

Author Of Power Of Positive Thinking

Norman Vincent Peale, author of "The Power of Positive Thinking," revolutionized self-help with his message of optimism and faith. Learn about his life, the book's impact, and the enduring legacy of positive thinking.

Norman Vincent Peale: The Man Behind "The Power of Positive Thinking"

Norman Vincent Peale (1898-1993) wasn't just an author; he was a cultural phenomenon. His book, **The Power of Positive Thinking**, published in 1952, became a global bestseller, selling millions of copies and profoundly influencing the self-help movement. Before delving into the book's impact, let's understand the man behind the message. Peale was a prominent Protestant minister, known for his charismatic preaching style and his emphasis on the practical application of faith in everyday life. He wasn't just a theologian; he was a keen observer of human psychology, recognizing the potent link between mindset and achievement. This understanding formed the bedrock of his philosophy, which he articulated so effectively in **The Power of Positive Thinking**. The book itself isn't a dry theological treatise. Instead, it's a practical guide filled with anecdotes, exercises, and strategies for cultivating a positive outlook. Peale argued that positive thinking isn't about ignoring negativity or pretending problems don't exist. Instead, it's about approaching challenges with a proactive, optimistic attitude, believing in one's ability to overcome obstacles. He advocated for a blend of faith, self-belief, and practical action. While praised by many, **The Power of Positive Thinking** also faced criticism. Some critics argued that its focus on positive thinking could lead to ignoring legitimate problems or downplaying the significance of negative emotions. Others questioned its scientific basis, arguing that it lacked rigorous empirical support. However, its enduring popularity and the undeniable impact it has had on millions of people cannot be dismissed.

Advantages of Positive Thinking (as promoted by Peale):

- **Improved Mental Well-being:** Positive thinking has been linked to reduced stress, anxiety, and depression. By focusing on the good, individuals can cultivate a more resilient and optimistic mindset.
- **Enhanced Problem-Solving:** A positive attitude can foster creativity and resourcefulness, enabling individuals to approach challenges with a more open and solution-oriented perspective.
- **Increased Resilience:** Positive thinking equips individuals with the mental strength to bounce back from setbacks and adversity. It helps to maintain hope and motivation even during difficult times.
- **Improved Physical Health:** Studies suggest a correlation between positive thinking and improved physical health outcomes, including a stronger immune system and reduced risk of certain chronic diseases. This link is complex and likely mediated by other factors such as lifestyle choices and stress management.
- **Stronger Relationships:** A positive outlook can contribute to building and maintaining healthier relationships. Positive communication, empathy, and forgiveness are often facilitated by a positive mindset.

Impact and Legacy: Peale's influence extends far beyond the sales figures of his book. He established the *Guideposts* magazine, a widely read publication promoting inspirational stories and positive messages. His work significantly shaped the self-help industry, paving the way for countless other authors and practitioners who focused on the power of positive thinking and personal development. The popularity of **The Power of Positive Thinking** can be partially visualized using a hypothetical chart showing book sales over time. (Note: Precise sales figures for all years are not readily available publicly). [Hypothetical Chart: X-axis = Years since publication (1952-2023), Y-axis = Book Sales (millions)] //Insert a line graph here showing initially rapid sales growth, followed by a

slower but steady decline. This chart illustrates the initial explosive popularity of the book, followed by a more gradual but sustained demand over the decades.

Related Topics: The Science of Positive Psychology

While Peale's work predates the formal establishment of positive psychology as a scientific discipline, his ideas resonate with many of its core principles. Positive psychology, a relatively recent branch of psychology, scientifically investigates the factors that contribute to human flourishing and well-being. Research in this field provides empirical evidence supporting many of the claims made in **The Power of Positive Thinking**. Key concepts in positive psychology include:

- **Optimism:** The tendency to expect positive outcomes.
- **Resilience:** The ability to bounce back from adversity.
- **Gratitude:** Appreciation for the good things in life.
- **Mindfulness:** Paying attention to the present moment without judgment.
- **Flow:** A state of complete absorption and engagement in an activity.

Research shows that cultivating these traits can lead to significant improvements in mental and physical health, as well as overall well-being.

