Healthy And Happy' explains how walking can significantly help: -Blood pressure health -Help you lose weight safely with speed/ time and calorie burning charts. - Control cholesterol levels -Correct your posture -Increase core muscle strength and flexibility -Energy levels -Walking to ease back pain -Help control

diabetes -Encourage better brain health -Tackle and help solve sleep issues. -Increase memory capacity -Aid recovery from cancer treatment -Post cardiac event recovery -The risk of a heart attack or stroke -Issues and conditions of the menopause -Reduce loneliness by walking -Improve mood and your state of mind Discover the many types of walking that you can do (14 in total!) – there really is a type of walking for everyone. The book shows you what to do and what not to do, explains why starting out modestly and increasing your walks and their intensity over time give the most sustainable benefits to your health. You will learn that regular walking is by far the best and why you have to keep it up and not stop for a week or two. There is a guide to the right kind of equipment and footwear that you will need and the smartphone apps that will make recording your walks simple and fun. Proven medical facts support the long list of benefits of walking as a principal form of exercise whether it is in a forest, going around the block or just popping out to get your lunch on a break from work. By adding regular walking to your exercise regime, you will quickly notice how much better you feel both physically and mentally. It is time to get those walking shoes or boots on for better health!

The Happy, Healthy Nonprofit Beth Kanter, Aliza Sherman, 2016-09-21 Steer your organization away from burnout while boosting all-around performance The Happy, Healthy Nonprofit presents realistic strategies for leaders looking to optimize organizational achievement while avoiding the common nonprofit burnout. With a uniquely holistic approach to nonprofit leadership strategy, this book functions as a handbook to help leaders examine their existing organization, identify trouble spots, and resolve issues with attention to all aspects of operations and culture. The expert author team walks you through the process of building a happier, healthier organization from the ground up, with a balanced approach that considers more than just quantitative results. Employee wellbeing takes a front seat next to organizational performance, with clear guidance on establishing optimal systems and processes that bring about better results while allowing a healthier work-life balance. By improving attitudes and personal habits at all levels, you'll implement a positive cultural change with sustainable impact. Nonprofits are driven to do more, more, more, often with fewer and fewer resources; there comes a breaking point where passion dwindles under the weight of pressure, and the mission suffers as a result. This book shows you how to revamp your organization to do more and do it better, by putting cultural considerations at the heart of strategy. Find and relieve cultural and behavioral pain points Achieve better results with attention to well-being Redefine your organizational culture to avoid burnout Establish systems and processes that enable sustainable change At its core, a nonprofit is driven by passion. What begins as a personal investment in the organization's mission can quickly become the driver of stress and overwork that leads to overall lackluster performance. Executing a cultural about-face can be the lifeline your organization needs to thrive. The Happy, Healthy Nonprofit provides a blueprint for sustainable change, with a holistic approach to improving organizational outlook.

Be strong be happy the secret of happy Taher Borhani, 2020-12-13 A Look at the Oxford English Dictionary's Definition of Happiness First, let's take a look at the definition of happiness so we're all on the same page. Oxford English Dictionary's definition of "happiness" is a simple one: "The state of being happy." Not exactly what we were looking for, was it? Perhaps we need to dive a little deeper. Oxford English Dictionary's definition of "happy" is a little more helpful: "Feeling or showing pleasure or contentment." That's better! So, happiness is the state of feeling or showing pleasure or contentment. From this definition, we can glean a few important points about happiness: 1. Happiness is a state, not a trait; in other words, it isn't a long-lasting, permanent feature or personality trait, but a more fleeting, changeable state. 2. Happiness is equated with feeling pleasure or contentment, meaning that happiness is not to be confused with joy, ecstasy, bliss, or other more intense feelings. 3. Happiness can be either feeling or showing, meaning that happiness is not necessarily an internal or external experience, but can be both. it's possible Happiness looks different for everyone. For you, maybe it's being at peace with who you are. Or having a secure network of friends who accept you unconditionally. Or the freedom to pursue your deepest dreams. Regardless of your version of true happiness, living a happier, more satisfied life is within reach. A few tweaks to your regular habits can help you get there. If you've ever tried breaking a bad habit, you know all too well how engrained they are. Well, good habits are deeply engrained, too. Why not work on making positive habits part of your routine? Here's a look at some daily, monthly, and yearly habits to help kickstart your quest. Just remember that everyone's version of happiness is a little different, and so is their path to achieving it. If some of these habits create added stress or just don't fit your lifestyle, ditch them. With a little time and practice, you'll figure out what does and doesn't work for you.

The How of Happy Ariane Sherine, David Conrad, 2022-11-03 Happiness: as elusive as a working inkjet printer, and as slippery as an eel covered in baby oil. When we chase happiness, it runs away like a cat when you're trying to give it a bath, but the world of pop psychology is filled with competing advice that either claims it can help you catch it or warns you not to seek it out at all. Comedian Ariane Sherine is determined to help us find the true path to happiness, and public health expert David Conrad has the key: 50 well-selected research studies that show you exactly what to do to find happiness in your relationships, your friendships, your finances, your sex life and your career. Using wide-ranging evidence from around the world, Conrad and Sherine show us the true science behind what makes people happy and outline the simple, practical steps we can take to attain this too. This book has all the facts, stats and entertainment you could ever need to live a blissfully content life. And celebrities weigh in with their own versions of happiness too, so you'll find contributions from Derren Brown, Stewart Lee, Jeremy Vine, Rosie Holt, Femi Oluwole, Robin Ince, Sanjeev Kohli, Bec Hill, Arthur Smith and many more.

