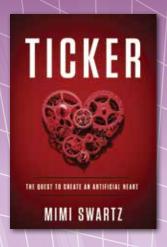
## Medical Science Books for Course Adoption



Alternative & Holistic Medicine

Anatomy & Physiology

Biography & Memoir

Cardiology

**Death & Dying** 

**Emergency Medicine** 

**Ethics** 

Genetics

History

Neurology & Psychology

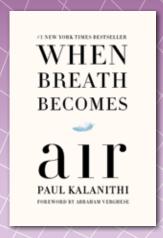
**Nutrition** 

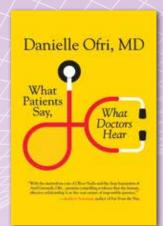
Oncology

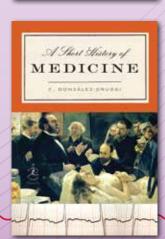
**Pathology** 

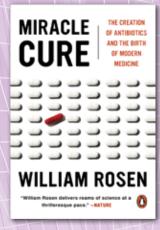
**Patient-Centered Care** 

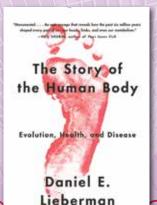
Resources & Test Prep Guides











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### **Alternative & Holistic Medicine**

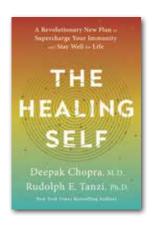
### THE HEALING SELF

A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life

by DEEPAK CHOPRA, M.D., and RUDOLPH E. TANZI, Ph.D.

In The Healing Self, Drs. Chopra and Tanzi not only push the boundaries of the intellect to bring students the newest research and insights on the mind-body, mind-gene, and mindimmunity connections, but they also offer a cutting-edge, sevenday action plan, which outlines the key tools everyone needs to develop their own effective and personalized path to self-healing. In addition, The Healing Self closely examines how chronic stress and inflammation, which are immerging as the primary detriments of well-being, can best be managed.

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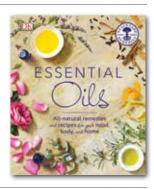


### **ESSENTIAL OILS**

All-Natural Remedies and Recipes for Your Mind, Body and Home by SUSAN CURTIS and KEVIN KUNZ

From the experts at Neal's Yard Remedies, this instructional reference guide to essential oils and aromatherapy features comprehensive profiles of 88 essential oils, full-color photographs, and helpful guidance for using, blending, and storing.

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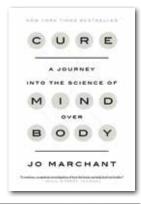
### CURE

A Journey into the Science of Mind Over Body by JO MARCHANT

A ward-winning science writer Jo Marchant explores the new science behind the potential of the mind's ability to heal the body, while acknowledging its limitations.

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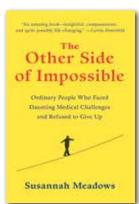
### THE OTHER SIDE OF IMPOSSIBLE

Ordinary People Who Faced Daunting Medical Challenges and Refused to Give Up by SUSANNAH MEADOWS

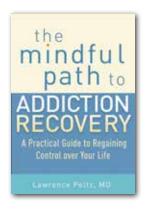
Susannah Meadows tells the real-life stories of seven families faced with difficult health conditions and how they persisted when traditional medicine alone wasn't enough. Their adventures take us to the outer frontiers of medical science and cutting-edge complementary therapies, as Meadows explores research into the mind's potential to heal the body, the possible role food may play in reversing disease—and more.

"[Meadows] has compiled compelling stories about people who faced and ultimately surmounted daunting medical challenges.... Their stories left me in awe of their persistence against formidable odds."—The New York Times

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### Alternative & Holistic Medicine



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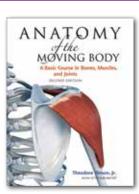
A Practical Guide to Regaining Control
Over Your Life

by LAWRENCE PELTZ, M.D.

Dr. Lawrence Peltz, an addiction psychiatrist for nearly three decades, draws from his clinical experience and on the techniques of mindfulness-based stress reduction to explain the fundamental dynamics of addiction and the stages of the recovery process, and also gives specific mindfulness exercises to support recovery.