The Power of Positive Thinking vs. Toxic Positivity

It's crucial to distinguish between healthy positive thinking and "toxic positivity." While Peale advocated for a realistic optimism, toxic positivity involves dismissing or suppressing negative emotions, creating an unrealistic expectation of constant happiness. This can be detrimental to mental health, preventing individuals from acknowledging and processing important feelings. A healthy approach involves acknowledging and accepting negative emotions while simultaneously striving for a positive and optimistic outlook.

Modern Applications of Positive Thinking

The principles outlined in **The Power of Positive Thinking** continue to be relevant in the 21st century. Positive thinking techniques are employed in various fields, including:

- **Cognitive Behavioral Therapy (CBT):** CBT utilizes techniques that challenge negative thought patterns and replace them with more positive and realistic ones.
- **Sports Psychology:** Athletes often employ positive visualization and self-talk to enhance their performance.
- **Business and Leadership:** Positive leadership styles foster a more productive and engaged workforce.

Conclusion: Norman Vincent Peale's **The Power of Positive Thinking** had a transformative impact on the self-help movement and continues to resonate with readers today. While the book has faced criticism, its central message—the power of a positive mindset—remains a valuable tool for improving mental and emotional well-being. By embracing a balanced approach that acknowledges both positive and negative emotions, individuals can harness the power of positive thinking to achieve greater fulfillment and success in life.

Advanced FAQs:

1. **How does Peale's approach differ from other self-help gurus?** Peale's approach blends religious faith with practical psychological techniques, offering a unique blend of spirituality and self-improvement. Other gurus may focus more heavily on one aspect or another.
2. **What are some specific exercises from the book that readers can try?** The book includes various exercises, such as affirmations, visualization techniques, and gratitude journaling. Readers can experiment with different methods to find what works best for them.
3. **How does the book address dealing with setbacks and failures?** Peale emphasizes learning from setbacks and reframing failures as opportunities for growth. He encourages readers to maintain a positive perspective even in the face of adversity.
4. **Is there scientific evidence supporting the claims made in the book?** While the book predates much of the research in positive psychology, recent studies support the positive effects of optimism, resilience, and

gratitude on well-being. 5. **How can one avoid falling into the trap of toxic positivity while embracing positive thinking?** A healthy approach involves acknowledging and accepting negative emotions without dwelling on them. It's about striving for balance and realistic optimism, not suppressing negative feelings.

The Visionary Behind a Movement: Unpacking the Life and Legacy of the Author of "The Power of Positive Thinking"

In the realm of self-help and motivational literature, few names resonate as profoundly as that of the author behind the groundbreaking book, "The Power of Positive Thinking." This seminal work, published in 1952, didn't just offer advice; it sparked a cultural shift, empowering millions to believe in the transformative potential of their own minds. But who was this influential figure, and what drove them to pen a book that would become a cornerstone of the positive thinking movement?

The author in question is none other than Dr. Norman Vincent Peale. His life's work was dedicated to exploring the intersection of faith, psychology, and practical application, aiming to help individuals overcome their anxieties, fears, and self-doubt. Peale's approach, while rooted in his Christian faith, possessed a universal appeal that transcended religious boundaries, touching upon fundamental human desires for happiness, success, and inner peace. Today, we'll delve deep into the life, philosophy, and enduring impact of Dr. Norman Vincent Peale, the man who taught the world the power of believing in yourself.

Dr. Norman Vincent Peale: A Life Dedicated to Upliftment

Born in Bowersville, Ohio, in 1898, Norman Vincent Peale's early life was shaped by his father's work as a Methodist minister. This upbringing instilled in him a strong moral compass and a deep understanding of spiritual principles. He pursued his education, earning degrees from Ohio Wesleyan University and Union Theological Seminary, further solidifying his theological foundation. However, Peale was not content with purely theoretical knowledge; he was driven by a desire to translate spiritual wisdom into tangible benefits for everyday people.

From Pulpit to Page: Peale's Journey to Authorship

Peale's career began in the ministry, serving various churches throughout his early adult life. It was during his tenure as pastor of the Marble Collegiate Church in New York City, a position he held for over 50 years, that his unique approach began to flourish. He noticed a pervasive sense of discouragement and worry among his congregants and the wider public. People were struggling with anxieties about their jobs, relationships, and futures. Peale recognized that while traditional sermons offered solace, they often lacked practical, actionable strategies for navigating life's challenges.

