

# GIFT BOOKS

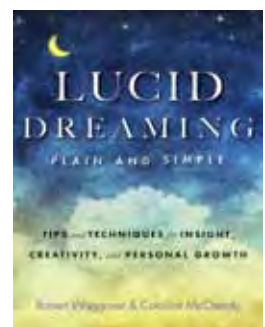
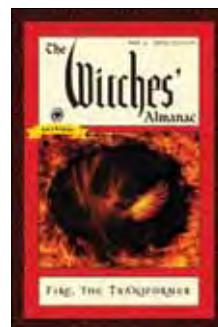
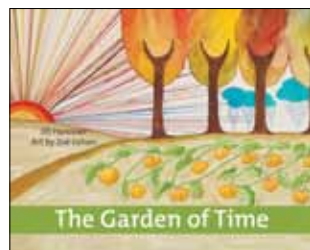
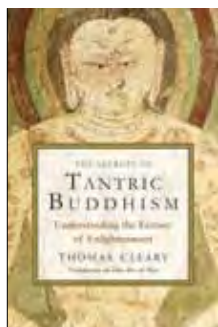
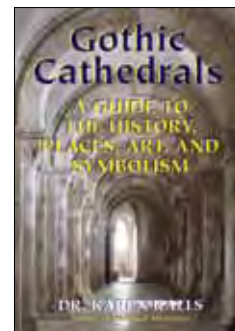
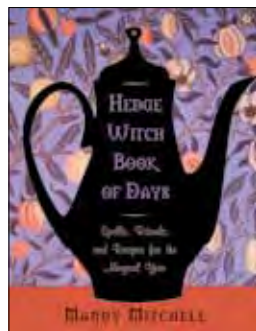
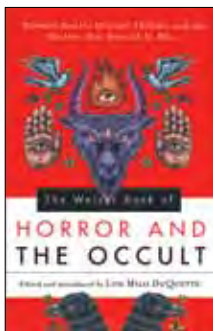
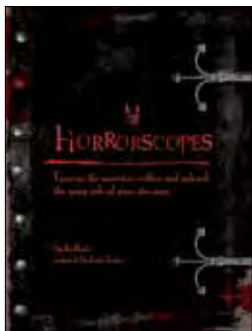
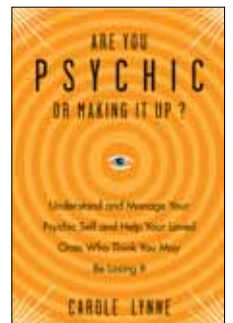
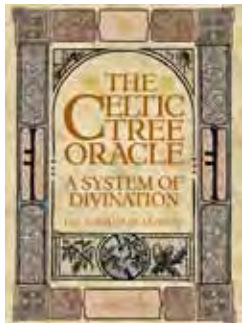
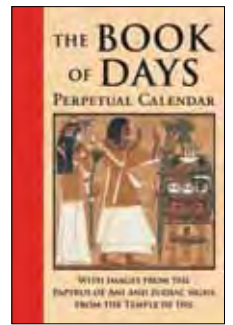
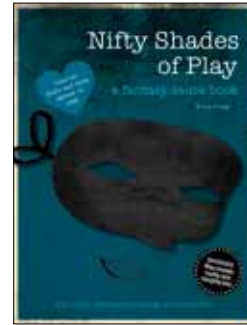
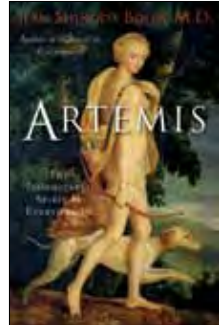
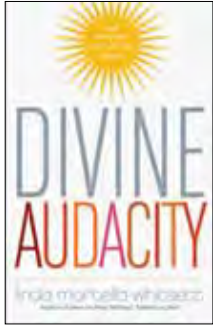
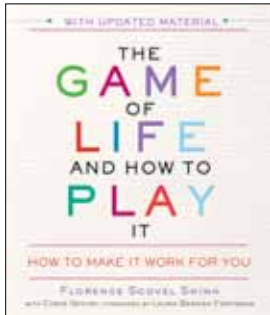
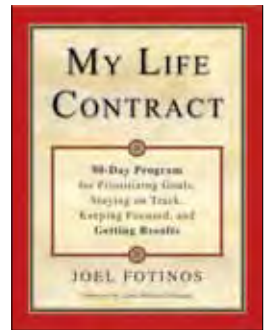
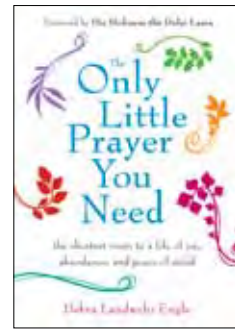
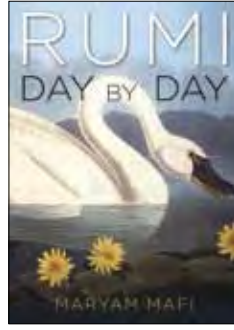
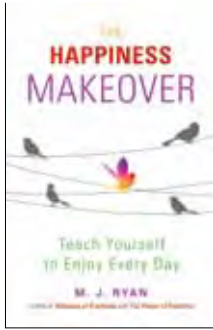
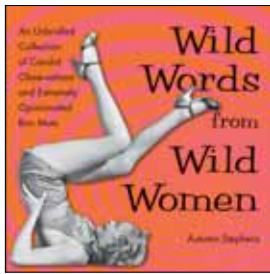


BOOKS TO LIVE BY

Red Wheel • Weiser Books • Conari Press • Hampton Roads • Disinformation Books

FALL / WINTER 2014

AT A GLANCE, WHAT'S NEW FOR FALL/WINTER 2014



# The Book that Sparked a Kindness Revolution — Updated and Revised

## Random Acts of Kindness: Then and Now

### *The 20th Anniversary of a Simple Idea that Changes Lives*

Editors of Conari Press, New Introduction by M.J. Ryan

5 x 7 256 pages Paperback \$14.95

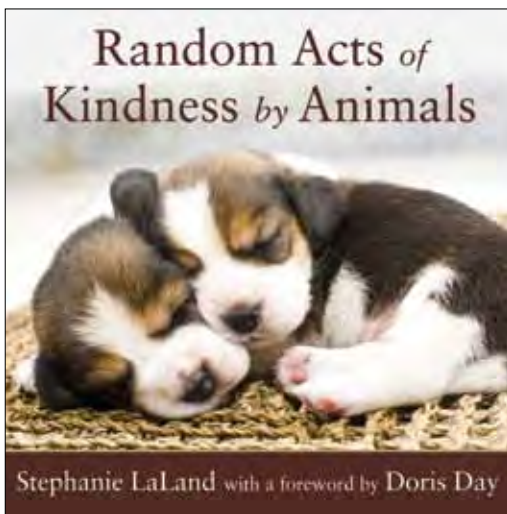
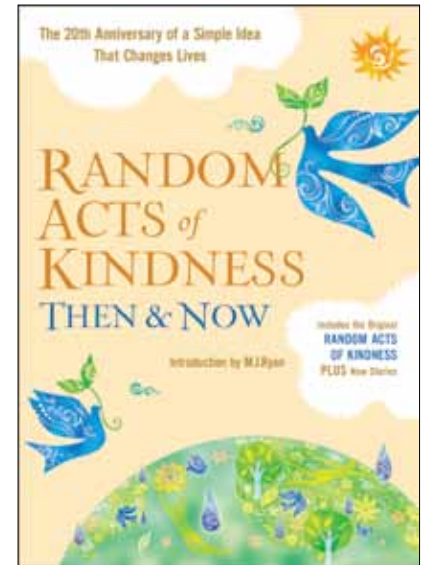
978-1-57324-587-6 (CAN \$16.50)

Nearly twenty years ago, Conari Press published *Random Acts of Kindness*, and launched a simple movement—of people being kind to one another in their daily lives.

To celebrate the 20th anniversary of *Random Acts of Kindness*, the editors of Conari Press have compiled *Random Acts of Kindness Then and Now*, which includes the original book along with new material sourced from Facebook, Twitter, and various other social networks.

This is the ideal gift book for all occasions; an inspirational gift for readers of all ages. It not only restores readers' faith in humanity but encourages them to pass that faith along to their friends and neighbors.

\* Includes the entire text of the original *Random Acts of Kindness* plus new stories



## Random Acts of Kindness

### by Animals

Stephanie LaLand, Foreword by Doris Day

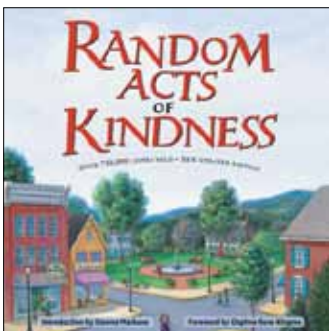
Line art throughout

6 x 6 208 pp. Paper \$12.95

978-1-57324-350-6 (CAN \$14.50)

If you have ever loved an animal, you know that there is something special about them. *Random Acts of Kindness by Animals* proves it, through amazing and heartwarming true tales of animal compassion, devotion, and bravery. In the pages of this book readers will meet remarkable dogs and cats, as well as gorillas, dolphins, bears, seagulls, rats, birds, and one heroic pig! Even ants are caught practicing compassion, as they're observed pulling a thorn from an injured comrade.

## Other Random Acts of Kindness:



## Random Acts of Kindness

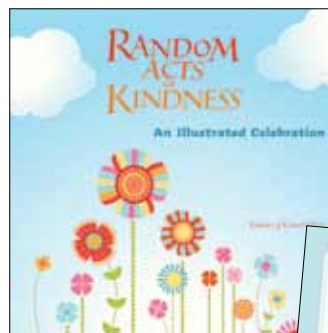
The Editors of Conari Press

6 x 6 150 pp

Paper \$14.95

978-1-57324-853-2

(CAN \$17.95)



## Random Acts of Kindness

### An Illustrated Celebration

Editors of Conari Press

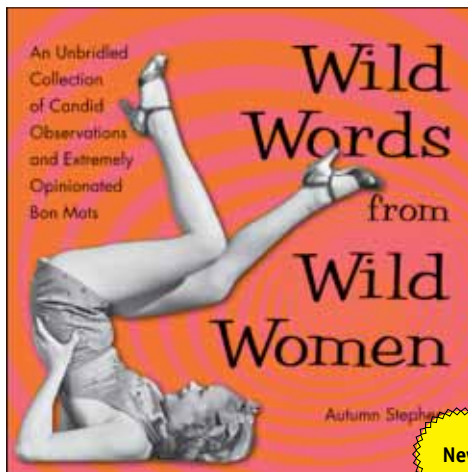
Illustrated throughout

6 x 6 128 pp \$14.95

Hardcover

978-1-57324-484-8 (CAN \$17.95)

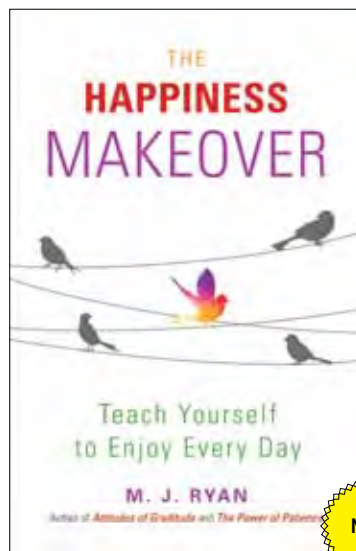




**Wild Words from Wild Women**  
*An Unbridled Collection of Candid Observations and Extremely Opinionated Bon Mots*  
 Autumn Stephens  
 5 1/2 x 5 1/2 256 pp.  
 Paper \$14.95  
 978-1-57324-638-5  
 (CAN \$17.95)  
**Available September**

New

What do actress Helen Mirren, author Louisa May Alcott, and Nobel Prize winning scientist Gertrude B. Elion have in common? They are all fascinating outspoken women whose quotes along with Bette Midler, Coco Chanel, Bette Davis, Gloria Steinem, and 250 more grace the pages of this ribald collection. From tart to terrorist, stripper to senator, B-girl to big name VIP, these down and dirty dishers exclaim on everything from bras to babies, shopping to sex, menopause to men, and politics to parties.

