

Dash

Dave Ebersole

The Dash Linda Ellis,2012-04-16 When your life is over, everything you did will be represented by a single dash between two dates—what will that dash mean for the people you have known and loved? As Joseph Epstein once said, “We do not choose to be born. We do not choose our parents, or the country of our birth. We do not, most of us, choose to die. . . . But within this realm of choicelessness, we do choose how we live.” And that is what The Dash is all about. Beginning with an inspiring poem by Linda Ellis titled “The Dash,” renowned author Mac Anderson then applies his own signature commentary on how the poem motivates us to make certain choices in our lives—choices to ignore the calls of selfishness and instead reach out to others, using our God-given abilities to brighten their days and lighten their loads. After all, at the end of life, how we will be remembered—whether our dash represents a full, joyous life of seeking God’s glory, or merely the space between birth and death—will be entirely up to the people we’ve left behind, the lives we’ve changed.

Dash (Dogs of World War II) Kirby Larson,2014-08-26 New from Newbery Honor author Kirby Larson, the moving story of a Japanese-American girl who is separated from her dog upon being sent to an incarceration camp during WWII. Although Mitsi Kashino and her family are swept up in the wave of anti-Japanese sentiment following the attack on Pearl Harbor, Mitsi never expects to lose her home -- or her beloved dog, Dash. But, as World War II rages and people of Japanese descent are forced into incarceration camps, Mitsi is separated from Dash, her classmates, and life as she knows it. The camp is a crowded and unfamiliar place, whose dusty floors, seemingly endless lines, and barbed wire fences begin to unravel the strong Kashino family ties. With the help of a friendly neighbor back home, Mitsi remains connected to Dash in spite of the hard times, holding on to the hope that the war will end soon and life will return to normal. Though they’ve lost their home, will the Kashino family also lose their sense of family? And will Mitsi and Dash ever be reunited?



Story Dash David Hutchens,2021-08-24 Storytelling is humanity’s oldest way of connecting to others. But for businesses and managers, it can also be a powerful tool to help organizations grow and thrive. A leader’s role is to create engagement and belief so that people will act. And there’s no more powerful way to grab attention, be remembered, and engage action than by telling stories—about who you are, what you do, and why you do it. Today, “storytelling” is a hot topic in organizations... but most leaders still struggle to act upon it. How do we find and tell our stories quickly, in an environment of urgency where we can hardly pause to catch our breath? For more than a decade Hutchens has tested his method of rapid and strategic story development with innovation teams in Silicon Valley, across global Fortune 100 leadership teams, and more. Hutchens has honed a unique process that is active, potent, and strategically focused . . . and also a lot of fun. In Story Dash, Hutchens shares a repeatable process to find, develop, and deploy your “narrative assets”—that is, your urgent core stories that hold value. Even better, he will help you do it FAST; often in less than a day. Story Dash will help you to: Access your natural capacity for storytelling Find your stories—and figure out which ones to tell Build your narrative so it lands with unforgettable impact Find your own voice of authentic leadership Bring more of who you are to your teams and your markets Fully illustrated and written in a clear, sharp voice, Story Dash shares the fastest way to find lots of stories that will create action around the work you care about most.

Dash & Lily’s Book of Dares Rachel Cohn,David Levithan,2010-10-26 Now a Netflix original series starring Austin Abrams and Midori Francis! A whirlwind holiday season romance from the New York Times bestselling authors of Nick & Norah’s Infinite Playlist. “I’ve left some clues for you. If you want them, turn the page. If you don’t, put the book back on the shelf, please.” 16-year-old Lily has left a red notebook full of challenges on her favorite bookstore shelf, waiting for just the right guy to come along and accept its dares. Dash, in a bad mood during the holidays, happens to be the first guy to pick up the notebook and rise to its challenges. What follows is a whirlwind romance as Dash and Lily trade dares, dreams, and desires in the notebook they pass back and forth at locations all across New York City. But can their in-person selves possibly connect as well as their notebook versions, or will their scavenger hunt end in a comic mismatch of disastrous proportions? Co-written by Rachel Cohn (GINGERBREAD) and David Levithan, co-author of WILL GRAYSON, WILL GRAYSON with John Green (THE FAULT IN OUR STARS), DASH & LILY’S BOOK OF DARES is a love story that will have readers scouring bookstore shelves, looking and longing for a love (and a red notebook) of their own.