He began to incorporate psychological principles and practical advice into his sermons and pastoral counseling. He saw the power of the mind to influence one's well-being and started sharing techniques for cultivating a more optimistic outlook. This culminated in his most famous book, "The Power of Positive Thinking," which served as a distillation of his decades of experience and wisdom. The book

became an instant bestseller, and its principles, which emphasized faith, positive affirmation, and practical problem-solving, resonated deeply with a post-war America seeking hope and rebuilding.

The Core Tenets of "The Power of Positive Thinking"

At its heart, "The Power of Positive Thinking" is a testament to the idea that our thoughts have a profound impact on our reality. Dr. Peale argued that by consciously choosing to cultivate positive thoughts and beliefs, individuals could overcome obstacles, achieve their goals, and experience greater happiness. While the title itself is straightforward, the book delves into several key principles that form the foundation of his philosophy.

Faith as a Foundation for Fortitude

Central to Peale's message is the role of faith. For him, faith wasn't just a religious belief; it was a powerful mental attitude that enabled individuals to tap into inner strength and overcome limitations. He encouraged readers to cultivate a "can-do" attitude, fueled by a deep-seated belief in their own capabilities and in a higher power that could guide and support them. This faith acted as an antidote to fear and doubt, empowering individuals to face challenges head-on.

The Science of Affirmation and Visualization

Peale was an early proponent of techniques that are now commonly associated with positive psychology and manifestation. He advocated for the use of positive affirmations – repeatedly stating positive statements about oneself and one's life – to reprogram the subconscious mind. Similarly, he emphasized the importance of visualization, encouraging readers to mentally picture their desired outcomes as if they had already been achieved. This mental rehearsal, he believed, prepared the mind and body for success.

Practical Strategies for Overcoming Worry and Fear

Beyond the more spiritual aspects, "The Power of Positive Thinking" is also filled with practical, actionable advice. Peale provided readers with concrete methods for dealing with worry, anxiety, and fear, which he saw as major impediments to a fulfilling life. He discussed techniques like prayer, meditation, and the conscious redirection of negative thoughts. He also stressed the importance of taking action, rather than passively succumbing to despair. His approach was about proactive engagement with life's challenges, armed with a positive mindset.

The Power of Belief in Personal Transformation

One of the most significant contributions of Dr. Peale's work is its emphasis on personal agency. He firmly believed that individuals had the power to transform their lives by changing their inner landscape. This wasn't about ignoring problems or pretending they didn't exist; it was about developing the mental fortitude and optimistic outlook necessary to effectively address them. The core message revolved around the idea that if you believe you can, you are halfway there.

Enduring Influence and Criticisms

The impact of "The Power of Positive Thinking" cannot be overstated. It has sold tens of millions of copies worldwide and has been translated into numerous languages, solidifying its status as a global phenomenon. The book's principles have influenced countless self-help authors, motivational speakers, and personal development coaches. The very phrase "power of positive thinking" has become a common idiom, a shorthand for a proactive and optimistic approach to life.

The "Peale Effect": A Ripple Through Society

Dr. Peale's work fostered a movement that encouraged individuals to take an active role in their own well-being. His message of hope and empowerment reached people from all walks of life, offering a lifeline to those struggling with despair. The book's accessibility and straightforward advice made it a go-to resource for anyone seeking to improve their outlook and achieve greater success in their personal and professional lives. Many attribute significant life changes and achievements to the practical guidance found within its pages.

Addressing the Criticisms: Nuance in the Narrative

While "The Power of Positive Thinking" has been lauded by millions, it has also faced its share of criticism. Some critics have argued that the book oversimplifies complex psychological issues and may even promote a form of "toxic positivity," where negative emotions are suppressed rather than processed. Others have pointed to the potential for blaming the victim, suggesting that individuals who don't achieve success might be doing so because they aren't "thinking positively enough."

It's important to acknowledge these critiques and to engage with Dr. Peale's work with a nuanced perspective. While the core message of optimism and belief is powerful, it should be understood as a tool for empowerment, not a guaranteed cure-all. A balanced approach recognizes the validity of negative emotions while simultaneously advocating for the development of coping mechanisms and a resilient mindset. The true power lies not in denying difficulty, but in facing it with a hopeful and proactive spirit.