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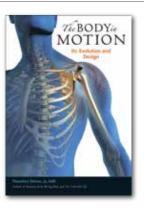


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A Basic Course in Bones, Muscles, and Joints by THEODORE DIMON, JR.
Illustrated by JOHN QUALTER

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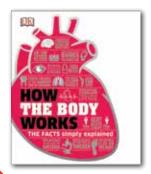
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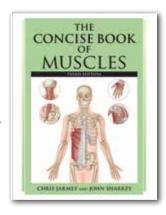
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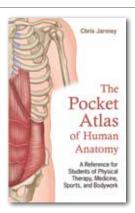


### THE POCKET ATLAS OF HUMAN ANATOMY

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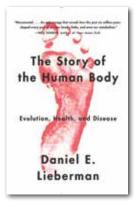
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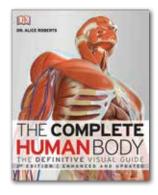


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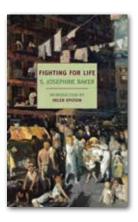
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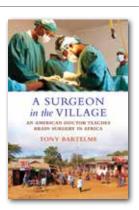
### FIGHTING FOR LIFE

by S. JOSEPHINE BAKER
Introduction by HELEN EPSTEIN

Disease ran rampant in New York's densely populated Lower East Side in the 1890s, but by 1911 The New York Times hailed the city as the healthiest on earth. In this highly personal autobiography, public health crusader Dr. S. Josephine Baker explains how this transformation was achieved.

"Baker was the first director of a children's public health agency, and the first woman to get a doctorate in public health. She tangled repeatedly with Typhoid Mary. More important, her ideas saved thousands of lives and permanently changed the focus and mission of public health. Her just-reissued 1939 autobiography proves to be one of those magical books that reaches effortlessly through time, as engaging and as thought-provoking as if it were written now."—The New York Times

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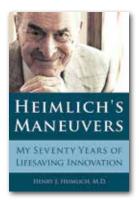
by TONY BARTELME

Dr. Dilan Ellegala arrives in Tanzania, shocked to find the entire country has just three brain surgeons for its population of 42 million. Dilan realizes that there are far too many neurosurgery patients for one person to save. He decides to teach Emmanuel Mayegga and, over six months, Mayegga learns how to remove tumors and treat hydrocephalus. More importantly, Dilan teaches Mayegga how to pass on his newfound skills. This is the incredible account of one man's push to "train-forward"—to change our approach to aid and medical training before more lives are needlessly lost.

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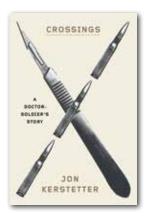
"The author's emergence as a military doctor makes for interesting reading... but what is of greatest value in this narrative is Kerstetter's ongoing, twofold recovery from a stroke on one hand and PTSD on the other....

The author's medical perspective on his own condition and critical therapeutic moments adds depth to an already solid story. An inspiring memoir."

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The Quest of Dr. Paul Farmer, a Man Who Would Cure the World by TRACY KIDDER

Mountains Beyond Mountains takes us from Harvard to Haiti, Peru, Cuba, and Russia as Dr. Paul Farmer changes minds and practices through his dedication to the philosophy that "the only real nation is humanity"—a philosophy that is embodied in the small public charity he founded, Partners in Health.

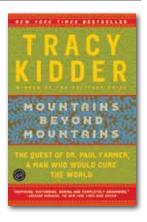
"In this excellent work, Pulitzer Prize winner Kidder immerses himself in and beautifully explores the rich drama that exists in the life of Dr. Paul Farmer.... Throughout, Kidder captures the almost saintly effect Farmer has on those whom he treats."

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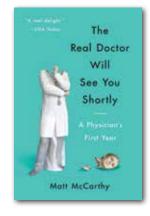
A Physician's First Year by MATT McCARTHY

This candid memoir about the author's intern year at a New York hospital provides a frank look at how doctors are made, taking readers into the critical-care unit to see one burgeoning physician's journey from ineptitude to competence.

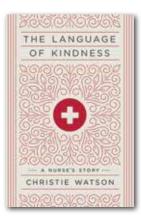
"McCarthy gives readers a brutally honest, often darkly comical glimpse into the formative days of his medical career... an enthralling account of the metamorphosis of an uncertain medical resident into a skilled physician."