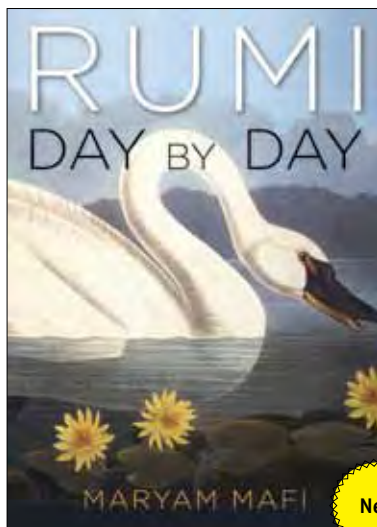


**The Happiness Makeover**  
*Teach Yourself to Enjoy Every Day*  
 M.J. Ryan  
 5 1/2 x 8 1/2 208 pp.  
 Paper \$14.95  
 978-1-57324-610-1  
 (CAN \$17.95)  
**Available October**

New

We all want the things that we're sure will make us happy—money, success, independence, love. But when we finally get them, we can find to our surprise that we are the same miserable, moody, or just neutral people we always were. Why is that?

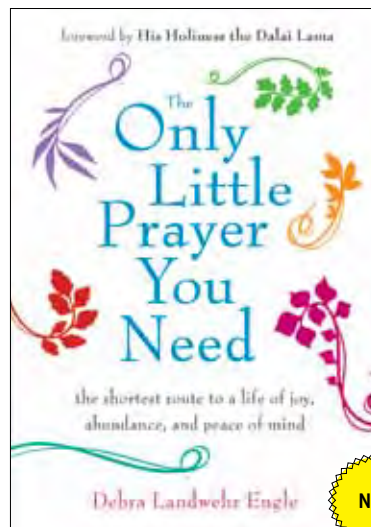
Full of moving stories, inspiring quotes, and the wisdom of one who has been there before, *The Happiness Makeover* offers the means to find elusive happiness at last.



**Rumi Day by Day**  
 Maryam Mafi  
 5 x 7 224 pp.  
 Paper w/flaps \$14.95  
 978-1-57174-700-6  
 (CAN \$17.95)  
**Available October**

New

Here is a companion for life that provides for each day of the year poetry filled with Rumi's wisdom and spiritual insight. The poems in this collection are selected on the basis of the poignancy of their message and their relevance to life in the 21st century. It is the only Rumi translation designed specifically for daily meditation.



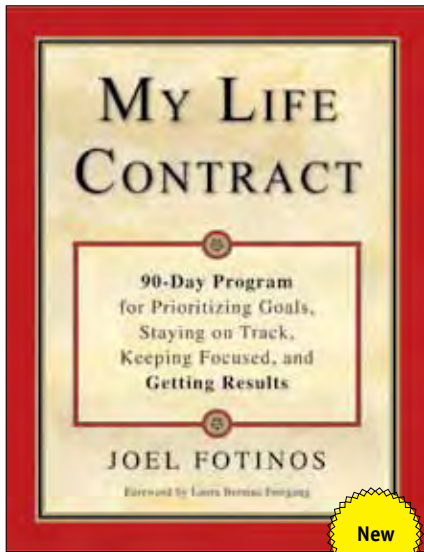
**The Only Little Prayer You Need**

*The Shortest Route to a Life of Joy, Abundance, and Peace of Mind*  
 Debra Landwehr Engle, Foreword by His Holiness the Dalai Lama  
 5 x 7 224 pp.  
 Paper \$14.95  
 978-1-57174-718-1  
 Decorative ornaments  
 (CAN \$17.95)  
**Available October**

New

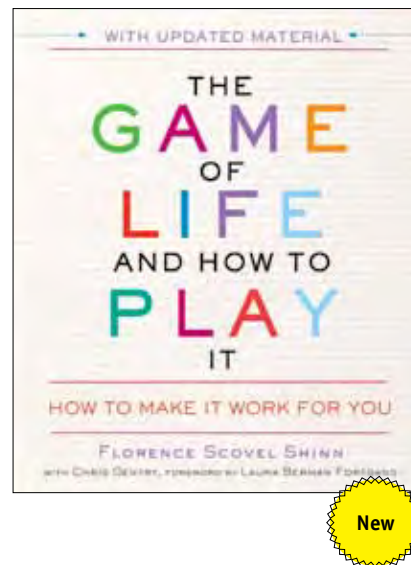
These six words—please heal my fear-based thoughts—change lives. In this brief and inspiring book, based on Engle's study of *A Course in Miracles*, she explains how to use the prayer and experience immediate benefits.

One Facebook fan told Engle, "*The most blessed aspect of this prayer is all the open space it creates for peace—I never knew how many fear-based thoughts were clogging up in me until this prayer.*"



**My Life Contract**  
*90-Day Program for  
 Prioritizing Goals, Staying  
 on Track, Keeping Focused,  
 and Getting Results*  
 Joel Fotinos, Foreword by  
 Laura Berman Fortang  
 7 x 9 240 pp.  
 Paper \$18.95  
 978-1-57174-723-5  
 (CAN \$22.95)  
**Available September**

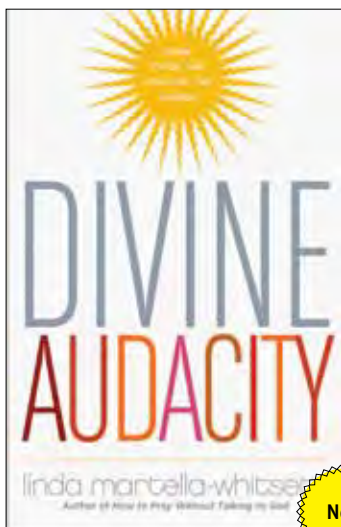
*My Life Contract* the ultimate 90-day program for moving forward and making your dreams a reality. It helps readers to take their life off of “pause” and move forward: no more delays! With practical examples and personal stories, *My Life Contract* is based on Fotinos’ popular classes which have been attended by thousands of people across the country.



**The Game of Life and  
 How to Play It**  
*How To Make It Work For You  
 with Updated Material*  
 Florence Scovel Shinn with  
 Chris Gentry, Foreword by  
 Laura Berman Fortang  
 5 1/2 x 6 1/2 144 pp.  
 Hardcover \$14.95  
 978-1-57174-722-8  
 (CAN \$17.95)  
**Available March**

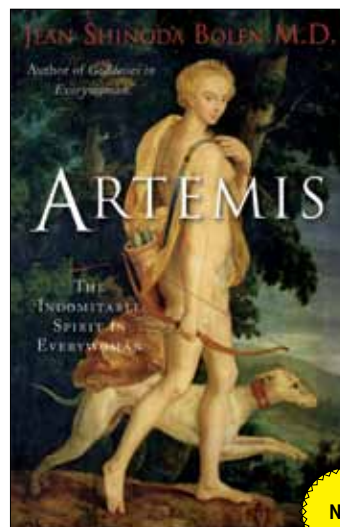
This new edition of one of the most influential self-help books of the 20th century, includes study questions, meditations, and action items for a whole new generation. Designed for personal reflection and group study, it will become the essential edition of this classic text for the 21st century.

“*The Game of Life and How to Play It*, by Florence Scovel Shinn, helped me crystallize my own thinking and moved me forward on the path to where I am today.” —**Louise Hay**



**Divine Audacity**  
*Dare to Be the Light of the World*  
 Linda Martella-Whitsett  
 5 1/2 x 8 1/2 256 pp.  
 Paper \$16.95  
 978-1-57174-714-3  
 (CAN \$19.95)  
**Available February**

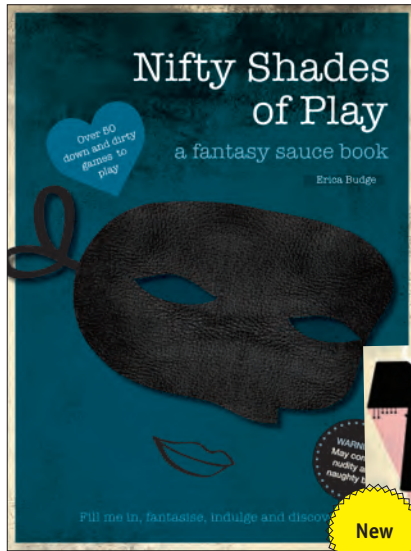
This new thought manifesto challenges readers to follow Jesus’ dictum that his followers should be “the light of the world.” What makes Martella-Whitsett’s approach so refreshing is that it offers a path for those interested in living a deep and authentic life outside of the strictures of traditional religious categories. It is, in essence, how to be spiritual without being religious.



**Artemis**  
*The Indomitable Spirit in  
 Everywoman*  
 Jean Shinoda Bolen, MD  
 5 1/2 x 8 1/2 240 pp.  
 Hardcover \$22.95  
 978-1-57324-591-3  
 (CAN \$27.95)  
**Available September**

From fictional characters like Bridget Jones to feminist icons like Gloria Steinem, Jean Bolen’s bestselling classic *Goddesses in Everywoman* has been widely read and soundly praised.

Now comes a new book written in the same spirit and with the same vitality. In *Artemis*, Bolen invites women and girls to discover the tenacity and courage of the Artemis archetype and how it can be tapped to live authentically.



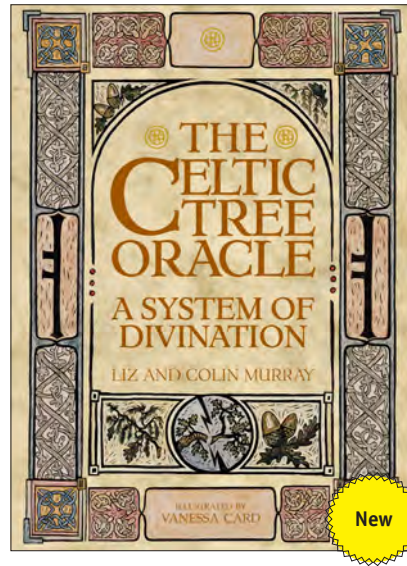
**Nifty Shades of Play**  
*A Fantasy Doodle Book*  
 Erica Budge  
 7 3/4 x 10 1/2 96 pp.  
 Color illustrations  
 Paper \$14.95  
 978-0-9574232-0-6  
 (CAN \$17.95)  
**Available September**



New

Feeling a bit hot in the workplace? Missing your significant other and fancy a secret thrill that won't get you arrested? Or just got idle hands and need something devilish to do with them? Then try *Nifty Shades of Play*, a fantasy doodle book packed with adult ideas to tickle your fancy.

A carefully curated collection of over 50 seductive activities to draw out your partners teasing limits—a must for couples with an appetite for indoor fun with an ever so naughty twist!



**The Celtic Tree Oracle**  
*A System of Divination*  
 Liz & Colin Murray,  
 Illustrations by Vanessa Card  
 5 3/4 x 7 3/4 128 pp.  
 Kit 21.95  
 978-1-85906-382-8  
 Full color illustrated deck  
 (CAN \$25.95)  
**Available September**



New

Within this unique kit lies the secret language of the Celts. To lift the lid is to discover an ancient method of communication—and a means of divination. Discover the power of this ancient alphabet for yourself with this extraordinary divination tool. Contains: 25 beautiful tree cards, 128 page illustrated book of explanation, and a record sheet and pad.

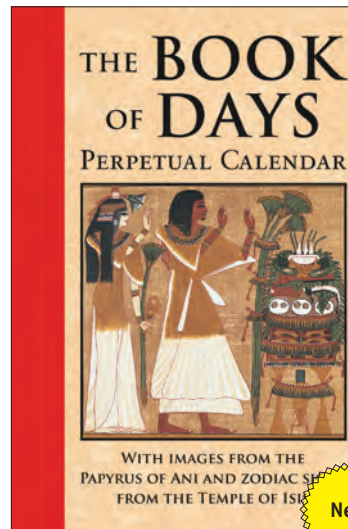


**Bird Cards**  
*The Healing Power of the Bird Kingdom*  
 Jane Toerien & Joyce van Dobben  
 4 x 5 3/4 80 pp.  
 Full color deck of 55 cards  
 Kit \$16.95  
 978-1-85906-379-8 (CAN \$19.95)  
**Available October**



New

*Bird Cards* reveals the characteristic energies of fifty-five well-known and lesser-known birds, complete with meditative affirmations, and explains how they can bring extraordinary clarity and insight to the issues we face every day. Discover how the cuckoo calls us to new beginnings, while the ibis reveals the heart of the matter. And how the sparrow signals a need for companionship, while the eagle encourages you to reclaim your power.