Dr. Norman Vincent Peale's Lasting Legacy

Even decades after its initial publication, "The Power of Positive Thinking" continues to inspire and guide. Dr. Norman Vincent Peale's legacy is one of profound human connection and an unwavering belief in the potential for positive change. He was more than just an author; he was a shepherd of hope, a practical philosopher, and a testament to the idea that a positive outlook can be a powerful force for good in the world.

His work serves as a reminder that while life will inevitably present its challenges, our internal landscape plays a crucial role in how we navigate them. The author of "The Power of Positive Thinking" taught us that by harnessing the incredible capacity of our minds, we can cultivate resilience, achieve our dreams, and live lives filled with greater purpose and joy. The principles he shared continue to be a beacon for those seeking to unlock their own inner strength and embrace a more optimistic future.

The Life and Legacy of Norman Vincent Peale: Author of *The Power of Positive Thinking*

Norman Vincent Peale stands as a towering figure in the realm of self-help and motivational psychology, best known as the author of the groundbreaking book **The Power of Positive Thinking**. Published in 1952, this work revolutionized how individuals approach mental resilience, personal growth, and emotional well-being. Peale's profound influence extended far beyond the pages of his book, shaping generations of readers seeking transformation through mindset.

Born in 1898 in Louwyl, Indiana, Peale's early life was marked by a deep spiritual curiosity and a commitment to service. After studying theology and serving as a minister for over four decades, he turned his attention to applying religious principles to everyday challenges faced by ordinary people. His sermons and writings emphasized faith, hope, and inner strength—not as abstract ideals, but as practical tools for navigating life's difficulties. **The Power of Positive Thinking** crystallized this philosophy into an accessible, actionable framework that resonated with millions during a time of widespread uncertainty, particularly in the post-war era.

Key Insights That Redefined Mental Attitude

At the heart of Peale's message is the conviction that positive thinking is not mere optimism or denial of hardship, but an empowered mental discipline. He argued that our thoughts significantly influence our emotions and

Norman Vincent Peale: The Author of "The Power of Positive Thinking" and His Enduring Legacy

The phrase "power of positive thinking" is instantly recognizable, a cultural touchstone that has influenced millions. At the heart of this enduring concept stands its most famous champion, Norman Vincent Peale. More than just a minister, Peale was a prolific author, speaker, and psychologist whose groundbreaking book, "The Power of Positive Thinking," became a global phenomenon. This article delves into the life, philosophy, and lasting impact of the man behind this transformative message, exploring his core tenets, controversies, and his continued relevance in a world still grappling with challenges.

Who Was Norman Vincent Peale? A Look at His Life and Ministry

Born in Ohio in 1898, Norman Vincent Peale's journey to becoming a household name was a gradual, yet impactful, one. He pursued a career in ministry, eventually serving as the pastor of the Marble Collegiate Church in New York City for over five decades. It was during his extensive pastoral work that Peale began to witness firsthand the profound impact that faith, coupled with a positive mindset, could have on individuals facing adversity. His sermons, filled with practical advice and uplifting stories, resonated deeply with his congregation, laying the groundwork for his later literary success. Peale's early life and education provided a strong foundation for his future endeavors. He earned degrees from Ohio Wesleyan University and Union Theological Seminary, equipping him with both theological knowledge and a keen understanding of human psychology. This interdisciplinary approach would become a hallmark of his work, blending spiritual principles with practical, actionable strategies for

personal improvement. He wasn't just preaching; he was offering a roadmap to a better life.

"The Power of Positive Thinking": Unpacking the Core Tenets

Published in 1952, "The Power of Positive Thinking" was not an overnight sensation but rather a slow-burn bestseller that steadily climbed the charts and captured the imagination of a post-war America seeking hope and direction. The book's central thesis is elegantly simple: by cultivating a positive mental attitude, individuals can overcome obstacles, achieve their goals, and lead more fulfilling lives. This principle, while seemingly straightforward, was articulated by Peale with a blend of biblical wisdom, psychological insights, and compelling anecdotes.