Happy Money Happy Life Jason Vitug, 2023-01-25 Transform your relationship with money into one that powers true wellbeing. Money can buy happiness when you spend it on wellness. In *Happy Money Happy Life: A Multidimensional Approach to Health, Wealth, and Financial Freedom*, celebrated writer, speaker, and entrepreneur Jason Vitug delivers an exciting and practical discussion at the intersection of our mental and emotional health and our money. You'll explore the importance of physical and spiritual wellbeing, the interconnectedness of environmental comfort, meaningful work, and social connections as you learn to live a healthier, wealthier, and happier life. With insightful takeaways from happiness research, you'll understand how money weaves itself into every aspect of your life and how you can masterfully use it to choose happiness. In the book, you'll find: Descriptions of the 8 dimensions of wellness and a hands-on framework you can use to achieve your financial and life goals 4 key principles to living a happier life A holistic strategy for transforming your relationship with money into one that improves every aspect of your wellbeing An indispensable roadmap to mental strength, physical health, financial success, and emotional intelligence, *Happy Money Happy Life* is ideal for professionals, managers, workers, executives, and other business leaders ready to explore the possibility that life is about joy and happiness, not merely titles and salaries.

10% Happier Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

Money Mum Official: Save Yourself Happy Gemma Bird, 2022-01-06 SAVE A FORTUNE AND TRANSFORM YOUR LIFESTYLE IN 2022. If you're feeling the pinch after Christmas and worried about the rising cost of living then INSTAGRAM SENSATION MONEY MUM is here to help you SAVE THOUSANDS WITHOUT EVEN NOTICING. Money Mum, here, coming to you, as always, with another money tip! You don't have to be wealthy or earn a huge salary to achieve all the things you want in life - and I'm here to show you how. Just by spending a little less on everyday small costs or being savvy with your choices, you will naturally have a little more for the finer things in life. My exciting new book will show you everything you

need to know to save money and be truly happy forever. When you're trying to manage a busy family, it's easy to lose sight of the things that really matter and feel like you're drowning in worries while the pennies are drowning away. So many of us feel we have to pretend to be wealthier than we are and try to hide it when we can't afford something. Why though, when we are all sharing what we had for our tea and how many press ups we did that morning on social media, can't we be more honest about our finances? Why is there still so much shame and secrecy about being a bit strapped for cash, or in debt? I feel really strongly that it has got to change, and I'm here to get you through it.. I want to empower women and girls to take responsibility for their own financial futures. To have those difficult conversations and do the uncomfortable maths, because believe me one day you will be so glad you did. From starting small and making little changes to your everyday habits, through building a second income into your lifestyle, to going for the big goals in your life that you might think are out of your reach - this book will help you reboot your finances one money tip at a time. Because money isn't a secret recipe that only rich people know, it's a mindset and an attitude that anyone can have. And Money Mum is here, as always, to show you how. Now stick the kettle on, grab a pen and paper and let's start saving you some serious cash! Inside you'll find: - My ultimate deals and tips, covering everything from shopping and bills to selling unwanted items - How to follow my weekly 'No Spend Day' and 'Make Money Day' - What your money mindset does to your anxiety levels and the impact social media has on your spending - Tips for getting the whole family talking about money from an early age - Spending tracker templates, charts and plenty of space for your own notes!

The Happy Hormone Guide Shannon Leparski,2019-09-10 A comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy, and reduce PMS symptoms. After struggling for years with acne, oily skin and hair, debilitating cramps, mood swings, brain fog, intense cravings, insomnia, bloating, and weight gain before her period, author and certified hormone specialist Shannon Leparski developed the Happy Hormone Method through extensive research. Her life changed for the better and Shannon made it her mission to combat hormone imbalance and promote women's health. TheHappy Hormone Guide includes comprehensive, phase-specific (menstrual, follicular, ovulatory, and luteal) guidance including: Changes in fertility, libido, and basal body temperature Beneficial foods, micronutrients, and supplements Phase-specific recipes to support hormone balance (can also reduce symptoms associated with endometriosis) Common changes to mood and energy levels Exercise tips suitable to different times of the month Facial recipes, hair masks, and essential oil blends Modern culture expects women to keep up with the same demanding daily routine, but women's cycles are anything but consistent. The Happy Hormone Guide explores the ebbs and flows of a woman's monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life.