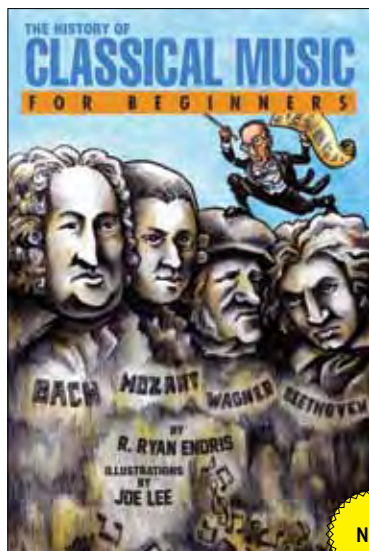


**The Book of Days**  
*Perpetual Calendar*  
 With images from the Papyrus of Ani and Zodiac Signs from the Temple of Isis  
 James Wasserman  
 6 x 9 x 136 pp.  
 Full color illustrations  
 Paper \$18.00  
 978-0-9718870-8-4 (NCR)  
**Available September**



New

This exquisite keepsake with three-quarter cloth binding and ribbon marker will become a history of your own unique experiences. As you personalize these pages, they develop into both a treasured history and your family legacy and serve as a permanent record of important events in your life and the lives of family, friends, and loved ones.



### The History of Classical Music For Beginners

Ryan Endris,  
Illustrated by Joe Lee  
6 x 9 176 pp.  
Paper \$15.95  
978-1-939994-26-4  
Black & white illustrations  
throughout  
(CAN \$18.95)  
**Available October**

New

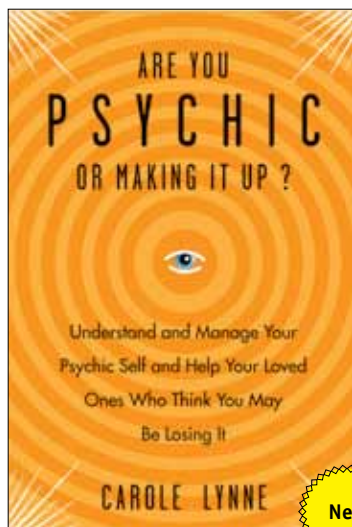
In addition to learning how better to understand (and enjoy!) Classical music, *The History of Classical Music For Beginners* will help you will learn some of the more interesting and sometimes comical stories behind the music and composers. For example: Did you know that Jean-Baptiste Lully actually died from conducting one of his own compositions? You may have heard of Gregorian chant, but did you know there are many forms of chant, including Ambrosian and Byzantine chant? These interesting, insightful facts and more are yours to discover.



**The Love Never Ends**  
*Messages from the Other Side*  
Sunny Dawn Johnston  
5 1/2 x 8 1/2 192 pp.  
Paper \$16.95  
978-1-938289-35-4  
(CAN \$19.95)  
**Available October**

New

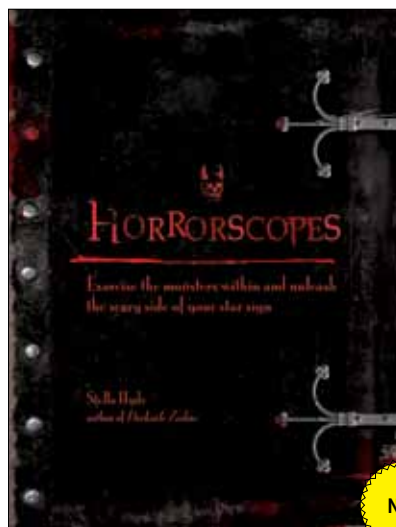
In her new book *The Love Never Ends: Messages from the Other Side*, Sunny shares a selection of true and amazing stories from her experience as a psychic medium and intuitive. These encounters with the other side prove without a doubt that the universe is full of love. Readers will learn how to overcome the biggest obstacle to seeing Love as the central force in the universe: their own lack of self-love.



**Are You Psychic?**  
*Understand and Manage Your  
Psychic Self and Help Your Loved  
Ones Who Think You May Be  
Losing It*  
Carole Lynne  
5 1/2 x 8 1/2 176 pp.  
Paper \$16.95  
978-1-57863-562-7  
(NCR)  
**Available September**

New

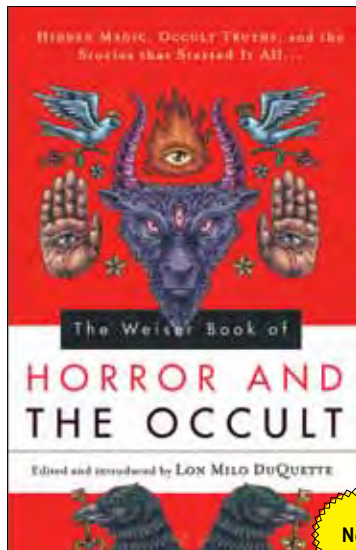
*Are You Psychic or Making It Up?* is for anyone having psychic or mediumistic experiences and for their friends and families. In this book they will learn how to take care of their “extra sensitive selves,” how to evaluate their experiences, and be advised on what type of further training and study they might benefit from if they decide to further develop their gifts. Friends and families will also learn to appreciate that their psychic loved ones are special and that it is an honor to be psychic.



**Horrorscopes**  
*Exorcise the Monsters Within  
and Unleash the Scary Side of  
Your Star Sign*  
Stella Hyde, author of  
*Darkside Zodiac*  
6 x 7 3/4 112 pp.  
Hardcover \$14.95  
978-1-57863-569-6  
2-color throughout  
(NCR)  
**Available October**

New

Everyone knows their astrological sign, but how many of us know what monsters lurk within the Zodiac? Let *Horrorscopes* explain why you are what you are, how your ruling planet forces you into evil ways, how your rising sign can mask your true monstrous reality, what you would do on a really bad day, and how you can fight your evil twin and exorcise your monster within—that is, if you really want to.



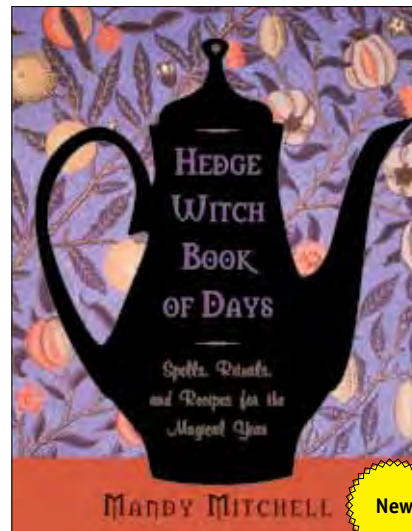
**The Weiser Book of Horror and the Occult**  
*Hidden Magic, Occult Truths, and the Stories That Started It All*

Edited and introduced by Lon Milo DuQuette  
6 x 9 352 pp.  
Paper \$19.95  
978-1-57863-572-6  
(NCR)

Available October

New

Selected by one of today's leading esoteric scholars, *The Weiser Book of Horror and the Occult* contains stories that will do more than make your toes curl and your skin crawl. These are the stories that reveal hidden truths, inspire forbidden pursuits, and divulge the secrets of magical initiation in a fictionalized form.



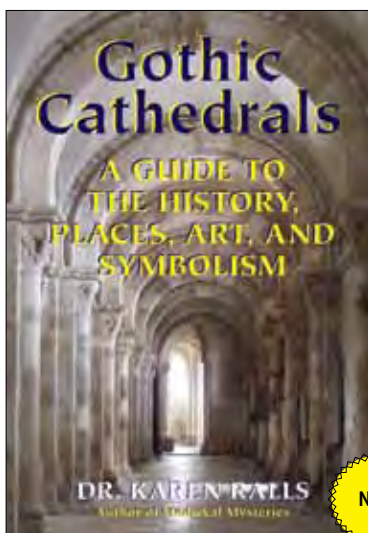
**Hedgewitch Book of Days**  
*Spells, Rituals, and Recipes for the Magical Year*

Mandy Mitchell  
7 x 9 288 pp.  
Paper \$18.95  
978-1-57863-556-6  
(NCR)

Available October

New

Down to earth and humorous, Mandy Mitchell is a modern Hedgewitch whose passion is finding magic in simple everyday tasks and turning them into rituals and spells along with cooking wholesome, hearty, and tasty food based on the seasons of the year. *Hedgewitch Book of Days* features recipes and wisdom as it reveals the hidden properties behind the things we use all the time.



**Gothic Cathedrals**

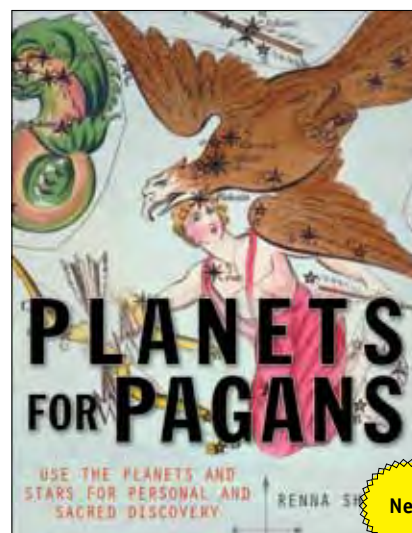
*A Guide to the History, Places, Art, and Symbolism*

Dr. Karen Ralls  
7 x 10 288 pp.  
Paper \$24.95  
978-0-89254-1737  
Full color with black & white illustrations  
(NCR)

Available January

New

From the 12th century through the 16th centuries, the Gothic architectural style spread throughout Europe. *Gothic Cathedrals* is a fascinating showcase of the mystic and spiritual symbolism found in these great structures. Also included is information to help modern readers visit these sites and share in the energy of the Sacred they continue to radiate.



**Planets for Pagans**

*Use the Planets and Stars for Personal and Sacred Discovery*

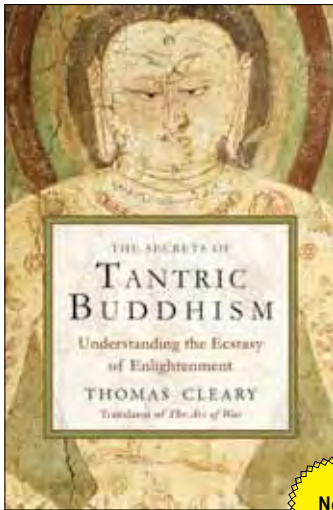
Renna Shesso  
7 x 9 272 pp.  
Paper \$19.95  
978-1-57863-573-3  
150 illustrations  
(NCR)

Available December

New

Impeccably researched by one of the most eclectic pagan scholars of today, this book aims to reengage our fascination with the planets and stars. Shesso looks at the mythology, legend, science and lore about the planets and most significant stars in a chapter-by-chapter format. Included are nearly 150 diagrams and illustrations—of the heavens, astrological views, depictions of gods and goddesses, sky totems, Tarot symbols, star charts, and more.





### The Secrets of Tantric Buddhism

*Understanding the Ecstasy of Enlightenment*

Translated by Thomas Cleary,  
translator of *The Art of War*

5 1/2 x 8 1/2 256 pp.

Paper \$18.95

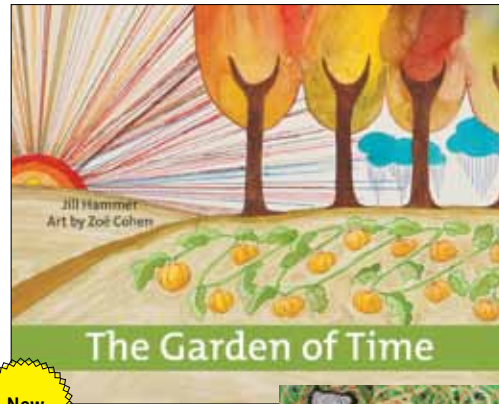
978-1-57863-568-9

(NCR)

Available February

New

Often misunderstood, Tantrism is one of the most elaborate and colorful forms of Buddhism that focuses on a particular style of meditation and ritual. *The Secrets of Trantic Buddhism* presents accessible translations of 46 classic texts found in the Caryagiti, a collection of teachings by more than twenty famous Siddhas, or Tantric adepts, who lived during the illustrious Pala dynasty of the 10th and 11th centuries.



### The Garden of Time

Jill Hammer,  
Illustrated by  
Zoë Cohen

10 x 8 32 pp.