Dash Shantel Tessier,2015-06-22 I've never been one to follow the rules...or the law, for that matter. But when you find yourself behind bars and being offered the opportunity of a lifetime, you take it. I agreed to race motorcycles for Johnny Knight. A very powerful man who wanted me on his team, even knowing I was a liability. But will he still feel that way once he finds out that I had a one-night stand with his daughter? I didn't mean for it to happen. I didn't even know who she was until she walked into his office wearing my shirt from the night before. Too bad that was all she wanted-one night. It really didn't matter who she was, I wanted more. So when she ran, I followed. I should have let her go. That would have been best for both of us. But I have never done what was right, why start now? I've always been willing to take a risk, no matter what it would cost me. And I knew she was worth it all. I'm Erik Dashling, you can call me Dash. This is my story of how I willing risked one dream for another. But everyone knows that now all dreams come true.

The Dash Diet Weight Loss Solution Marla Heller,2014-07-03 Using the key elements of the DASH (Dietary Approaches to Stop Hypertension) diet and proven, never-before-published NIH research, leading nutrition

expert Marla Heller has created the most effective diet for quick-and lasting-weight loss. Based on the diet rated the #1 Best Overall Diet by Us News & World Report, this effective and easy program includes menu plans, recipes, shopping lists, and more.

Dash Diet – Snacks: 50 Easy-To-Cook Low-Sodium Snack Recipes For Hypertension Patients And Dash Diet Beginners! Leone Conti,2021-03-15  55% discount for bookstores! NOW for \$ 12,12 instead of \$ 26,95! 

Are you, or knew someone that is suffering from hypertension? This is the fifth book of a series of 10 books Your customers cannot lose this precious cookbook, which they will no longer be able to do without. Or, are you someone who is following Dash diet, and looking for snack recipes to add to your eating routine? Then, this book is ideal for you! This book contains all the snack recipes for Dash diet! Making you feel less bored, and taste happy. DASH DIET: SNACK RECIPES 50 EASY-TO-COOK LOW-SODIUM SNACK RECIPES FOR HYPERTENSION PATIENTS & DASH DIET BEGINNERS! is the best book for beginner cooks as it will help them in cooking with a great deal of ease. With the help of this book, one can cook the best 50's of snacks in very little time. People who suffer from hypertension are always on the lookout for low-sodium, low-fat, low-calorie recipes. In this book, you will find exactly what you are looking for. Low-sodium snacks that can be prepared by a beginner in a few minutes without any hassle. Here are the recipes you don't want to miss: - Turmeric Peppers Dip - Almonds and Seeds Bowls - Olives and Cilantro Salsa - Asparagus Bites - Baked Figs Bowls - Baked Mushrooms - Balsamic Walnuts Bites - Brussels Sprouts Bites - Bell Peppers Slaw - Radish Chips And many more! There is nothing that can make people feel bored for a long time other than living with high blood pressure. This disease makes people feel tired, cranky, and weak. Your body is always thirsty, and you feel like you want to eat something all the time. Now, in this fast-paced world, people's diets are completely different. There is a very large number of people who are suffering from high blood pressure. With tons of ideas that you can cook, this book will be your best friend and your reliever for your high blood pressure. These recipes will satisfy your and your family's appetite, and will also provide you the energy that you need to get your day going. Every recipe is aimed towards making you happy and helping you out. Most of the recipes in this book are really simple to make. Have this cookbook now, and get a healthier you! Buy it NOW and let your customers truly satisfied, stay healthy and addicted to this cookbook!

