Mindvalley

David J. O'Brien, Matthew D. Craig

The Buddha and the Badass Vishen Lakhiani, 2020-06-09 NEW YORK TIMES, USA TODAY, AND #1 WALL STREET JOURNAL BESTSELLER • Forget hustling. This book, from the author of The Code of the Extraordinary Mind, will disrupt your deeply held beliefs about work, success, and, indeed, life. If you're the average person in the developed world, you spend 70 percent of your waking hours at work. And if you're the average person, you're miserable for most of those hours. This is simply not an acceptable state of affairs for your one shot at life. No matter your station, you possess incredible unique powers. It's a modern myth that hard work and hustle are the paths to success. Inside you is a soul. And once you unleash it fully into the domain of work, magic happens. Awakening the Buddha and the Badass inside you is a process that will disrupt the way you work altogether. You'll gain access to tools that bend the very rules of reality. • The Buddha is the archetype of the spiritual master. The person who can live in this world but also move with an ease, grace, and flow that comes from inner awareness and alignment. • The Badass is the archetype of the changemaker. This is the person who is out there creating change, building, coding, writing, inventing, leading. The badass represents the benevolent disruptor—the person challenging the norms so we can be better as a species. Once you integrate the skill sets of both archetypes, you will experience life at a different level from most people. You will operate from a space of bliss, ease, inspiration, and abundance. The Buddha and the Badass: The Secret Spiritual Art of Succeeding at Work will show you how. Author of the New York Times bestseller The Code of the Extraordinary Mind and founder of Mindvalley, Vishen Lakhiani has turned his own life and company into his research lab. He's codified everything he's learned into the how-to steps in this book. The Buddha and the Badass teaches you how to master your work and your life.

The Code of the Extraordinary Mind Vishen Lakhiani, 2019-12-31 NEW YORK TIMES BESTSELLER • What if everything we think we know about how the world works—our ideas of love, education, spirituality, work, happiness, and love—are based on Brules (bullsh*t rules) that get passed from generation to generation and are long past their expiration date? This book teaches you to think like some of the greatest non-conformist minds of our era, to guestion, challenge, hack, and create new rules for YOUR life so you can define success on your own terms. The Code of the Extraordinary Mind is a blueprint of laws to break us free from the shackles of an ordinary life. It makes a case that everything we know about the world is shaped by conditioning and habit. And thus, most people live their lives based on limiting rules and outdated beliefs about pretty much everything—love, work, money, parenting, sex, health, and more—which they inherit and pass on from generation to generation. But what if you could remove these outdated ideas and start anew? What would your life look like if you could forget the rules of the past, and redefine what happiness, purpose, and success mean for you? Not Just a Book, but a Movement Blending computational thinking, integral theory, modern spirituality, evolutionary biology, and humor, personal growth entrepreneur Vishen Lakhiani provides a revolutionary 10-point framework for understanding and enhancing the human self. You will learn about bending reality. You will learn how to apply unique models like consciousness engineering to help you learn and grow at speeds like never before. You will learn to make a dent in the universe and discover your quest. This framework is based on Lakhiani's personal experiences, the 5 million people he's reached through Mindvalley, and 200 hours of interviews and questions posed to incredible minds, including Elon Musk, Richard Branson, Peter Diamandis, Ken Wilber, Dean Kamen, Arianna Huffington, Michael Beckwith, and other legendary leaders. In a unique fusion of cutting-edge ideas, personal stories, irreverence, and a brilliant teaching style, Lakhiani reveals the 10 powerful laws that form a step-by-step process that you can apply to life to shed years of struggle and elevate yourself to exceptional new heights. The 10 Laws to an Extraordinary Life This book challenges conventional ideas of relationships, goal-setting, mindfulness, happiness, and meaning. In a unique fusion of cutting-edge ideas, personal stories, and humorous irreverence, and not to mention, humor and napkin diagrams, this framework combines computational thinking with personal growth to provide a powerful framework for re-coding yourself—and replacing old, limiting models that hold you back with new, empowering beliefs and