Hardcover \$15.00

978-1-55896-729-8

Full color illustrations

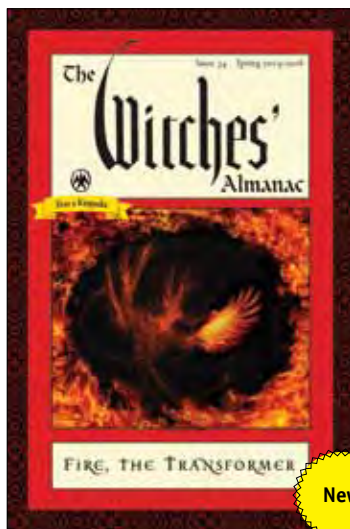
(NCR)

Available September

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In this story based on ancient Jewish legend, Adam and Eve walk through the Garden of Eden, noticing what is happening around them and deciding what holidays they will celebrate based on what they see, smell, hear, and taste. Gorgeous text and art illuminate Judaism, the calendar, and the environment for both children and adults.



### The Witches' Almanac, Issue 34, Spring 2015-Spring 2016

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Black & white illustrations

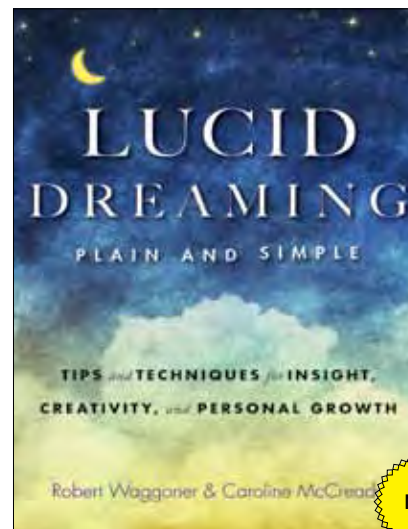
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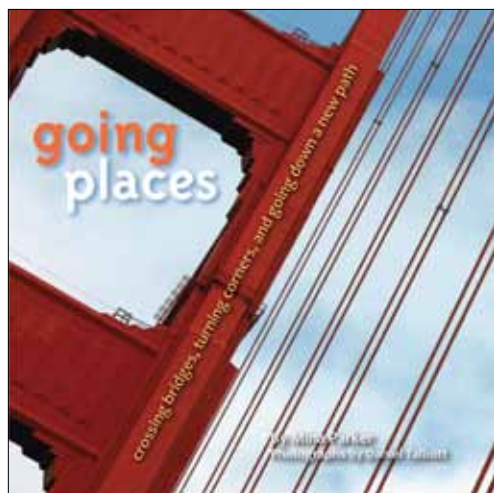
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(CAN \$23.95)

Available January

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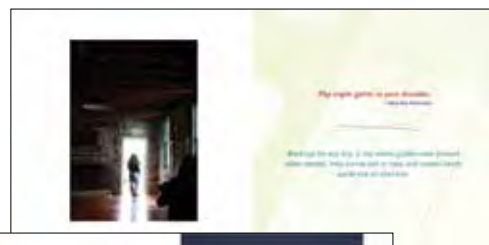


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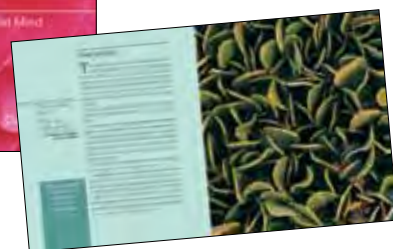
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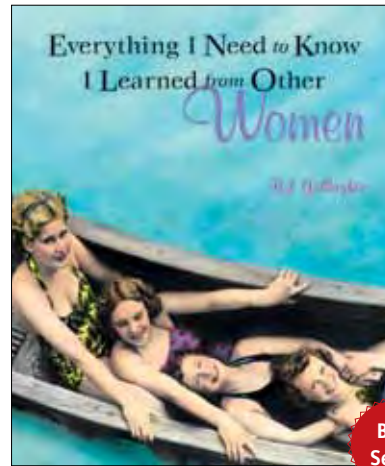
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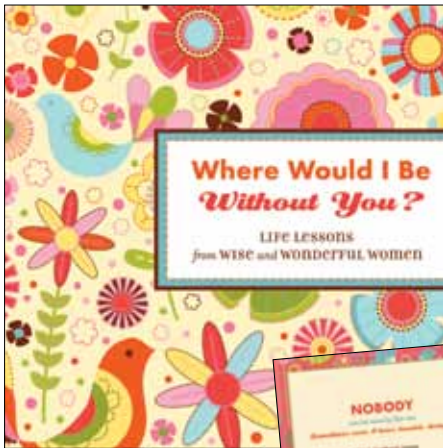




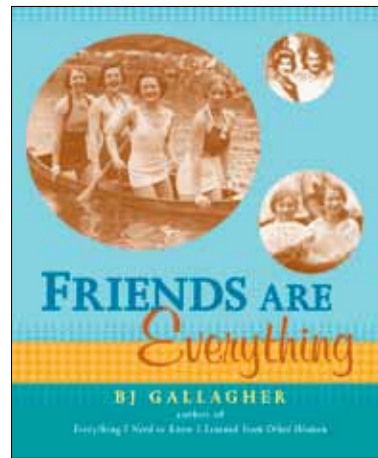
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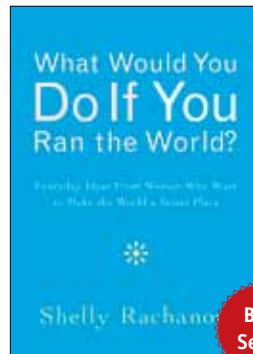


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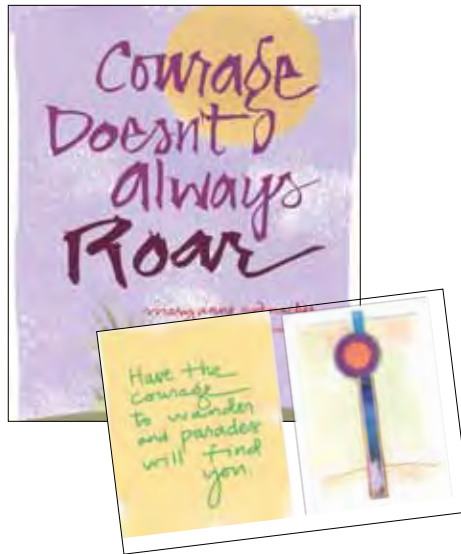
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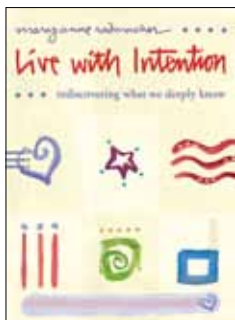
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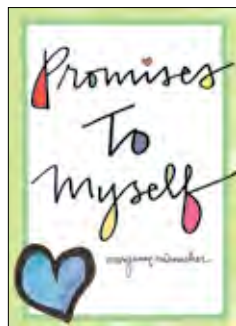
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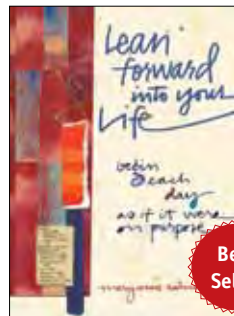
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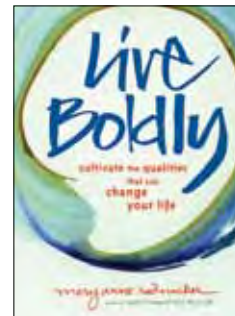


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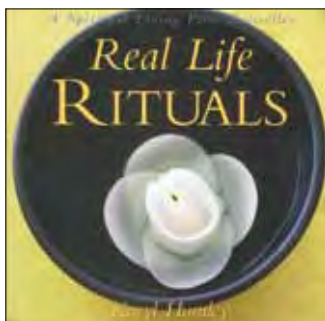


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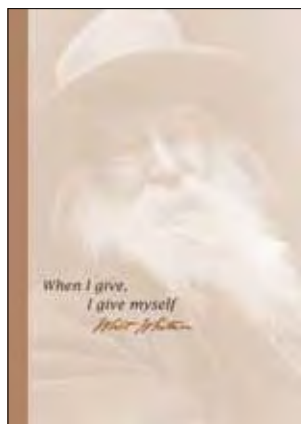
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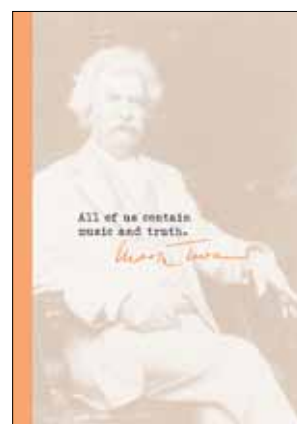
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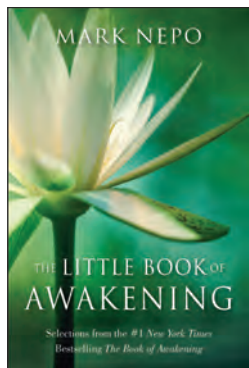


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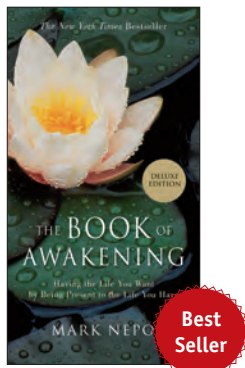
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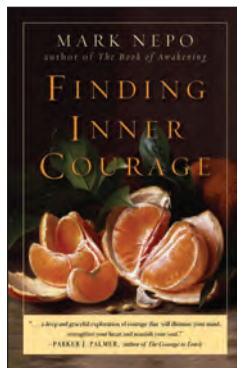
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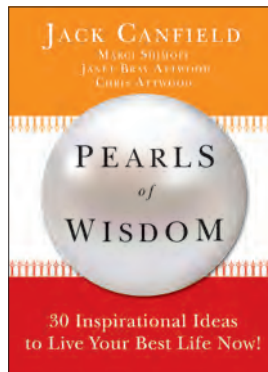
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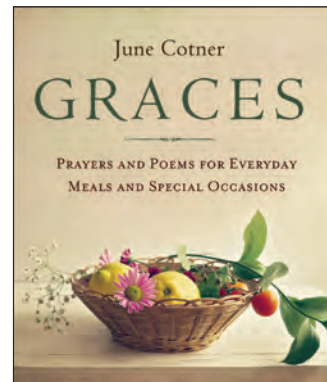
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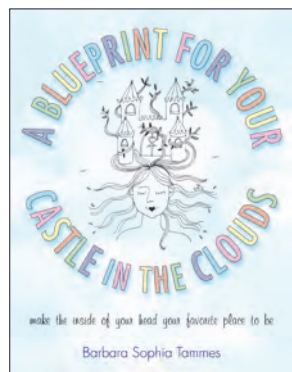
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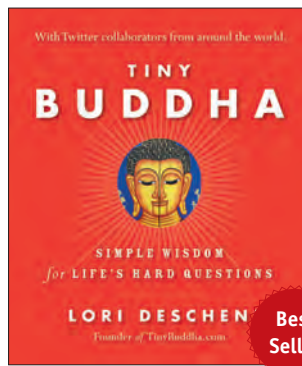
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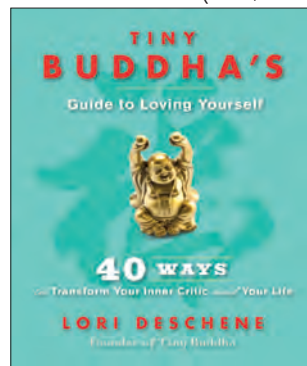
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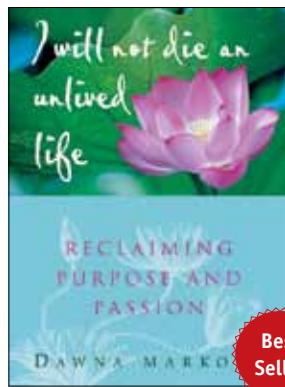
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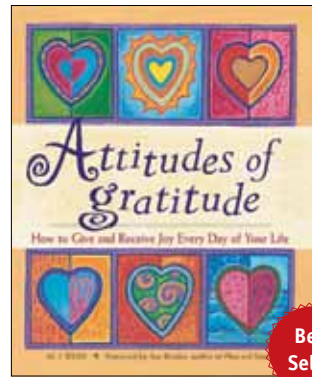