The DASH Diet Action Plan Marla Heller,2007 The DASH Diet Action Plan is the user-friendly teaching guide to the DASH diet. Initially, many people find it difficult to follow the DASH diet. This book makes it simple to understand and put into practice. The book makes it easy to lose weight with the DASH diet, and it has realistic ways to add exercise. Although the book was not intended to be an aggressive weight loss book, people are writing to say that they have surprised themselves by finding it easy to lose weight following the plan! Many people find the DASH diet to be hard to implement and sustain in a hectic lifestyle. The average American gets 2 - 3 servings of fruits and vegetables combined each day, so following the DASH diet may seem daunting. The DASH Diet Action Plan book is designed to help you with more than just what is involved with the DASH diet, it also shows you how. How to follow the DASH diet in restaurants, how to lose weight, how to make over your kitchen to make it easy to follow your plan, how to fit in exercise, how to reduce salt intake, how to add vegetables even if you hate vegetables. And the book helps you make your own personal plan with specific steps you will take to fit the DASH diet into your daily routine. Our readers say that this is the best DASH diet book! Your step-by-step plan will include: setting your goals for blood pressure and cholesterol, determining the calorie-level you need for maintenance or weight loss, developing meal plans, developing a realistic exercise plan, adjusting the DASH diet to accommodate other health problems, choosing the key DASH diet foods, reading food labels, and learning how to incorporate more vegetables in your diet, and setting up your kitchen to make it easy to stay on track. This book was written by a registered dietitian who is experienced in helping people make sustainable behavior changes, and make healthy eating part of their real lives. She knows that people need flexibility and options to choose different approaches, since not everyone has the time or the interest in cooking or making drastic changes in how they eat. The book incorporates tools that will help you plan the specific steps you will take to adopt the DASH diet. Research shows that people who make concrete plans are more likely to be successful with adopting new health behavior. This should improve your ability to lower your blood pressure (and cholesterol), without medication.

Mediterranean Dash Diet Cookbook: 50-days Dash Diet Meal Plan to Lose Healthy Weight and Reduce Blood Pressure. Mc Cooking Academy,2021-03-23 55% OFF for Bookstores! NOW at \$39,89 instead of \$46,29!

Are you looking for simple, healthy recipes to more easily follow the DASH diet and lower your blood pressure? The DASH diet or Dietary Approaches to Stop Hypertension was developed by the National Institute of Health using the Mediterranean Diet as a reference. This diet aims to lower blood pressure by 8-14 points in 14 days and has also been designed with the aim of reducing heart disease, stroke and kidney problems through the achievement and maintenance of normal weight. This cookbook will help you achieve your physical and mental wellness goals by following all the protocols that the Dash diet provides, namely: - low sodium levels - high consumption of fresh fruits and vegetables - regular consumption of low-fat dairy products - Adequate consumption of proteins deriving mainly from lean meats, poultry and fish - inclusion in the menu of nuts, legumes and

whole grains - limited intake of saturated fats and cholesterol - implementation of minerals, vitamins and dietary fiber. Specifically if you purchase this cookbook you will have at your disposal: Dash Diet recipes for every day and every meal, with delicious and innovative ideas. The tricks of the best nutritionists to follow an eating plan with less difficulty and less mental effort Preparation time, cooking time, servings and nutritional values for each recipe A super organized index divided by ingredients and meals, so you can have everything at your fingertips without any difficulty or waste of time. And Much More... BUY it NOW and let your customers get addicted to this amazing book!