behaviors that set you on the path toward an extraordinary life. A life of more happiness and achievement than you might have dared to dream possible. Once you discover the code, you will question your limits and realize that there are none. Step into a new understanding of the world around you and your place in it, and find yourself operating at a new, extraordinary level in every way...happiness, purpose, fulfilment, and love. This Book Is a Living, Breathing Manifesto That Goes Beyond a Traditional Publication For those who want more, The Code of the Extraordinary Mind connects to a full on immersive experience including ways for you to dive into particular chapters to unlock additional videos or training and connect with each other and the author to learn via peer-to-peer learning networks.

Universal Human Gary Zukav,2022-06-07 With lucidity and elegance, Zukav explains that we are evolving from a species that pursues power based upon the perceptions of the five senses -- external power -- into a species that pursues authentic power -- power that is based upon the perceptions and values of the spirit. He shows how the pursuit of external power has produced our survival-of-the-fittest understanding of evolution, generated conflict between lovers, communities, and superpowers, and brought us to the edge of destruction. Using his scientist's eye and philosopher's heart, Zukav shows how infusing the activities of life with reverence, compassion, and trust makes them come alive with meaning and purpose. He illustrates how the emerging values of the spirit are changing marriages into spiritual partnerships, psychology into spiritual psychology, and transforming our everyday lives. The Seat of the Soul describes the remarkable journey to the spirit that each of us is on.--Amazon.com.

Indistractable Nir Eyal, 2019-09-10 Indistractable provides a framework that will deliver the focus you need to get results. —James Clear, author of Atomic Habits If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice. —Jonathan Haidt, author of The Righteous Mind National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon Featured in The Amazon Book Review Newsletter, January 2020 Goodreads Best Science & Technology of 2019 Finalist You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become indistractable? International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing Hooked, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In Indistractable, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. Indistractable reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals: • Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it • What really drives human behavior and why time management is pain management • Why your relationships (and your sex life) depend on you becoming indistractable • How to raise indistractable children in an increasingly distracting world Empowering and optimistic, Indistractable provides practical, novel techniques to control your time and attention—helping you live the life you really want.

The Law of Attraction Esther Hicks, Jerry Hicks, 2006-10-01 THE ESSSENTIAL TEACHINGS OF ABRAHAM THAT INSPIRED MILLIONS – FROM #1 NEW YORK TIMES BEST-SELLING AUTHORS OF THE INTERNATIONAL SENSATION, ASK AND IT IS GIVEN A POWERFUL PERSONAL TRANSFORMATION BOOK THAT EXPLAINS HOW TO USE THE LAW OF ATTRACTION TO MANIFEST YOUR DREAM LIFE Within these pages, you'll learn how to be happier, and how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction. (That which is like unto itself is

drawn). You've most likely heard the saying Birds of a feather flock together, aka the Law of Attraction. This has been alluded to by some of the greatest teachers in history, it has never before been explained in as clear and easy to understand terms as in this inspirational law of attraction basics book. Learn here about the omnipresent Laws that govern this Universe and how to make them work to your advantage. The understanding and consciousness shifts that you'll achieve by reading this book will take all the guesswork out of daily living. Sections Include: · Part I - Our Path to the Abraham Experience · The Universal Laws: Defined · Part II - The Law of Attraction · Part III: The Science of Deliberate Creation · Part IV: The Art of Allowing · Part V: Segment Intending You'll find many positive quotes for living with more peace and joy like: Rather than trying to monitor your thoughts, we encourage you to simply pay attention to how you are feeling. The greatest gift that you could ever give another is the gift of your expectation of their success. "I know that reading this book will produce a turning point in your life. Here is not only a description of the most important law of the universe (the only one you'll ever need to know about, really), but an easy-to-understand explanation of the mechanics of life. This is breathtaking information." -Neale Donald Walsch, best-selling author of The Conversations with God series "Since originally receiving this material, Esther and I have done our best to apply to our own lives what we have learned about these Laws, and the marvelous progression of our joyous lives is astounding. We took Abraham at their word because everything they told us made so much sense to us, but the application of these teachings has now been proven in our day-to-day experience. And it is with extraordinary joy that we can tell you—from our own personal experience: This works!" – Jerry Hicks These Abraham teachings will help you to joyously be, do, or have anything that you desire with lov