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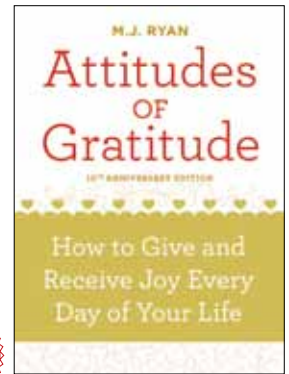
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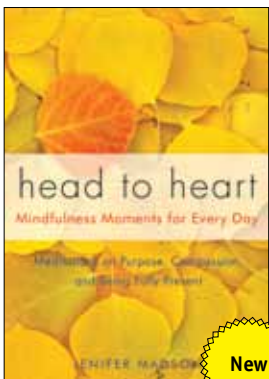


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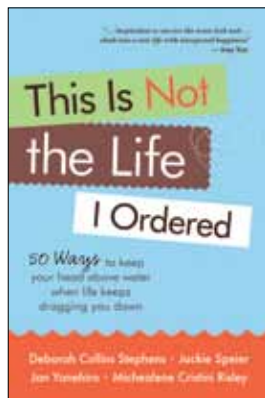


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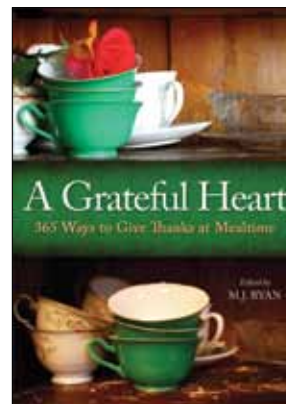


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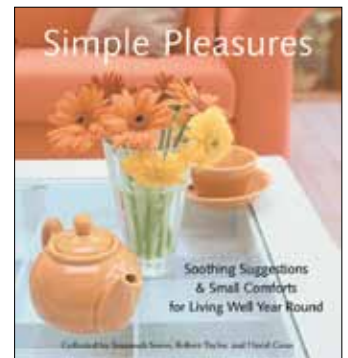
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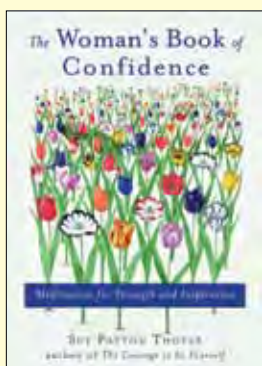


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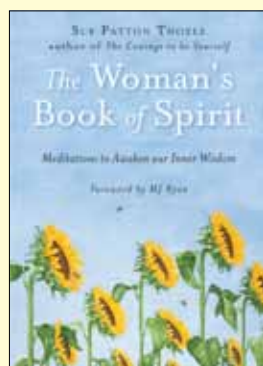


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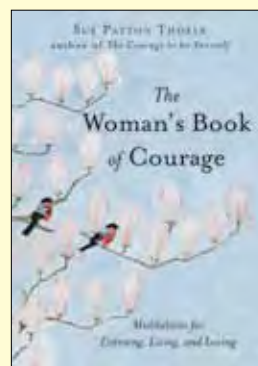
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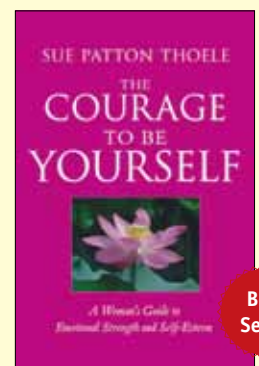
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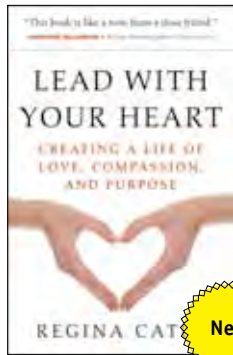


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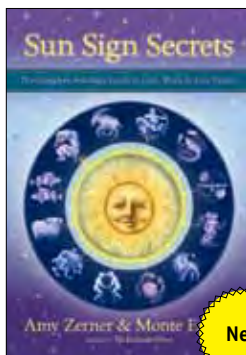
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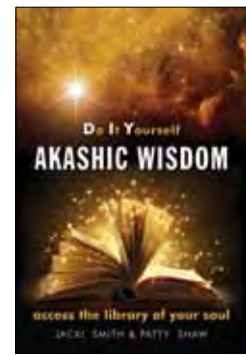
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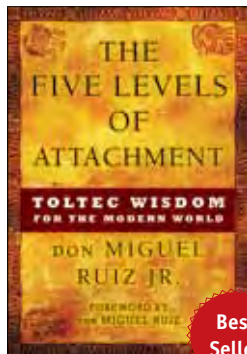


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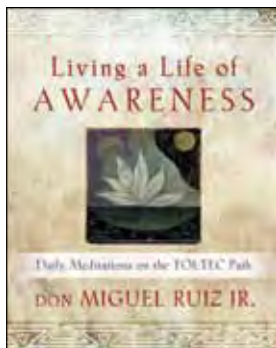


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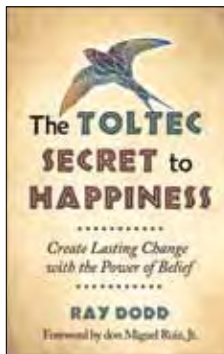


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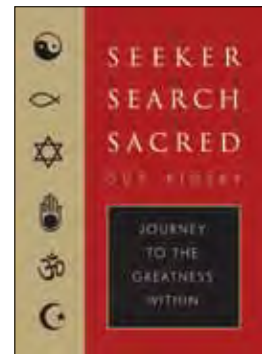
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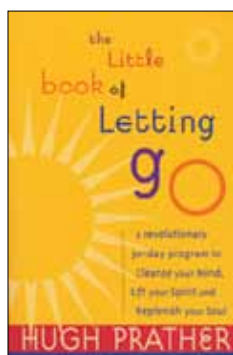
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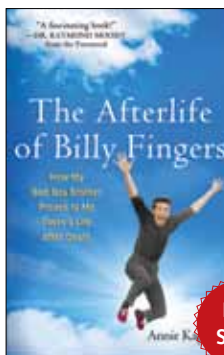
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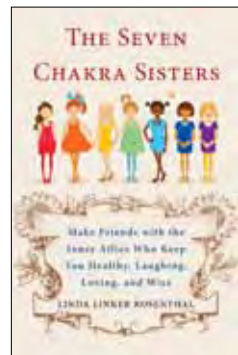


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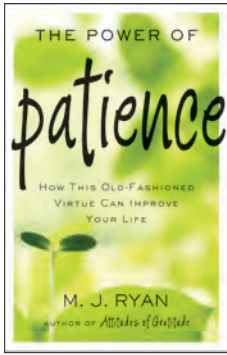
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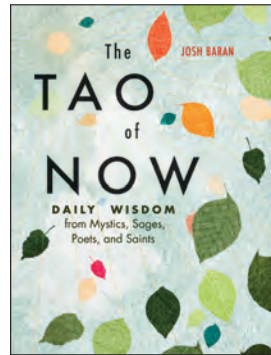




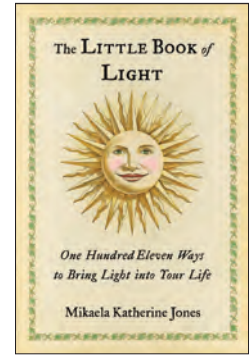
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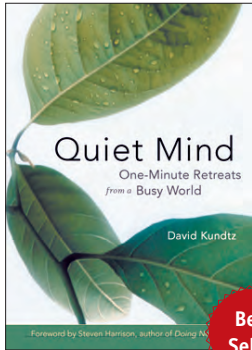
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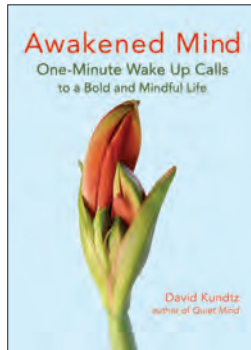


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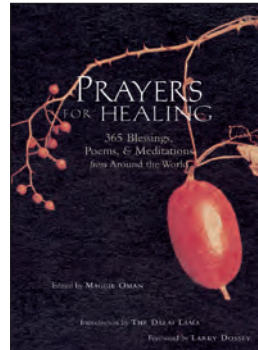


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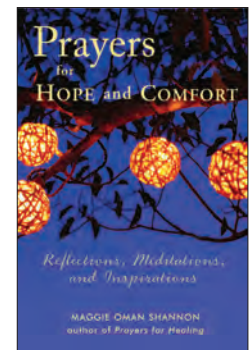
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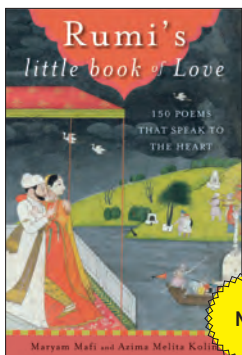
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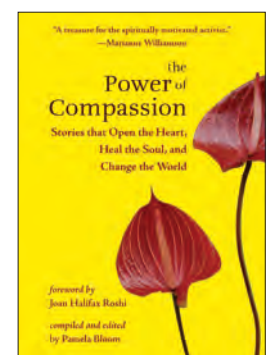
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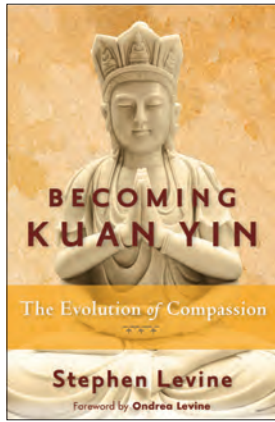
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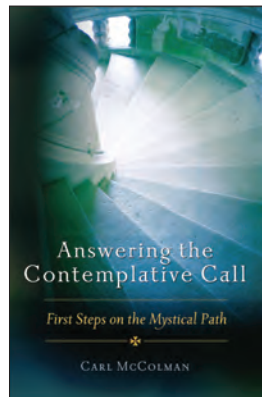
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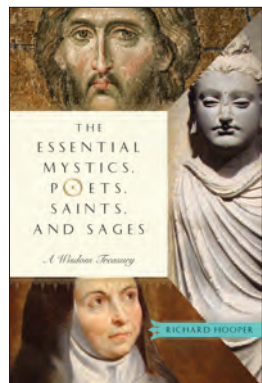
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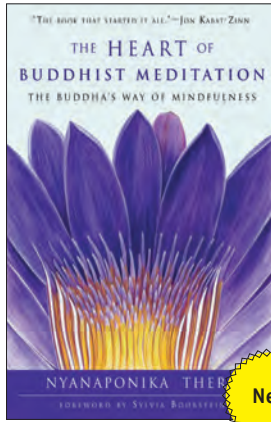
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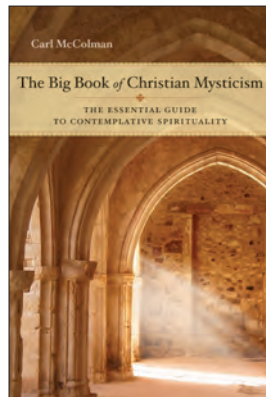


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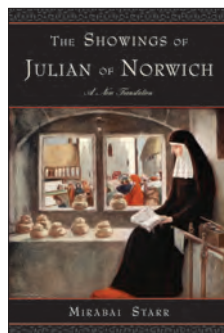


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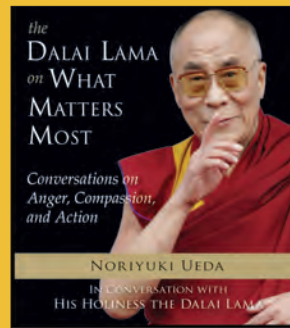
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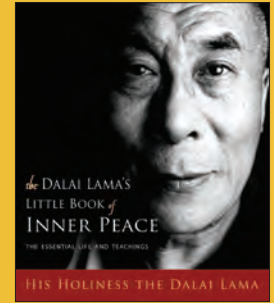


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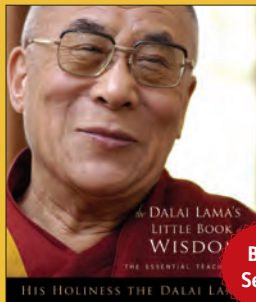
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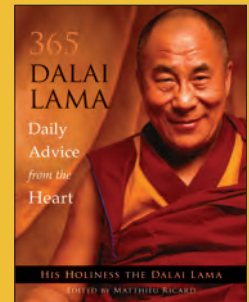