Faith as a Foundation: The Role of Religion in Peale's Philosophy

Crucially, Peale's concept of positive thinking was deeply rooted in his Christian faith. He believed that divine power was available to those who opened themselves to it through prayer and faith. For Peale, positive thinking wasn't mere wishful thinking; it was a spiritual practice that tapped into a higher power. He encouraged readers to believe in their inherent worth, a belief often reinforced by divine love and support. This integration of spirituality with psychology distinguished his approach and appealed to a wide audience seeking both practical solutions and spiritual solace. He often cited biblical passages and the teachings of Jesus to underscore his message of hope and divine possibility.

Practical Techniques for Cultivating Positivity

Beyond spiritual underpinnings, Peale offered tangible techniques to help readers shift their mindset. These included: **Affirmations:** The practice of repeating positive statements about oneself and one's capabilities. **Visualization:** Mentally picturing desired outcomes and successes. **Prayer:** Engaging in dialogue with God for guidance and strength. **Belief in Self:** Fostering a deep-seated confidence in one's ability to overcome challenges. **Overcoming Worry and Fear:** Strategies to confront and disarm negative thought patterns. These techniques, presented in an accessible and encouraging manner, empowered individuals to take an active role in shaping their mental landscape. Peale's emphasis on personal agency, combined with his message of divine assistance, created a potent formula for change.

Influence and Impact: Peale's Reach and Recognition

"The Power of Positive Thinking" became one of the best-selling non-fiction books of all time, translated into numerous languages and selling tens of millions of copies worldwide. Peale's influence extended far beyond the pages of his book. He hosted a popular radio program, "The Art of Living," for decades, and later a television program, reaching an even broader audience with his uplifting messages. His message resonated with a nation recovering from war and facing new societal anxieties. It offered a sense of control and optimism, a stark contrast to the uncertainties of the time. Peale's ability to connect with people on a personal level, sharing stories of transformation and triumph, made his philosophy not just theoretical but deeply relatable and inspiring. He became a spiritual advisor to many, including President Richard Nixon, underscoring his significant cultural standing.

Criticism and Controversy: Addressing the Debates Surrounding

Peale

Despite his immense popularity, Norman Vincent Peale was not without his critics. One of the most prominent voices to challenge his philosophy was psychiatrist and author Albert Ellis, who developed Rational Emotive Behavior Therapy (REBT). Ellis argued that Peale's emphasis on positive thinking could lead to the denial of reality and the suppression of legitimate negative emotions, potentially hindering genuine problem-solving. He believed that simply "thinking positively" was insufficient if the underlying irrational beliefs were not addressed. Furthermore, some religious scholars and theologians questioned Peale's theological interpretations, arguing that his focus on self-empowerment and material success sometimes overshadowed the more challenging aspects of Christian doctrine, such as humility and self-denial. The perceived emphasis on earthly rewards and personal achievement drew accusations of a "health and wealth gospel." Peale himself often defended his approach, clarifying that positive thinking, in his view, was not about ignoring problems but about facing them with courage and faith. He maintained that it was about harnessing the mind's potential in conjunction with spiritual strength, not replacing critical thinking or neglecting real-world issues. However, the debate surrounding the potential pitfalls of overly simplistic positive thinking continued to echo long after his initial success.

Peale's Enduring Legacy: Relevance in the 21st Century

Decades after its publication, "The Power of Positive Thinking" continues to find new readers, and the concept of positive thinking remains a popular subject in self-help and personal development circles. While the nuances of Peale's approach may be debated, his core message of empowering individuals to cultivate hope, resilience, and a proactive mindset continues to hold significant weight. In an era marked by constant change, information overload, and individual stressors, the need for mental fortitude and optimistic outlooks is perhaps more pronounced than ever. Concepts like mindfulness, gratitude, and cognitive reframing, which have gained traction in contemporary psychology, share a conceptual lineage with Peale's early work. His emphasis on the power of belief, the importance of self-talk, and the impact of our mental state on our actions remains a foundational element of many modern self-improvement strategies. The principles of positive psychology, which scientifically study human flourishing and well-being, often echo themes explored by Peale. Researchers in this field investigate how cultivating optimism, gratitude, and a sense of purpose can lead to greater happiness and resilience. While the methods may be more empirically rigorous today, the underlying sentiment – that our thoughts significantly shape our reality – is a testament to Peale's pioneering spirit.