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### Biography & Memoir



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by CHRISTIE WATSON

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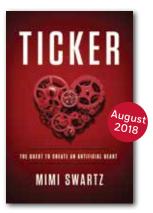
—Amanda Foreman, author of A World on Fire

"Moving, eloquent, funny, inspiring an urgent book for our times."

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### Cardiology



### TICKER

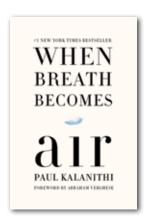
### The Quest to Create an Artificial Heart by MIMI SWARTZ

In Ticker, Texas Monthly executive editor and National Magazine Award winner Mimi Swartz takes readers behind the scenes of perhaps the greatest medical and technological quest of our time, as she follows pioneering heart surgeon O. H. "Bud" Frazier and his partner, Dr. Billy Cohn, in Frazier's lifelong effort to develop, perfect, and successfully implant an artificial heart in patients whose hearts are failing

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### Death & Dying



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Foreword by ABRAHAM VERGHESE

A memoir by a young neurosurgeon faced with a terminal diagnosis that attempts to answer the questions: given that all organisms die, what makes a meaningful life? And, as a doctor, what does it mean to hold mortal—and moral—responsibility for another person's identity?

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### Death & Dying

### THE GOOD DEATH

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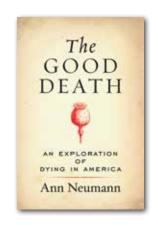
"A valuable discussion of the complex issues involved in end-of-life care."

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### LIVING AND DYING IN BRICK CITY

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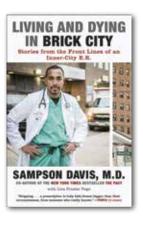
by SAMPSON DAVIS, M.D. with LISA FRAZIER PAGE

By the author of *The Pact*, a personal exploration of the healthcare crisis facing inner-city communities through the engaging narrative about the author's experience as an emergency room physician in the poor urban neighborhood where he was raised.

"Sampson Davis's personal story is powerful, and his experiences in the ER underscore the lack of effective health care in our underserved communities.... His is an important voice in the conversation on health care in this country."

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"An insightful and tumultuous virtual journey that reveals the challenging rites of passage needed to become a paramedic."

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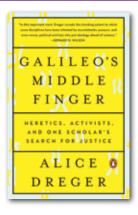
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### **Ethics**



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Heretics, Activists, and the Search for Justice in Science by ALICE DREGER

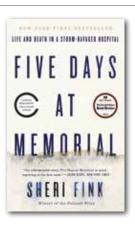
For two decades, historian Alice Dreger—as both a noted science historian and medical activist—has combined activist service to victims of unethical medical research with defense of scientists whose work has outraged identity politics activists. Dreger offers in Galileo's Middle Finger a vision of the importance of rigorous truth seeking in today's America, and the necessary intertwining of both truth and justice in our fragile democracy.

"Alice Dreger would win a prize for this year's most gripping novel, except for one thing: her stories are true, and this isn't a novel. Instead, it's an exciting account of complicated good guys and bad guys, and the pursuit of justice."

-Jared Diamond

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by BARRON H. LERNER

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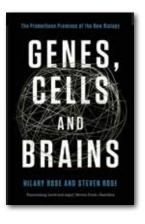
pdated with a new afterword, Genes, Cells and Brains reveals the questionable enterprise that has grown out of bioethics. The authors, feminist sociologist Hilary Rose and neuroscientist Steven Rose, examine the establishment of biobanks, the rivalries between public and private gene sequencers, and the rise of stem

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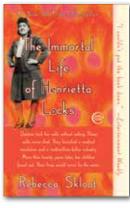
enrietta Lacks, known by scientists as HeLa, was a poor Southern tobacco farmer, yet her cells—taken without her knowledge-became one of the most important tools in medicine, but had devastating effects on her family. Their story is inextricably connected to the history of experimentation on African Americans and the birth of bioethics.