Interactive Dashboards and Data Apps with Plotly and Dash Elias Dabbas,2021-05-21 Build web-based, mobile-friendly analytic apps and interactive dashboards with Python Key Features Develop data apps and dashboards without any knowledge of JavaScript Map different types of data such as integers, floats, and dates to bar charts, scatter plots, and more Create controls and visual elements with multiple inputs and outputs and add functionality to the app as per your requirements Book DescriptionPlotly's Dash framework is a life-saver for Python developers who want to develop complete data apps and interactive dashboards without JavaScript, but you'll need to have the right guide to make sure you're getting the most of it. With the help of this book, you'll be able to explore the functionalities of Dash for visualizing data in different ways. Interactive Dashboards and Data Apps with Plotly and Dash will first give you an overview of the Dash ecosystem, its main packages, and the third-party packages crucial for structuring and building different parts of your apps. You'll learn how to create a basic Dash app and add different features to it. Next, you'll integrate controls such as dropdowns, checkboxes, sliders, date pickers, and more in the app and then link them to charts and other outputs. Depending on the data you are visualizing, you'll also add several types of charts, including scatter plots, line plots, bar charts, histograms, and maps, as well as explore the options available for customizing them. By the end of this book, you'll have developed the skills you need to create and deploy an interactive dashboard, handle complexities and code refactoring, and understand the process of improving your application.What you will learn Find out how to run a fully interactive and easy-to-use app Convert your charts to various formats including images and HTML files Use Plotly Express and the grammar of graphics for easily mapping data to various visual attributes Create different chart types, such as bar charts, scatter plots, histograms, maps, and more Expand your app by creating dynamic pages that generate content based on URLs Implement new callbacks to manage charts based on URLs and vice versa Who this book is for This Plotly Dash book is for data professionals and data analysts who want to gain a better understanding of their data with the help of different visualizations and dashboards – and without having to use JS. Basic knowledge of the Python programming language and HTML will help you to grasp the concepts covered in this book more effectively, but it's not a prerequisite.

Lo-Dash Essentials Adam Boduch,2015-01-27 If you are a curious JavaScript developer interested simultaneously in tweaking the efficiency of your code, as well as improving the conciseness of it, and maintaining the readability of it, then this is the book for you. Ideally, the book is intended for readers already working on JavaScript projects and using frameworks such as jQuery and Backbone. Even if you're already using Lo-Dash, this book will show you how to use it efficiently. While extensive JavaScript experience isn't a requirement, you should have at least some prior programming experience in order to best understand the concepts presented.

Dash #1 Dave Ebersole,2014-09-01 Los Angeles, 1940: Private investigator Dash Malone can't shake the feeling his lover, Johnny, is hiding something. Strange deaths start occurring throughout the city while a mysterious woman named Zita Makara begs Dash to take her case. When a grisly murder connects all three, a terrifying mystery unfolds. Released by Northwest Press, which has been publishing quality LGBT-inclusive comics and graphic novels since 2010.

My Complete Dash Diet Cooking Guide Eleonore Barlow,2021-04-16 *** 55% discount for bookstores! now at \$32.95 instead of \$44.95 *** If you're tired of trying dozens of unsuccessful diets and you finally want to learn a simple way to reclaim the optimal health you deserve, then keep reading... Wondering what the DASH diet is all about? It's a one-of-a-kind diet, specifically designed to reduce blood pressure levels in people. Hypertension, or high blood pressure, is one of the greatest silent killers of this century. Your customers will never stop using this great cookbook! More and more people are suffering from excessive weight, high cholesterol and hypertension. All of these chronic illnesses have a strong negative impact on people's everyday lives, exposing them to a wide range of much more serious pathologies. DASH stands for the Dietary Approaches to Stop Hypertension. It's an eating pattern developed to prevent and treat high blood pressure and promote heart health. According to the Centers for Disease Control and Prevention, one in three American adults (75 million) have high blood pressure, and another one in three American adults have higher than normal blood pressure. However, don't worry! You are about to discover the only effective, scientific diet that can literally transform your overall health status. The Dash Diet is rapidly growing in popularity all over the world. This cookbook covers 50 delicious recipes like: Ø VANILLA SWEET POTATO PORRIDGE Ø COOL COCONUT FLATBREAD Ø TASTY SPINACH PIE Ø THE VEGAN LOVERS REFRIED BEANS Ø GARLIC TOMATO SOUP Ø BRAZILIAN SHRIMP STEW Ø GRILLED LIME SHRIMP and dozens more... Take the first step to help you work on your Hypertension and click the BUY button and get your copy!

Mediterranean Dash Diet Cookbook: 50-days Dash Diet Meal Plan to Lose Healthy Weight and Reduce Blood Pressure. Mc Cooking Accademy,2021-03-23 55% OFF for Bookstores! NOW at \$29,89 instead of \$36,29!