Conscious Uncoupling Katherine Woodward Thomas,2015-09-22 And Then They Lived Happily... We enter our romantic relationships with great love, hope, and excitement--we've found the 'one', so we plan and forge our futures together. But sometimes, for many different reasons, relationships come undone; they don't work out. Commonly, we view this as a personal failure, rather than an opportunity. And instead of honoring what we once meant to each other, we hoard bitterness and anger, stewing in shame and resentment. Sometimes even lashing out in destructive and hurtful ways, despite the fact that we're good people at heart. That's natural: we're almost biologically primed to respond this way. Yet there is another path to the end of a relationship--one filled with mutual respect, kindness, and deep caring. Katherine Woodward Thomas's groundbreaking method, Conscious Uncoupling, provides the valuable skills and tools for you to travel this challenging terrain with these five thoughtful and thought-provoking steps: Step 1: Find Emotional Freedom Step 2: Reclaim Your Power and Your Life Step 3: Break the Pattern, Heal Your Heart Step 4: Become a Love Alchemist Step 5: Create Your Happy Even After Life This paradigm-shifting guide will steer you away from a bitter end and toward a new life that's empowered and flourishing.

The New Psychology of Winning Denis Waitley, 2021-05-25 Bestselling author Denis Waitley offers timeless and timely advice on how to apply his philosophy to the digital age and attain personal and professional excellence today. . . . a compelling game plan for winning at life . . . - MEHMET OZ, M.D., Emmy-winning Host, The Dr. Oz Show Denis Waitley has played a pivotal role in helping grow a small cellular nutrition products company into one of the largest, most respected direct sales companies in the world, with annual revenues surpassing \$1 billion, while creating millions of customers globally. For over twenty-five years his psychology of winning principles have been ingrained in the DNA of our corporate culture through his inspirational, practical teachings as our primary spokesperson. We look forward to The New Psychology of Winning, combining timeless wisdom—gained from of his fifty-year career as a pioneer in the personal development industry—with fresh, new insights and strategies to lead and succeed in this fast forward digital age. - KEVIN GUEST, CEO and Chairman of the Board, USANA Health Sciences, Inc. Denis Waitley, bestselling author of Seeds of Greatness, The Psychology of Winning, and The Winner's Edge, is one of the most respected and listened to voices on high performance achievement. In The New Psychology of Winning he offers timeless and timely advice on how to apply his philosophy to the digital age and attain

personal and professional excellence today. The world has changed to be almost unrecognizable since he recorded his original bestselling classic in the 1970s—going from the late industrial age to the digital age and beyond. How has this digitization affected Denis's original message? How have the current trends in the marketplace affected those seeking entrepreneurial success? How does this change affect our personal and professional life today? In his patented, authentic, accessible, personable style, Denis will answer these questions and show you how you can be a twenty-first century winner!

Conversations with God Neale Donald Walsch, 2010 Suppose you could ask God the most puzzling questions about existence questions about love and faith, life and death, good and evil. Suppose God provided clear, understandable answers. It happened to Neale Donald Walsch. It can happen to you. You are about the have a conversation. . . Walsch was experiencing a low point in his life when he decided to write a letter to God, venting his frustrations. What he did not expect was a response. As he finished his letter, he was moved to continue writing and out came these extraordinary answers to his questions. They will amaze you with complex paradoxes that make perfect sense, profound logic, and astounding truths. Here are answers that bring together as one the deeper meaning of all beliefs and traditions. Here are the answers that will change you, your life, and the way you view other beings. For those with an open mind, a limitless curiosity, and a sincere desire to seek the truth, this book is stunning.