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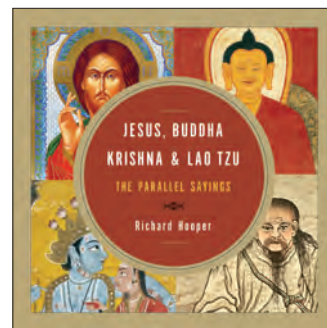


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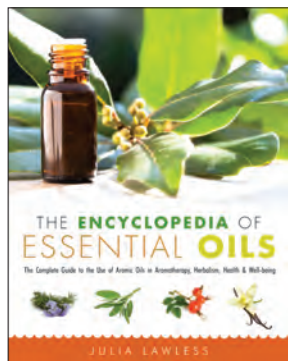
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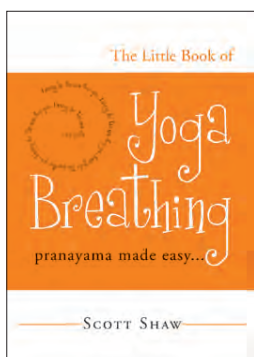
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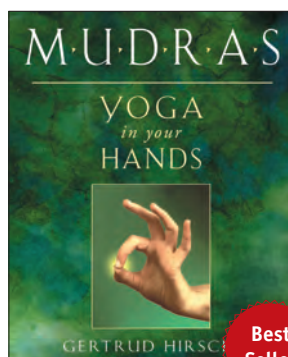
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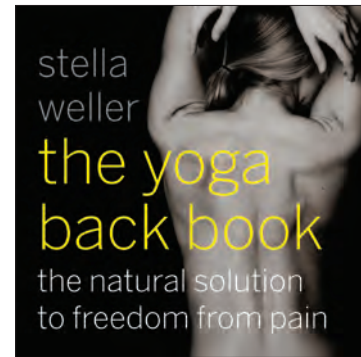


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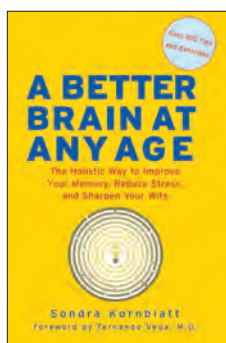


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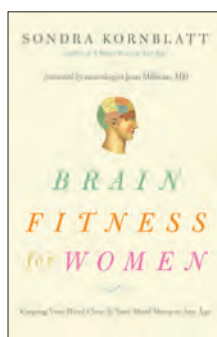
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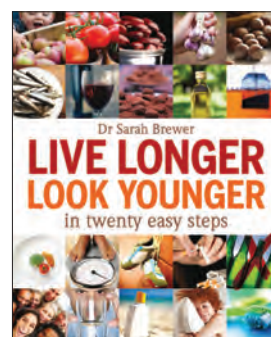
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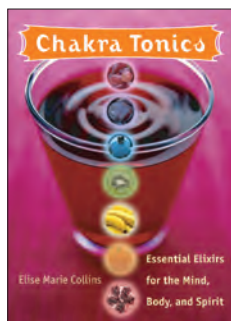


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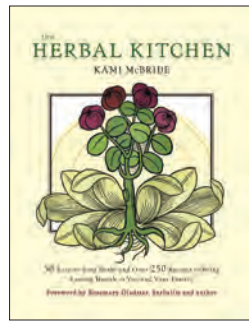


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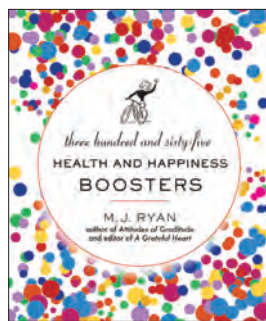
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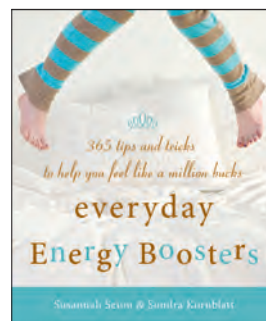
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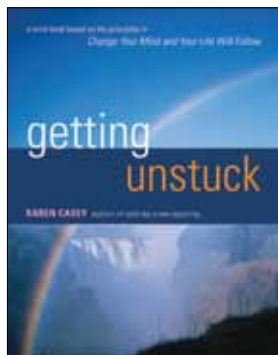


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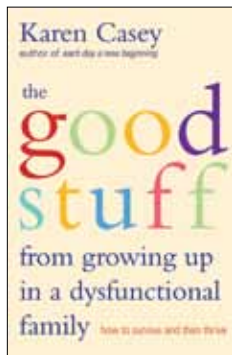


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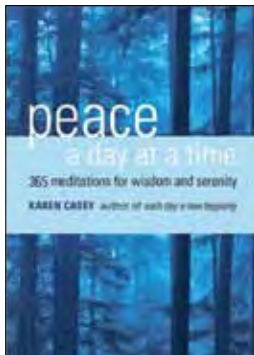
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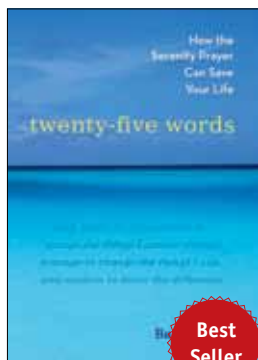
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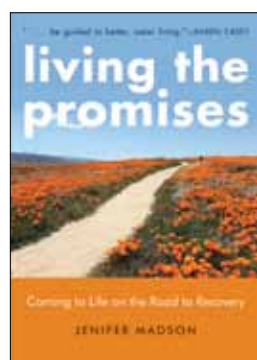
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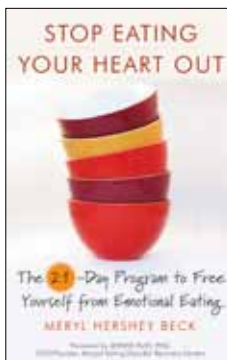
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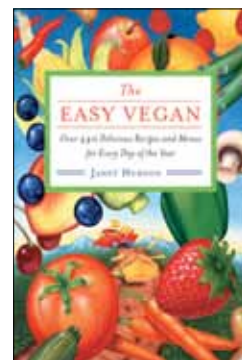
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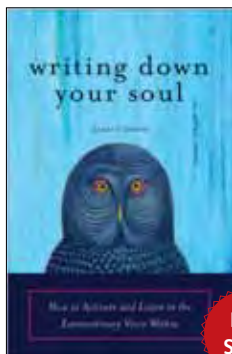
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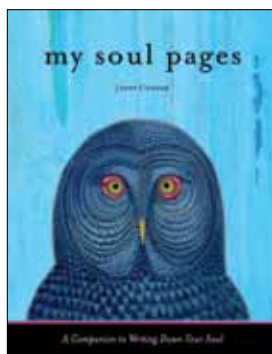
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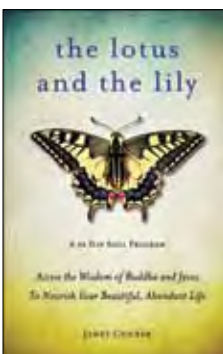
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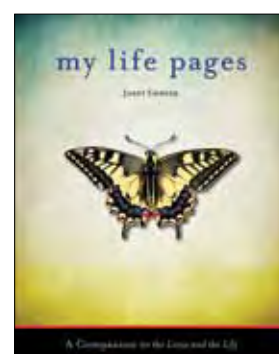
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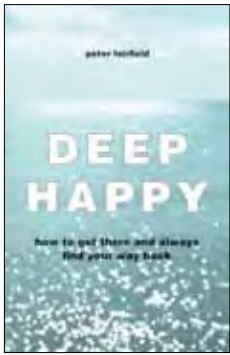
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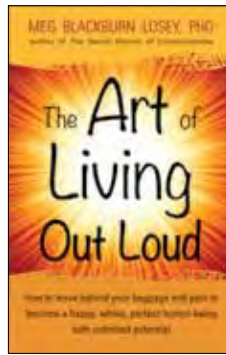


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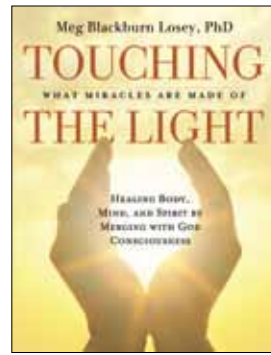
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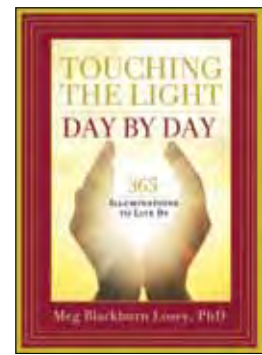
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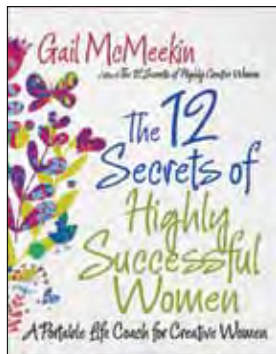
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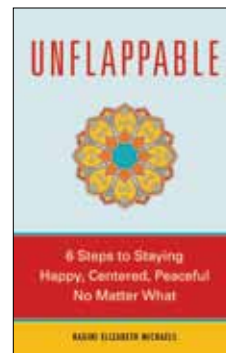
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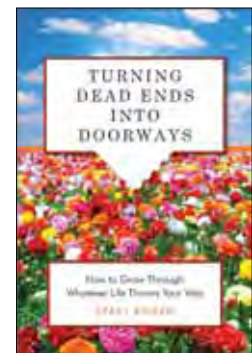
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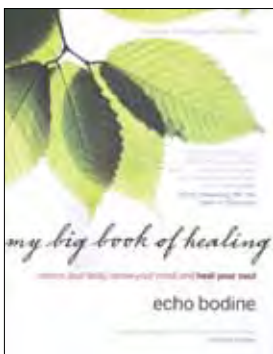
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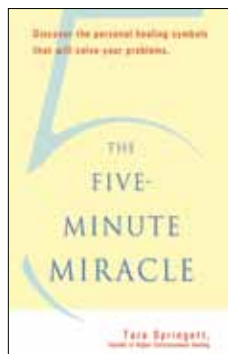
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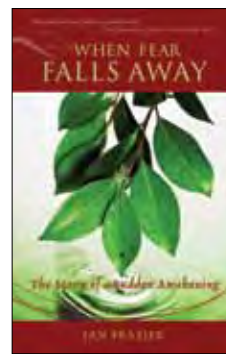
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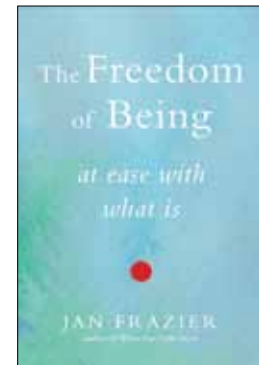
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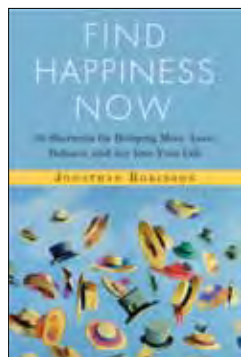
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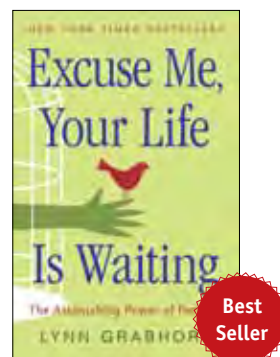
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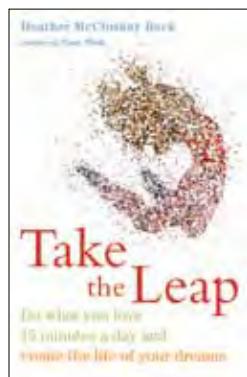
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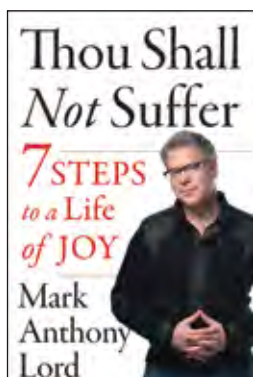
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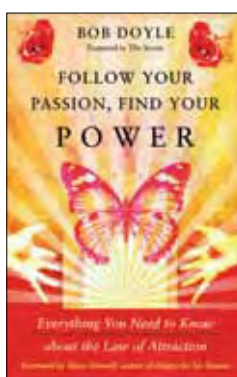
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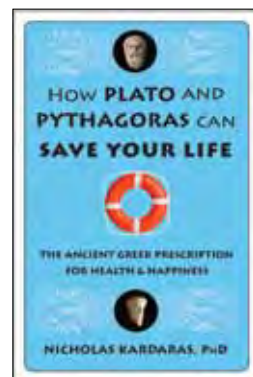
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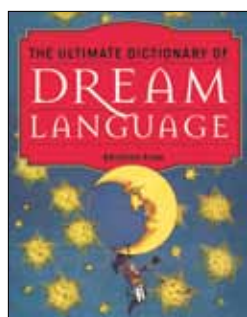