Are you looking for simple, healthy recipes to more easily follow the DASH diet and lower your blood pressure? The DASH diet or Dietary Approaches to Stop Hypertension was developed by the National Institute of Health using the Mediterranean Diet as a reference. This diet aims to lower blood pressure by 8-14 points in 14 days and has also been designed with the aim of reducing heart disease, stroke and kidney problems through the achievement and maintenance of normal weight. This cookbook will help you achieve your physical and mental wellness goals by following all the protocols that the Dash diet provides, namely: - low sodium levels - high consumption of fresh fruits and vegetables - regular consumption of low-fat dairy products - Adequate consumption of proteins deriving mainly from lean meats, poultry and fish - inclusion in the menu of nuts, legumes and whole grains - limited intake of saturated fats and cholesterol - implementation of minerals, vitamins and dietary fiber. Specifically if you purchase this cookbook you will have at your disposal: Dash Diet recipes for every day and every meal, with delicious and innovative ideas. The tricks of the best nutritionists to follow an eating plan with less difficulty and less mental effort Preparation time, cooking time, servings and nutritional values for each recipe A super organized index divided by ingredients and meals, so you can have everything at your fingertips without any difficulty or waste of time. And Much More... BUY it NOW and let your customers get addicted to this amazing book!

Ultimate Dash Diet Plan Eleonore Barlow,2021-04-16 *** 55% discount for bookstores! now at \$25.95 instead of \$36.95 *** If you're tired of trying dozens of unsuccessful diets and you finally want to learn a simple way to reclaim the optimal health you deserve, then keep reading... Wondering what the DASH diet is all about? It's a one-of-a-kind diet, specifically designed to reduce blood pressure levels in people. Hypertension, or high blood pressure, is one of the greatest silent killers of this century. Your customers will never stop using this great cookbook! More and more people are suffering from excessive weight, high cholesterol and hypertension. All of these chronic illnesses have a strong negative impact on people's everyday lives, exposing them to a wide range of much more serious pathologies. DASH stands for the Dietary Approaches to Stop Hypertension. It's an eating pattern developed to prevent and treat high blood pressure and promote heart health. According to the Centers for Disease Control and Prevention, one in three American adults (75 million) have high blood pressure, and another one in three American adults have higher than normal blood pressure. However, don't worry! You are about to discover the only effective, scientific diet that can literally transform your overall health status. The Dash Diet is rapidly growing in popularity all over the world. This cookbook covers 50 delicious recipes like: Ø CARROT AND ZUCCHINI OATMEAL Ø CHEESY ZUCCHINI OMELETTE Ø CRAZY LAMB SALAD Ø MUSHROOM AND OLIVE MEDITERRANEAN STEAK Ø HEALTHY CAULIFLOWER SALAD Ø CLASSIC TUNA SALAD Ø THAI PUMPKIN SEAFOOD STEW and dozens more... Take the first step to help you work on your Hypertension and click the BUY button and get your copy!

My Ultimate Dash Diet Plan Eleonore Barlow,2021-04-14 *** 55% discount for bookstores! now at \$35.95 instead of \$47.95 *** If you're tired of trying dozens of unsuccessful diets and you finally want to learn a simple way to reclaim the optimal health you deserve, then keep reading... Wondering what the DASH diet is all about? It's a one-of-a-kind diet, specifically designed to reduce blood pressure levels in people. Hypertension, or high blood pressure, is one of the greatest silent killers of this century. Your customers will never stop using this great cookbook! More and more people are suffering from excessive weight, high cholesterol and hypertension. All of these chronic illnesses have a strong negative impact on people's everyday lives, exposing them to a wide range of much more serious pathologies. DASH stands for the Dietary Approaches to Stop Hypertension. It's an eating pattern developed to prevent and treat high blood pressure and promote heart health. According to the Centers for Disease Control and Prevention, one in three American adults (75 million) have high blood pressure, and another one in three American adults have higher than normal blood pressure. However, don't worry! You are about to discover the only effective, scientific diet that can literally transform your overall health status. The Dash Diet is rapidly growing in popularity all over the world. This cookbook covers 50 delicious recipes like: Ø FUDGE BROWNIES Ø CHICKEN AND CARROT STEW Ø BEEF SOUP Ø HEALTHY CUCUMBER SOUP Ø AWESOME CABBAGE SOUP Ø BAKED SALMON AND ORANGE JUICE Ø SUPREME RASPBERRY CHOCOLATE BOMBS and dozens more.. Take the first step to help you work on your Hypertension and click the BUY button and get your copy!