Building Smart Nonprofits David J. O'Brien, Matthew D. Craig, 2020-08-15 Best practices for nonprofits for long-term success in a rapidly changing world. Building Smart Nonprofits: A Roadmap for Mission Success is a handbook of best practices nonprofits can use to improve sustainability - a book of knowledge and know-how distilled from interviews with over 60 industry leaders who are in the nonprofit trenches every day—as executives, leaders, board members, funders, publishers, and service providers. David J. O'Brien and Matthew D. Craig provide real-life examples of nonprofits deploying best practices and emerging industry trends - such as the rise of socially conscious investing - to position their organizations for the long term. Topics include, among others, funding models, impact investing, compensation, strategic restructuring, leadership, full-cost grantmaking, program evaluation, storytelling, and financing. Readers learn how to best position their non-profit organization for a sustainable and long-term future.

Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What Srikumar Rao,2010-03-26 Learn to create resilience and happiness no matter what's going on in your life In these tough times, there are few people who are completely happy with the current conditions. From business executives to the everyday Joe or Jane, everyone seems to be going through a rough economic and personal crunch. But acclaimed business school Professor Srikumar Rao says that we can learn to create joy no matter what else may be going on around us. Rao shows you that it isn't the negative thing that happens to you that causes your unhappiness, it's how you see it. Happiness at Work is a thought-provoking new title that moves the mind away from negativity and forces you to resist labeling situations as bad, but rather seeing them as neutral. Happiness at Work provides: Surprising ways of looking at change and problem-solving Exercises that shift one's perspective Learn the vital wisdom necessary to achieving a joyful, successful life as you define it through greater resilience and a strong inner core. Get it now with The Happiness Choice. Follow Srikumar Rao's instructions and you will enjoy the journey to more happiness and meaning in your life, no matter what! --Marshall Goldsmith, author of What Got You Here Won't Get You There Happiness at Work brings new understanding of the essential role happiness plays in workplace learning and performance. Srikumar Rao's guidelines for our journey to leadership include aspects rarely explored and newly significant. --Frances Hesselbein, chairman and founding president, Leader to Leader Institute/Drucker Foundation for Nonprofit Management This book is a treasure chest full of wisdom. Each and every one of its 34 chapters introduced me to or reminded me of a very important principle for living a happy and successful life. --Jack Canfield, co-creator of the Chicken Soup for the Soul® series and coauthor of The Success Principles

The Perfection Detox Petra Kolber, 2018-08-14 Award-winning fitness professional and consultant shares a practical, accessible program to help

women replace destructive perfectionistic mindsets with concrete strategies and life-changing tips. Tired. Stressed. Overwhelmed. Just one more email, one more meeting with the kid's teacher, oh and lose that last five pounds. Today, women are striving for perfection more than ever--and feeling like failures for not meeting unattainable goals. Health and wellness expert Petra Kolber knows this intimately; as a dancer and fitness professional, she's experienced the ultimately dissatisfying quest for perfection. Her Perfection Detox program helps women to overcome the unhealthy, unproductive demands we place on ourselves--and others. Based on her popular workshops, Kolber's strategies help women to recognize and constructively root out the perfectionistic impulse to be critical of self or others and to harness the power of our own internal resources, willpower, and habits. With simple steps and strategies such as adjusting your internal monologue, cleaning up your vocabulary to include more positive language, becoming a passionist rather than a perfectionist, and more, The Perfection Detox is an essential guide to a healthy, full, authentic life.

One Million Followers Brendan Kane, 2018-10-09 Social media expert for big-name companies and celebrities shares insider advice for reaching a large audience in a short time and growing a follower base organically.