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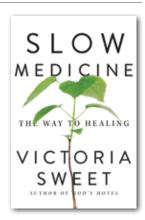
The Way to Healings by VICTORIA SWEET

hysician Victoria Sweet relates unforgettable stories of the teachers, doctors, nurses, and patients through whom she discovered the practice of Slow Medicine, in which she has been both pioneer and inspiration. Medicine, she helps us to see, is a craft and an art as well as a science.

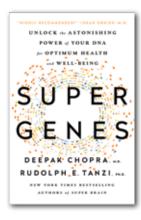
"Anybody considering medical school, or already toiling there, has to read this book. Everyone else should too.... [Sweet's] memoir of growing slowly into her calling is about learning not just to save lives but to make a life." -The Atlantic

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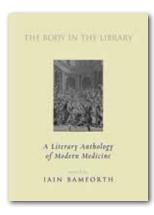
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### History



### THE BODY IN THE LIBRARY

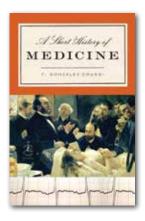
A Literary Anthology of Modern Medicine Edited by IAIN BAMFORTH Contributions by W. H. AUDEN, PETER BAMM, SAMUEL BECKETT, AND GOTTFRIED BENN

Ranging from Charles Dickens to Oliver Sacks, Anton Chekhov Roaymond Queneau, Fanny Burney to Virginia Woolf, Miguel Torga to Guido Ceronetti, *The Body in the Library* is an anthology of poems, stories, journal entries, Socratic dialogue, table-talk, clinical vignettes, aphorisms, and excerpts written by doctor-writers. With an acerbic introduction and witty contextual preface to each account, it will educate both patients and doctors curious to know more about the historical dimensions of medical practice.

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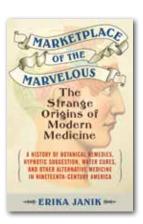
The Strange Origins of Modern Medicine by ERIKA JANIK

An entertaining introduction to the quacks, snake-oil salesmen, and charlatans whose oftentimes genuine wish to heal helped shape and influence modern medicine.

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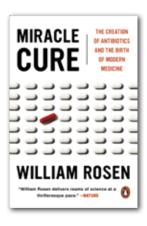
The Creation of Antibiotics and the Birth of Modern Medicine by WILLIAM ROSEN

A narrative of enormous range, combining science, technology, politics, and economics to illustrate the discovery and development of antibiotics, one of the most dramatic changes in humanity's relationship with nature since the invention of agriculture ten thousand years ago.

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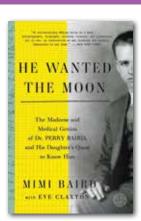
The Madness and Medical Genius of Dr. Perry Baird, and His Daughter's Quest to Know Him by MIMI BAIRD with EVE CLAXTON

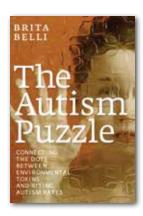
A mid-century doctor's account of his own descent into madness, and his daughter's attempt to piece his life back together and make sense of her own.

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Connecting the Dots Between Environmental Toxins and Rising Autism Rates by BRITA BELLI

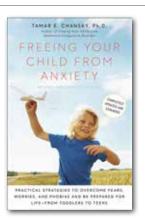
### Foreword by CAROLINE COX

The Autism Puzzle is the first book to move beyond the distractions of the vaccine debate to address compelling new evidence that autism may be the result of the pairing of environmental exposures with genetic susceptibilities that together impact the brain development of children.

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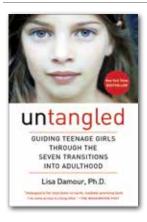
by TAMAR E. CHANSKY, PH.D.

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"In exceptionally clear prose, Lisa Damour skillfully blends research analysis, psychological insight, and stories of girls and their families into a compelling narrative that offers unstintingly practical advice to parents about how to talk with their daughters about what matters most and in

ways that they are likely to be heard."
BERLYN LEARY PH D. ASSOCIATE PROFESSOR HAR

—Kimberlyn Leary, Ph.D., Associate Professor, Harvard Medical School, Chief Psychologist, Cambridge Health Alliance, Robert Wood Johnson Health Policy Fellow

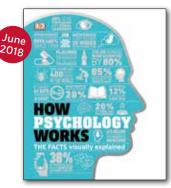
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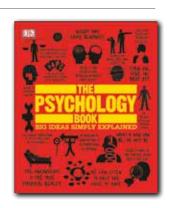
"The title gets it right: these are indeed big ideas (and also plenty of small ones), and the explanations are simplified and presented in a number of ways."