The DASH Diet Younger You Marla Heller,2014-12-30 New York Times bestselling author and DASH Diet specialist Marla Heller reveals groundbreaking research to help prevent and even halt signs aging through a combination of DASH-approved superfoods and strategies designed to target aging. The most trusted brand in diets--the DASH diet--has helped millions of people lower blood pressure, lose weight, and improve their health. Now, in this groundbreaking new program, it can help you look and feel 20 years younger! Marla Heller, New York Times bestselling author and premier DASH (Dietary Approaches to Stop Hypertension) dietitian, has combined key elements of the DASH diet with the latest cutting-edge research to develop a program that can halt and even reverse many of the effects of aging. Based on the diet rated the #1 Best Overall Diet by U.S.

News & World Report, The Dash Diet Younger You reveals five age-defying strategies designed to target the root causes of aging, including Oxid-Aging, Inflamm-Aging, and Glyc-Aging. You'll lose weight and turn back the clock while enjoying a delicious diet of antioxidant rich superfoods, satisfying plant-based meals, and foods that promote healthy gut bacteria and decrease inflammation and cravings. Featuring a natural detox that fights aging at the cellular level and proven blood pressure busters, this powerful program will help you erase years with visible and measurable results. In just 10 weeks, you can: Reverse the diseases of aging Fortify and rejuvenate hair and skin Revitalize and strengthen bones, muscles, and joints Improve heart health and blood pressure Lose weight, especially in the tummy Look and feel younger, healthier, and slimmer! Complete with 28 days of meal plans and over 75 delicious recipes, The Dash Diet Younger You has everything you need to look and feel years younger!

The Twelve Days of Dash & Lily Rachel Cohn, David Levithan, 2016-10-18 New York Times bestselling authors Rachel Cohn and David Levithan are back together with a life-affirming holiday romance starring Dash and Lily. Just in time for the series release of Dash & Lily on Netflix! Dash and Lily have had a tough year since readers watched the couple fall in love in Dash & Lily's Book of Dares. Lily's beloved grandfather suffered a heart attack, and his difficult road to recovery has taken a major toll on her typically sunny disposition. Lily's spark has dimmed so much that Langston, her brother, has put aside his grudge against Dash to team up and remind Lily what there is to love about life. With only twelve days left until Christmas-Lily's favorite time of the year-Dash, Langston, and their friends take Manhattan by storm to help Lily recapture the holiday spirit of New York City in December, a time and place unlike anywhere else in the world. Told in alternating chapters, The Twelve Days of Dash & Lily is bound to be a Christmas favorite for seasons to come. Cohn and Levithan write with verve and plenty of wry comedy. . . . Intriguing characters and splendid writing.--Kirkus Reviews Peppered with sharp banter and up-to-the-minute New York City references. . . . A full-fledged rom-com.--Publishers Weekly Hilarious and heartfelt . . . [captures] the emotions of teen love, along with the hilarity of young adult life.--School Library Journal A Zoella Book Club Pick!

Dash J. Elizabeth Mills, 2010-06 When Jenny discovers barrel racing, she cannot wait to give it a try. Luckily, Jenny's dad has the perfect horse, Dash. Dash is very fast, but Jenny must learn to control him around all the tight turns in the barrel racing course. Even with help from her new friend, Hope, and her trainer Sam, will Jenny and Dash be ready in time for the upcoming rodeo?

DASH Diet For Dummies Sarah Samaan, Rosanne Rust, Cynthia Kleckner, 2014-09-02 Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertension—a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and more. DASH Diet for Dummies contains all the information you need to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts 100+ DASH-approved foods, including meats, seafood, sweets, and more Tips for navigating the grocery store and choosing healthier fare A 14-day Menu Planner to help you get started today The DASH Diet is built upon the principles of healthy eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. DASH Diet for Dummies is your roadmap on the journey to good health, so get ready to start feeling better every day.

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Dash Introduction

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