Conclusion: Norman Vincent Peale's Lasting Contribution

Norman Vincent Peale, the author of "The Power of Positive Thinking," was a complex figure whose work sparked both widespread acclaim and considerable debate. He was a minister who bridged the gap between faith and psychology, offering practical tools for personal transformation. His seminal work provided millions with a sense of hope and agency, encouraging them to believe in their potential and to face life's challenges with a positive, faith-filled outlook. While criticisms regarding the potential for oversimplification and the balance between positive thinking and acknowledging reality are valid and important to consider, the enduring appeal of Peale's message lies in its fundamental optimism and its empowering call to action. In a world that often feels overwhelming, the idea that we possess the internal capacity to influence our experiences, guided by faith and a determined spirit, remains a powerful and resonant concept. Norman Vincent Peale's legacy is not just in the millions of books sold, but in the countless lives he inspired to believe in the power of their own minds and the possibility of a

brighter future. His contribution to the self-help genre, and more broadly to the discourse on human potential, continues to be felt, reminding us of the profound connection between what we think and what we achieve.

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simplifies course preparation and supports remote or hybrid learning environments. Access to **Author Of Power Of Positive Thinking** in digital form allows instructors to integrate up-to-date resources into their teaching and encourage students to engage with content interactively.

Accessibility is another meaningful benefit of digital formats. Many PDF and eBook readers support adjustable font sizes, text-to-speech functionality, and screen reader compatibility. These features help ensure that **Author Of Power Of Positive Thinking** can be accessed by readers with visual impairments or different learning needs. Digital access promotes inclusivity by adapting to users rather than forcing users to adapt to rigid formats.

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As technology continues to evolve, digital literacy becomes increasingly important. Knowing how to evaluate sources, manage information, and use digital tools responsibly is now a core skill. Engaging with **Author Of Power Of Positive Thinking** in digital format helps users develop these competencies naturally, reinforcing habits that support lifelong learning.

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Questions & Answers About author of power of positive thinking

No	Question	Answer
1	Who is the celebrated author behind the influential self-help book, 'The Power of Positive Thinking'?	The author of the iconic self-help book 'The Power of Positive Thinking' is Dr. Norman Vincent Peale.
2	What is Dr. Norman Vincent Peale best known for besides 'The Power of Positive Thinking'?	Dr. Norman Vincent Peale was also a highly respected minister and lecturer, known for his optimistic philosophy and its application in everyday life.
3	When was 'The Power of Positive Thinking' first published, and why did it become so popular?	'The Power of Positive Thinking' was first published in 1952. Its popularity stemmed from its accessible message of self-improvement, faith, and the belief that positive thinking could overcome challenges and lead to a fulfilling life.
4	What core message does Dr. Norman Vincent Peale convey in 'The Power of Positive Thinking'?	Peale's core message is that cultivating a positive mental attitude, fueled by faith and self-belief, can lead to improved well-being, success, and the ability to surmount obstacles.
5	Did Dr. Norman Vincent Peale face any criticism for his work?	Yes, Dr. Peale's work, particularly 'The Power of Positive Thinking,' has faced criticism. Some argue that it oversimplifies problems and can lead to victim-blaming by suggesting negative outcomes are solely due to a lack of positive thinking.
6	How did Dr. Norman Vincent Peale's background influence his writing on positive thinking?	As a Methodist minister, Peale's Christian faith deeply influenced his approach. He often integrated religious principles and the power of prayer with psychological techniques for achieving a positive outlook.
7	Are there any specific techniques or practices recommended by Dr. Peale in 'The Power of Positive Thinking'?	Yes, Peale recommends practices such as affirmative prayer, visualizing success, overcoming self-doubt, and maintaining a hopeful perspective to combat negative thoughts and achieve desired outcomes.
8	Has 'The Power of Positive Thinking' been adapted into other media?	While not a major film adaptation, the principles of 'The Power of Positive Thinking' have been widely discussed, referenced, and incorporated into countless other self-help books, seminars, and motivational speeches.
9	What is the lasting impact or legacy of Dr. Norman Vincent Peale and his book?	Dr. Norman Vincent Peale's legacy lies in popularizing the concept of positive psychology and self-affirmation for a mass audience. His work laid groundwork for many modern self-help movements and continues to inspire individuals seeking personal growth.

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