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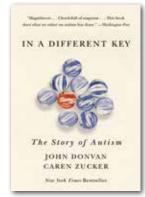
### The Story of Autism by JOHN DONVAN and CAREN ZUCKER

The story of the discovery of autism, and the first child diagnosed with the disorder, as well as a history of the last eighty years of progress in understanding what autism is. In a Different Key goes on a journey from an era when children were condemned to institutions to one in which a cadre of people with autism push for a new understanding of autism: as a difference rather than a disability.

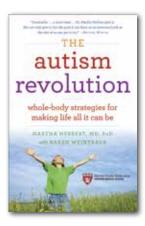
"Autism is a shape changer that has continuously resisted being pinned down. This meticulously researched book leads us deeply into the history of autism and brings to life the colorful personalities and conflicting ideas that deepen the fascination of autism."

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Whole-Body Strategies for Making Life All It Can Be

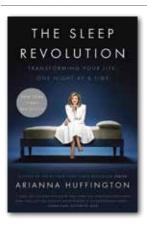
by MARTHA HERBERT, M.D., Ph.D. with KAREN WEINTRAUB

A fter years of treating patients and analyzing scientific data, Harvard Medical School researcher and clinician Dr. Martha Herbert offers a revolutionary new view of autism and a transformative strategy for dealing with it.

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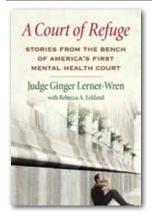
### Transforming Your Life, One Night at a Time by ARIANNA HUFFINGTON

In today's fast-paced, always-connected, perpetually harried and sleep-deprived world, our need for a good night's sleep is more important—and elusive—than ever. The Sleep Revolution both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities, and our world.

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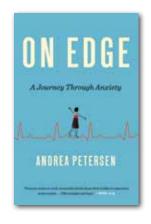
A Journey Through Anxiety by ANDREA PETERSEN

A ndrea Petersen was first diagnosed with an anxiety disorder at the age of twenty, but she later realized that she had been experiencing panic attacks since childhood. Having a name for her condition was an enormous relief, it was only the beginning of a journey to understand and master it—one that took her from psychiatrists' offices to yoga retreats to the Appalachian Trail.

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A tage six, January ("Jani") Schofield was diagnosed with one of the most severe cases of child-onset schizophrenia on record. January First is a father's memoir of the daily challenges and unwavering commitment to save his daughter from the edge of insanity and keep his family together.

"An unflinching portrait of the scourge of mental illness."

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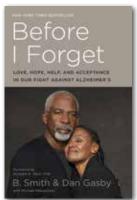
Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's by B. SMITH and DAN GASBY with MICHAEL SHNAYERSON Foreword by RUDOLPH E. TANZI, Ph.D.

Working with her husband and *Vanity Fair* editor Michael Shnayerson, restaurateur B. Smith shares her story about living and struggling at age 64 with Alzheimer's Disease.

"I recommend this to everyone because all of us have or will be touched by this disease. Before I Forget is destined to be a landmark in the conquest of Alzheimer's."

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A Picture Book

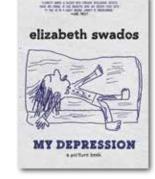
by ELIZABETH SWADOS

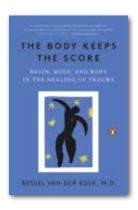
This intimate journey through long-term depression is a memoir of an illness that has been stigmatized for too long that shows how it is possible to survive, one little challenge at a time.

"Swados, a musician and theater director, relates her battle against her demons with such candor and simplicity, and with such winsome illustrations, that it's empowering."

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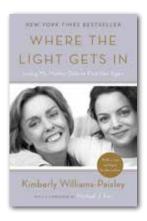
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Brain, Mind, and Body in the Healing of Trauma by BESSEL VAN DER KOLK, M.D.