Happy Mind, Happy Life Dr Rangan Chatterjee,2022-06-14 The science is clear: Happiness plays a vital role in your health. Learn how to make it a priority. During his 20 years as a GP, Dr. Rangan Chatterjee, author of the international bestseller Feel Better in 5, has seen first-hand that motivation isn't always enough for us to maintain a healthy lifestyle. It's only when we learn how to support our own mental wellbeing and cultivate core happiness that these choices become easy. In Happy Mind, Happy Life, Dr. Chatterjee shares cutting-edge insights into the science of happiness and reveals 10 simple ways to put you back in control of your health. It features real-life case studies and more than 20 practical exercises, including lessons on how to: Find your flow Create distance from your phone Deal with criticism Whether you are at a crisis point or simply want to experience more joy, this book will help you feel calmer, more confident, and able to live your life to the full. Your body and mind will thank you.

Summary of The Happy Kid Handbook by Katie Hurley, LCSW QuickRead,Lea Schullery, How to Raise Joyful Children in a Stressful World. Parenting today has become more complicated than it ever has before. As our world becomes more and more connected, we become overwhelmed with the amount of parenting advice that seems to be taking over at every corner. Parenting in the past seems to have been much simpler, all you had to worry about was getting dinner on the table and making sure everyone survived without anything catching on fire. Today, however, everybody has an opinion on how to parent and there are countless techniques, like attachment parenting, free-range parenting, mindful parenting. How do you know which one is best? How can you choose? In the end, all that matters is one thing: that your kids are happy. This is where psychotherapist and parenting expert Katie Hurley comes in. Throughout The Happy Kid Handbook, Hurley shows parents how happiness is the key to raising confident, capable children. This doesn't mean giving in to every child's desire; instead, it means parenting to your individual child. After all, every child is different. When you listen to your children and encourage them to explore and express their emotions, you'll teach them how to live happy, fulfilled lives while navigating the stresses of life. As you read, you'll learn how to parent to your child's unique needs, why allowing them to be scared is healthy, and why giving your child the freedom to play can help with more than just social skills. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com.

How to Have Happy Children Dr Martin J Coles,2019-07-18 Parenting can be tough - tougher still when everyone has an opinion on raising a child. From the press, social media and online influencers right through to our friends and family, we're bombarded with advice - and criticism - on how to be good parents. Our kids aren't born with a manual, so How to Have Happy Children is the book you need. Dr Martin J. Coles has seen it all, and having spent a lifetime working with and for children, his expert knowledge, research and experience are condensed here into ten brilliant bite-sized chapters, the Ten Commandments of Parenting:1. You shall not be perfect2. You shall prefer presence to praise3. You shall respect change4. You shall not make for yourself a false idol in screen time, but covet sleep time5. You shall take care of your child's friendships6. You shall honour discipline7. Remember literacy to keep it holy8. You shall covet for your child play of all types9. You shall covet good relations with your partner and family members10. You shall take for thyself positive thinkingPacked with simple strategies, practical tips and straight-talk, this book will empower your decision-making and give you the confidence to tackle the unique challenges of parenting.

Happy for You Claire Stanford,2023-04-18 A NEW YORK TIMES BOOK REVIEW EDITORS' CHOICE NAMED A MOST ANTICIPATED BOOK OF 2022 BY GLAMOUR, ELECTRIC LIT, AND THE MILLIONS "Engrossing and clever . . . Stanford captures the allure, absurdity and menace of corporate spaces with wit and levity . . . Anyone who has resisted fitting neatly into an algorithm will find a companion in Evelyn, and in this book." —The New York Times Book Review "The optimal novel for the strange times we find ourselves in." —Rachel Khong, author of Goodbye, Vitamin A whip-smart, funny, affecting novel about a young woman who takes a job at a tech company looking to break into the "happiness market"—even as her own happiness feels more unknowable than ever Four years into writing her still-unfinished philosophy dissertation, and anticipating a marriage proposal from her long-term boyfriend, Evelyn Kominsky Kumamoto is wrestling with big questions about life: How can she do meaningful work in the world? Is she ready for marriage—and motherhood? But no one else around her seems to share her ambivalence. Her relentlessly optimistic, Midwestern boyfriend has no hesitation about making a lifelong commitment; her best friend, Sharky, seems to have wholeheartedly embraced his second-choice career as a trend forecaster; and her usually reserved father has thrown himself headlong into a new relationship—his first since her mother's passing when Evelyn was fourteen. Swallowing her doubts, Evelyn makes a leap, leaving academia for a job as a researcher at the third-most popular internet company, where her team is tasked with developing an app that will help users quantify and augment their happiness. Confronting Silicon Valley's norm-reinforcing algorithms and predominantly white culture, she struggles to find belonging: as a biracial person, as an Asian American, and as someone who doesn't know how to perform social media's vision of what womanhood should look like. As her misgivings mount, an unexpected development upends her assumptions about her future, and Evelyn embarks on a journey toward an authentic happiness all her own. Wry, touching, and sharply attuned to the ambivalence, atomization, and illusion of control that characterize modern life, Happy for You is a story of a young woman at a crossroads that movingly explores how, even in this mediated world, our emotions, contradictions, and vulnerabilities have a transformative power we could never predict.

Discover tales of courage and bravery in is empowering ebook, **Jappy App** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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Jappy App Introduction

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