Integral Life Practice Ken Wilber, Terry Patten, Adam Leonard, Marco Morelli, 2008-09-09 Over the last thirty-five years, Ken Wilber has developed an Integral theory of everything that makes sense of how all the world's knowledge systems—East and West; ancient, modern, and postmodern—fit together and can elevate our awareness. Drawing on science, psychology, human development, spirituality, religion, and dozens of other fields, Integral Theory is a revolutionary framework for understanding ourselves and the world we live in. Now there is a way to not just think Integrally, but to embody an Integral worldview in your everyday life. Integral Life Practice is not just a new approach to self-development and higher awareness, but a way of making sense of—and making best use of—the existing treasure trove of insights, methods, and practices for cultivating a more enlightened life. It offers a uniquely adaptive approach to awakened living that's suitable for everyone: people with busy careers and families, college students, retirees, even hardcore athletes and yogis. It's geared for devout—and irreverent—people of any religion, or no religion! This highly flexible system will help you develop your physical health, spiritual awareness, emotional balance, mental clarity, relational joy, and energy level, within a framework that integrates all aspects of your life. Combining original exercises, vivid examples, cutting-edge theory, and illustrative graphics, Integral Life Practice is the ultimate handbook for realizing freedom and fullness in the 21st century.

The Code of the Extraordinary Team Vishen Lakhiani,2020-05-12 The Code of the Extraordinary Team is a call to action for business leaders or anyone who aspires to be one. Corporate pioneer Vishen Lakhiani reveals the revolutionary culture-hacking formula he used to grow Mindvalley, his burgeoning personal development business that went from \$700 into a \$50 Million business with zero funding. It's a clearly defined, five-step process that can transform your company into a magnet for the world's top talent, create a growth-centric culture, and engineer an environment of symbiotic co-creation, where the balance of autonomy, collaboration, and connection breeds happy, productive teams. You'll learn- How to attract the right people- Focus not on hiring into specific roles, but hiring people who fit the culture you're trying to build. How to create a motivated, inspired work culture- Vishen shares the four emotions that are dominant across all people looking for jobs so you can hire the right people. How to create a culture where employees live better lives outside of work- Vishen shares his theory that we should work for the minimum effective dose--working harder, not longer, taking advantage of short spikes of energy to get a lot done. How to coax the leadership instinct in your people- You should want your employees to be so good that they eventually leave you! How to prepare for the future of work- What will the workplace look like when Al and robots replace employees and universal income is implemented? This is a guide to transforming your beliefs and habits to realize happiness, achieve success, and fulfill your purpose, using the exact strategies Lakhiani used to fuel Mindvalley's explosive growth.

The Gene Keys Richard Rudd, 2013-05-09 Does your DNA have a hidden purpose, and could it be the transformation of consciousness itself? Gene

Keys offers a means of unlocking your untapped potential by awakening the sleeping genius inside you. A SPIRITUAL COMPANION FOR LIFE Since its first publication, Gene Keys has been hailed as a spiritual classic. It is the hub of a whole interconnected web of online wisdom teachings. Designed to help you decode your Gene Keys Profile (free from genekeys.com/free-profile), the book explains how to transform your specific shadow patterns or traumas, into creative gifts. On every page there is a key insight that helps you to see yourself and live your life in a more harmonious way. As you read it, Gene Keys creates the uplifting feeling that humanity is now undergoing a great awakening, culminating in a bright and positive future, very different from the world we see today. A visionary synthesis with many practical applications, logical yet with great poetic subtlety, Gene Keys is a spiritual companion to contemplate over the course of a lifetime.