Trauma expert Bessel van der Kolk shows how areas of the brain that have been rewired as a result of traumatic stress can be restored through innovative therapeutic treatments like neurofeedback and mindfulness.

"Dr. van der Kolk's masterpiece combines the boundless curiosity of the scientist, the erudition of the scholar, and the passion of the truth teller."—Judith Herman, Harvard Medical School, author of Trauma and Recovery

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### WHERE THE LIGHT GETS IN

Losing My Mother Only to Find Her Again by KIMBERLY WILLIAMS-PAISLEY Foreword by MICHAEL J. FOX

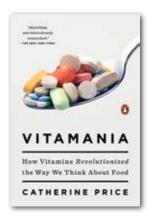
A ctress Kimberly Williams-Paisley shares the full story of her mother's illness—called primary progressive aphasia—from her early-onset diagnosis at the age of 62 through the present day. Williams-Paisley draws a candid picture of the ways her family reacted for better and worse, and how she, her father and two siblings educated themselves, tried to let go of shame and secrecy, made mistakes, and found unexpected humor and grace in the midst of suffering.

"Heartbreaking but never sentimental, Williams-Paisley's book offers an intimate look at a family's struggle with a life-altering disease. It is also a daughter's tribute to the mother whose disease offered her a new opportunity to 'love unconditionally... and practice being comfortable with... [the] uncomfortable.' A simply told, moving memoir."

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"The surprisingly fascinating story of vitamins—their discovery, their functions in our bodies, and how they've been co-opted by an industry that has fostered a cultural infatuation with what we include, or fail to include, in our diets.... Measured, funny, and fascinating."

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### Oncology

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Chemotherapy, Clinics and Cupcakes: How I Survived Colon Cancer by RACHEL BOWN

Rachel Brown, a single mother of two, who was diagnosed with advanced colon cancer at the age of 45, shares her experiences and the lists she made to help gain some control over what quickly became an unpredictable life. Both humorous and poignant, Brown vividly describes her battle with cancer.

"The C List offers something for everyone affected by cancer, whether they are fighting the disease themselves or are caring for someone who is. The book's USP is that much of what Rachel wants you to know is presented in easy-to-follow lists, even if some of the lists themselves are plain bonkers!"

—Mathew Wright, author of *The Wright Stuff* 

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### RELATIVELY INDOLENT BUT RELENTLESS

A Cancer Treatment Journal by MATT FREEDMAN

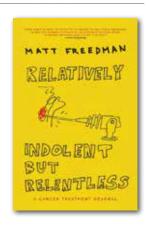
From October 3 to November 28, 2012, noted artist Matt Freedman underwent radiation and chemotherapy at Massachusetts General Hospital in Boston, for treatment of a rare cancer. This is the journal he kept, in comics and words, of his 35-day course of treatment.

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### **Pathology**

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The Astonishing Connection Between Human and Animal Health by BARBARA NATTERSON-HOROWITZ, M.D. and KATHRYN BOWERS

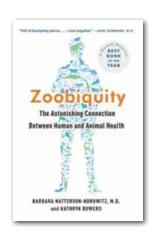
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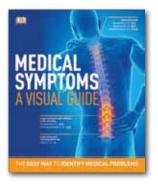
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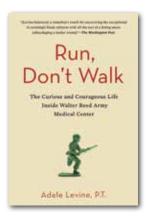
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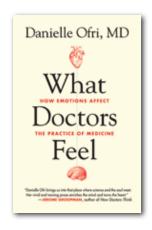
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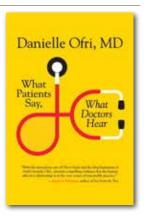


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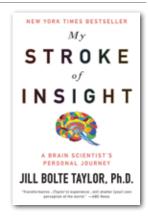
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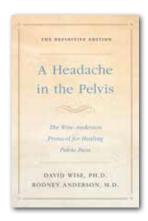
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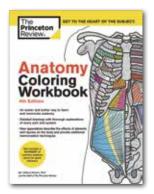
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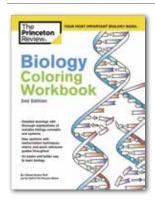
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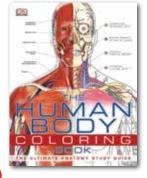
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