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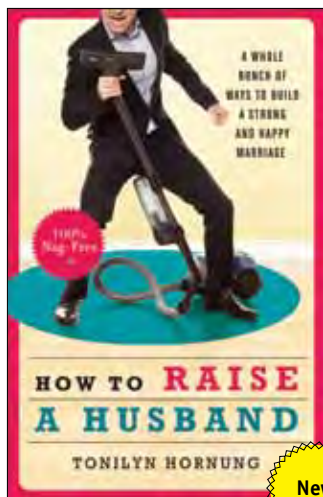
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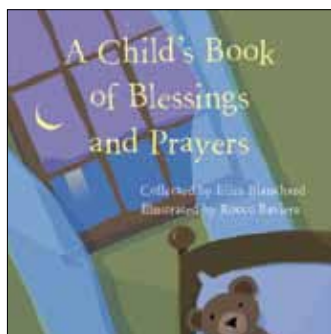
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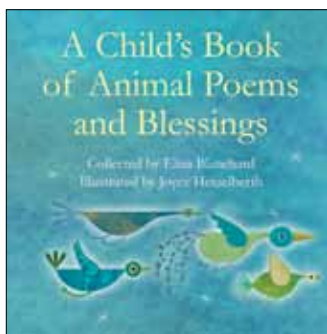
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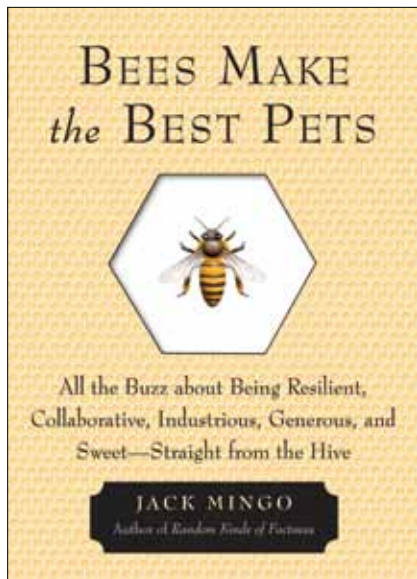
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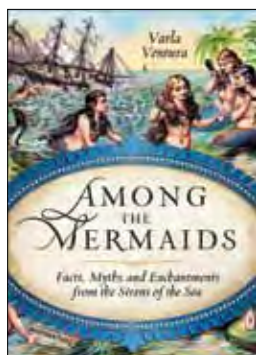


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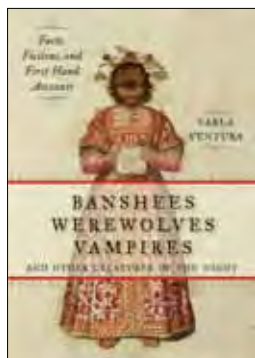
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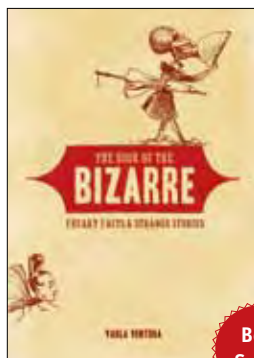
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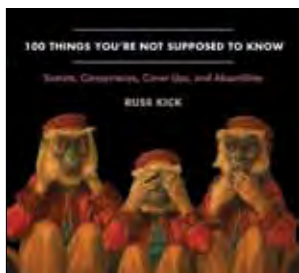


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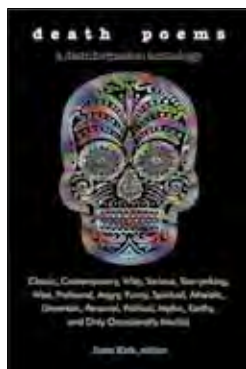


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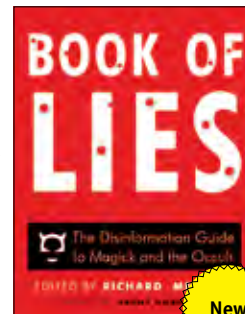
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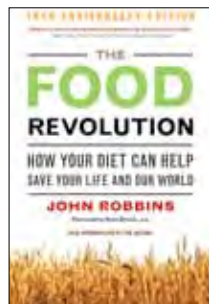
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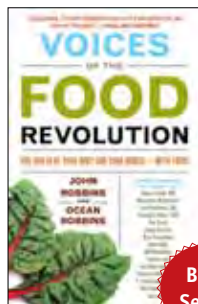
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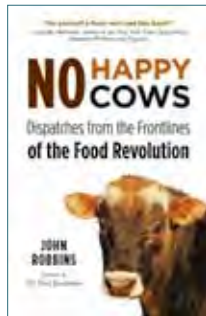


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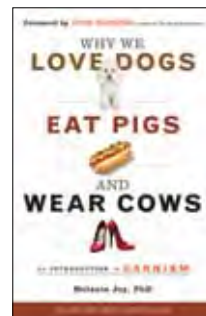


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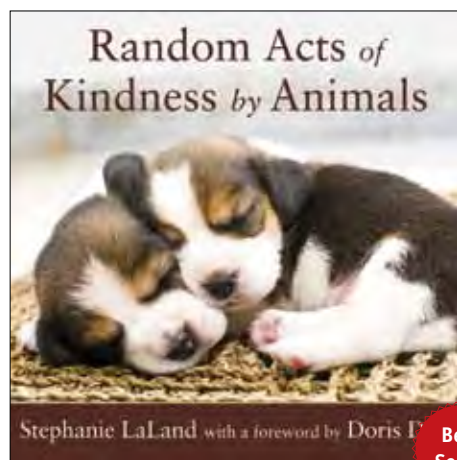
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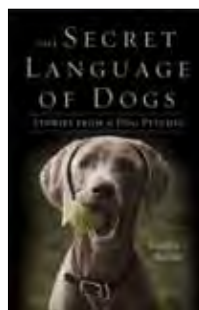


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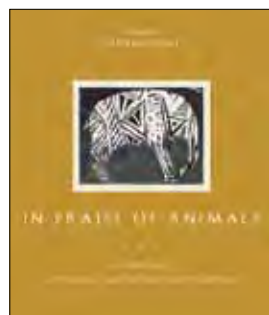
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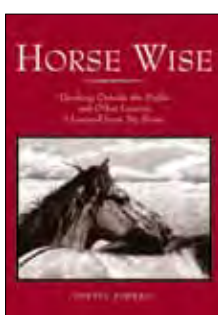
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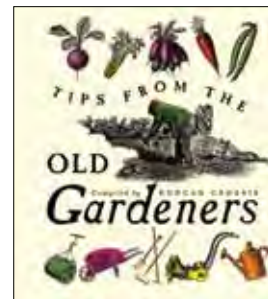
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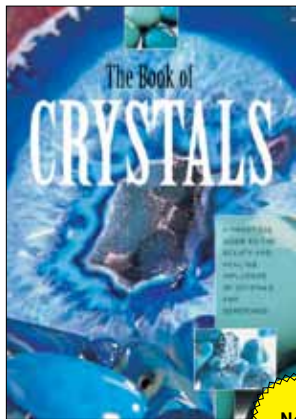
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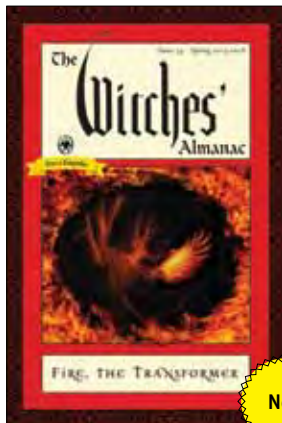


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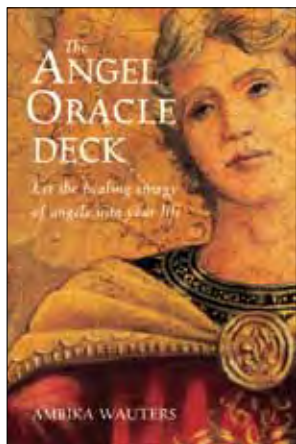


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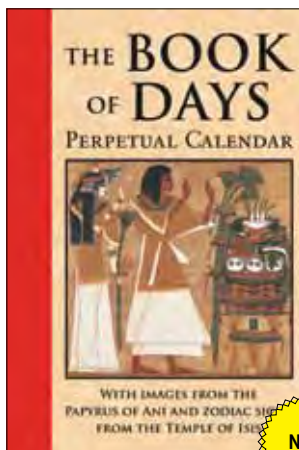
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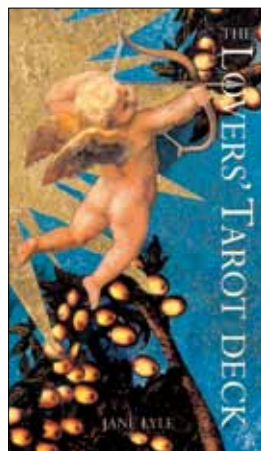
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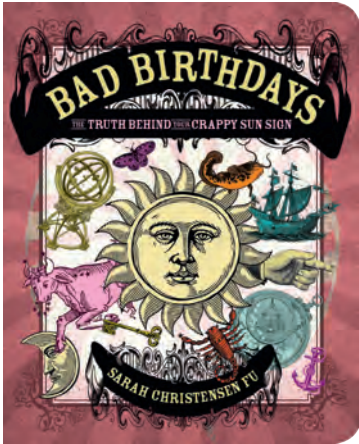
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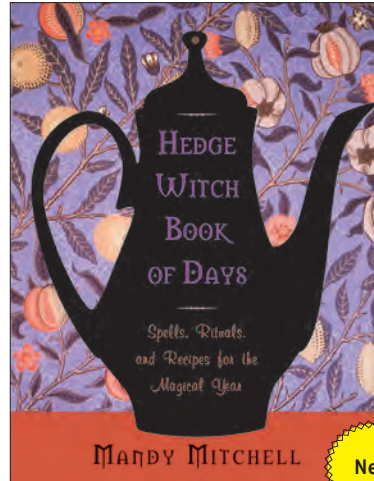


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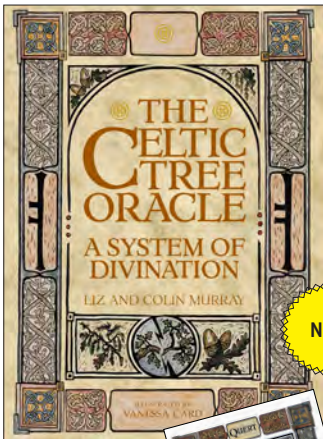