Conversations with God, Book 4 Neale Donald Walsch, 2018-08-23 We're in Trouble. But There Is Help . . . If We Listen. In the middle of the night on August 2, 2016, Neale Donald Walsch found himself drawn into a new and totally unexpected dialogue with God in which he suddenly faced two questions: Is the human race being offered help by Highly Evolved Beings from Another Dimension? Is there a key role that humans are being invited to play in advancing their own evolution by joining in a mutual mission to assist the planet during the critical times ahead? He was told that the answer to both questions is yes. Then he was given 16 specific examples of how Highly Evolved Beings respond to life differently than humans do--and how adopting even a few of those behaviors could change the course of world history for the better forever. That information makes up the body of this work. A striking invitation to every reader sets the stage for the extraordinary explorations that follow. Picking up where Book 3 in the Conversations with God Trilogy series left off, the revelations about Highly Evolved Beings and about how ordinary humans can answer the call to help awaken the species on Earth will breathtakingly expand your view of both your personal and your collective future. Which is exactly what the dialogue was intended to do.

The Awakened Family Shefali Tsabary,2016 New from the New York Times bestselling author of The Conscious Parent comes a radically transformative plan that shows parents how to raise children to be their best, truest selves, --Amazon.com.

Counterclockwise Ellen J. Langer, 2009 Scientifically riveting and practically empowering, Counterclockwise offers a bold new way to think about aging and lifelong health from the trailblazing social psychologist and author of the bestselling classic Mindfulness.

Losing My Virginity Richard Branson,2011-10-28 Sir Richard Branson's amazing memoir is now updated to include the effect on the Virgin Group of 11 September, his views on the war in Iraq, the rise of Virgin Blue and the flotation of Virgin Mobile. Discover how Virgin is moving into the US domestic flight market and why he set up the charitable body "Virgin Unite". As ever, his thirst for challenge is unquenched. Sir Richard reveals the thrills of the world record attempt with the Virgin Atlantic Global Flyer and taking Virgin to the final frontier as Virgin Galactic are poised for a new era of commercial space travel. Compelling. Brilliant. Revealing. Funny. Inspirational. Extraordinary.Revealing Sir Richard's unique story, his personal philosophy on life, the Virgin brand and business Losing My Virginity is an autobiography without equal.

The 6 Phase Meditation Method Vishen Lakhiani,2022-09-20 NATIONAL BESTSELLER • The author of The Buddha and the Badass and The Code of the Extraordinary Mind shares the secret weapon of the world's top achievers: his signature hyper-efficient meditation program that anyone can make time for. "A beautiful step-by-step guide that artfully combines gratitude, manifestation, and emotional mastery."—Jay Shetty, author of Think Like a Monk and host of the On Purpose with Jay Shetty podcast Don't be fooled by the title. This book has nothing to do with meditation as you know it. We just didn't have enough space on the front cover to call it The 6 Phase Multi-Faceted Psycho-Spiritual Transcendent Mind-Training Technique . . . Leading a revolution in meditation, entrepreneur and New York Times bestselling author Vishen Lakhiani interviewed nearly 1,000 neuroscientists, monks, yogis, and meditation experts over years of study. He distilled thousands of years of psycho-spiritual wisdom to create The 6 Phase Meditation

Method—aka, meditation for badasses. Used daily by athletes, artists, rock stars, and CEOs, the 6 Phase Meditation is a magic-making, joy-creating, productivity-inducing protocol that empowers you to get focused, find peace, and manifest your goals. The key to unlocking all this magic? Six unique thought exercises that you run through your head as a hyper-efficient programming script. You can complete this meditation from the comfort of your bed, from your office or on your next flight, wherever or whenever you choose. No matter how busy, prone to a wandering mind, or allergic to the lotus posture you are, the 6 Phase Meditation is suitable for absolutely everyone, no exceptions. And this transcendent sequence is custom-designed to produce these peak states in its practitioners in minutes a day. No boredom, special breathing, or "clearing your mind" required. Delivered with humor, a practical how-to, and a free app to support you on your journey, the 6 Phase Meditation is waiting for you.

Mindvalley Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Mindvalley**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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Mindvalley Introduction

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manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

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