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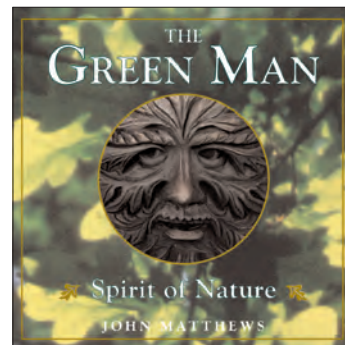
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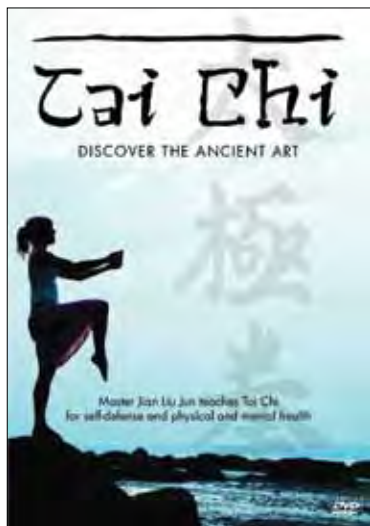
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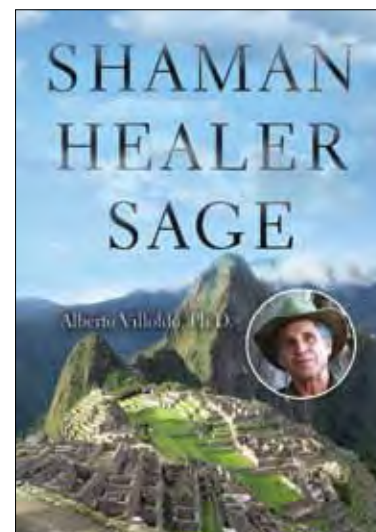
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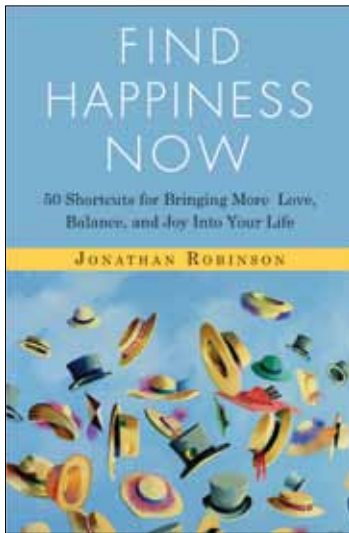
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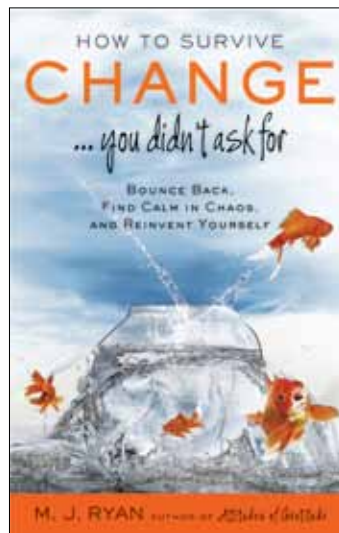
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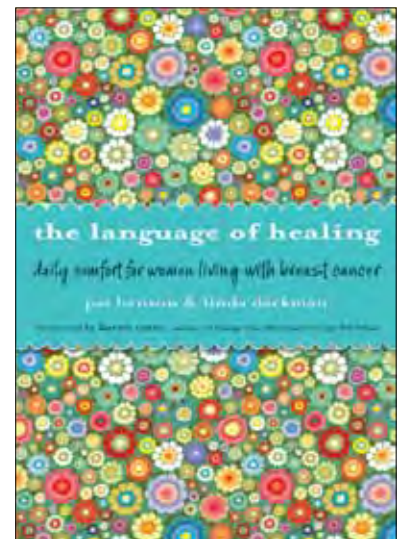
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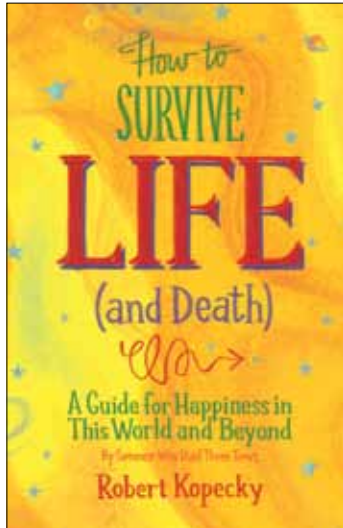
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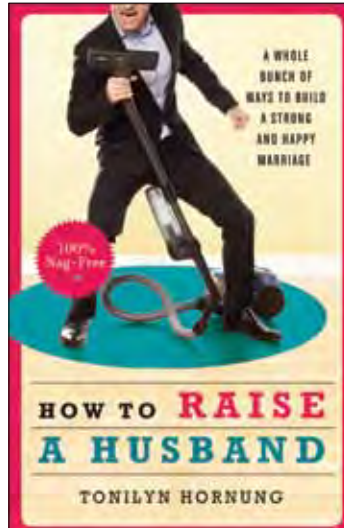
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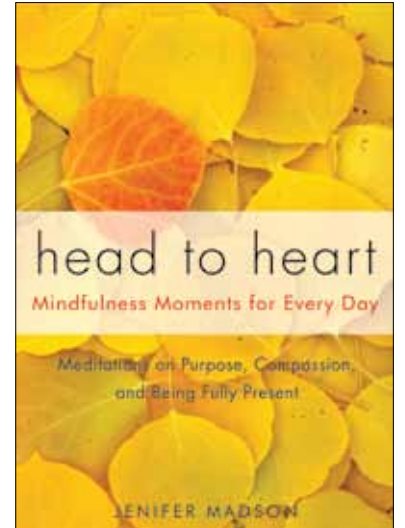
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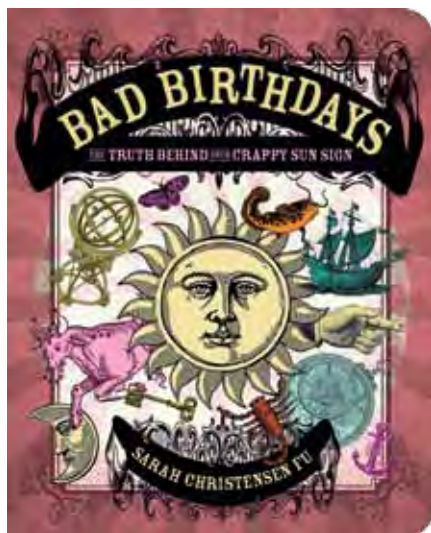
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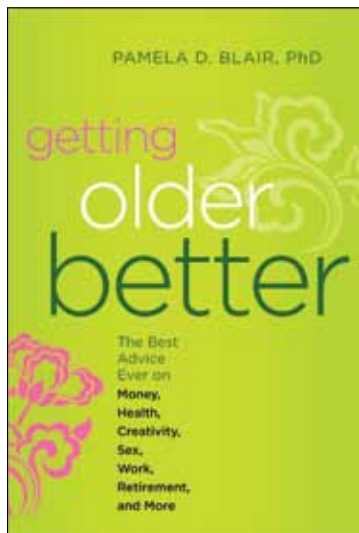
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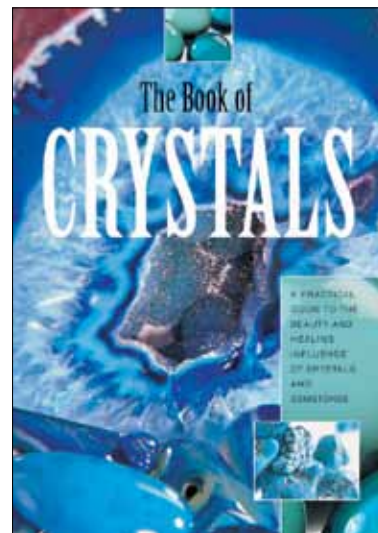
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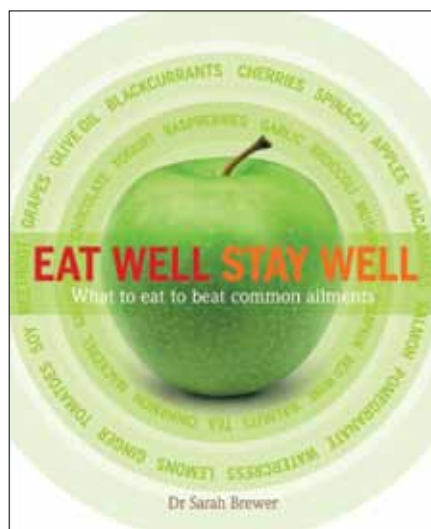
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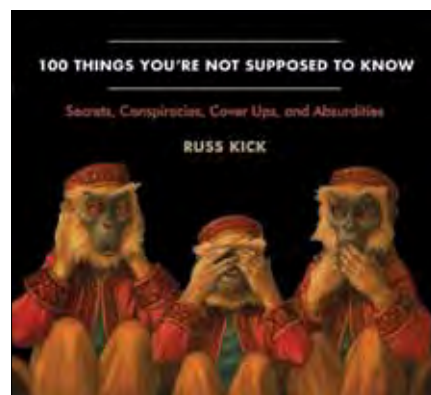
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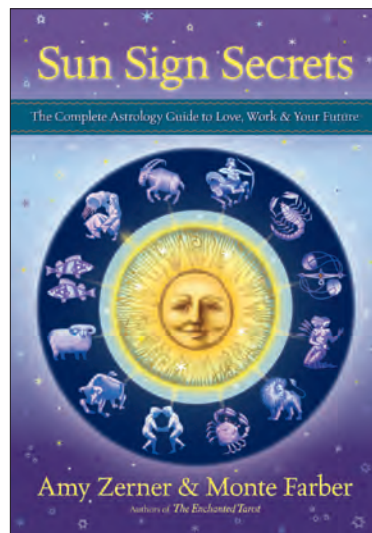
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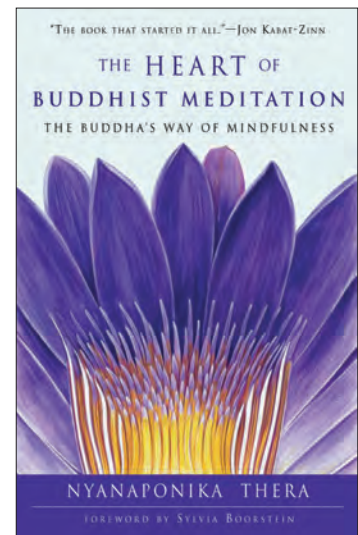
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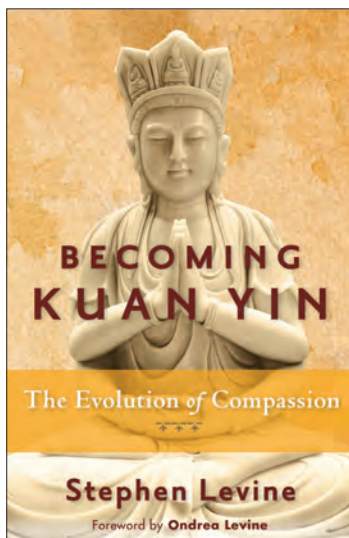
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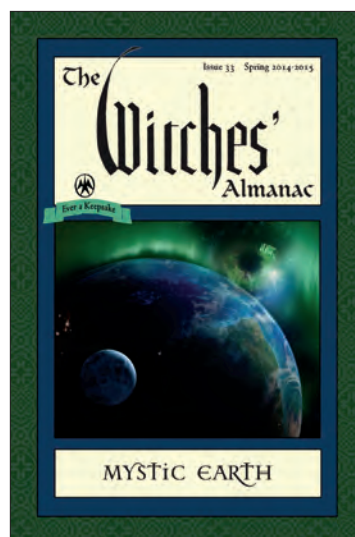
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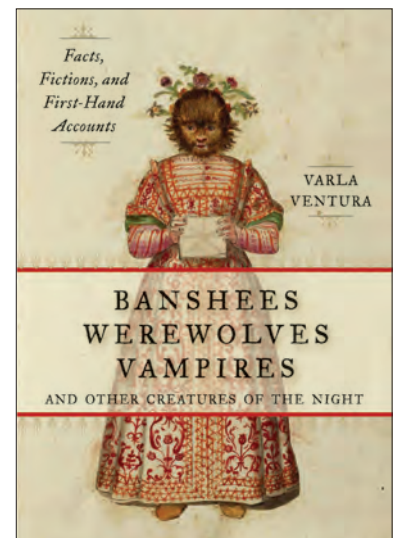
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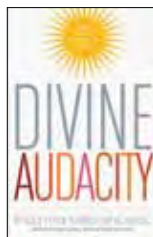
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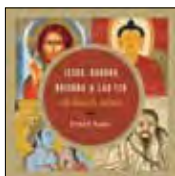
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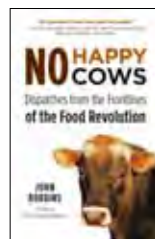
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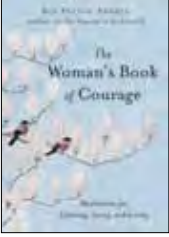
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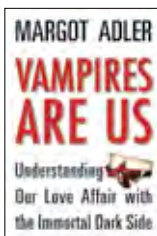
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