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Prairie & Plains States Getting Started Garden Guide contains all of the information you need to choose the best plants in Oklahoma, Kansas, Nebraska, Iowa, South Dakota, and North Dakota. Novice gardeners, new homeowners, and those new to the area will find it invaluable, but more experienced gardeners and home landscapers will also fall in love with this book. Prairie & Plains States Getting Started Garden Guide features the region-specific plant palette unique to this area, including plants that can withstand cold winters and drying

winds. Gardeners in this wide geographic space share many problems and concerns. Annuals, bulbs, groundcovers, lawns, ornamental grasses, perennials, roses, shrubs, trees, and vines are profiled, in detail, with four-color photos showing each plant's attributes. Basic gardening chapters cover the information beginning to intermediate gardeners need to know to garden with confidence. King Solomon exceeded all the kings in riches and in wisdom. The son of King David and Bathsheba, Solomon ruled Israel from about 960 to 922 B.C, and built a magnificent temple in Jerusalem. Solomon was blessed with a massive amount of resources. *Ancient Wisdom for Today's Business* unveils the "nuggets of truth" that undergirded his astounding accomplishments. His proverbial and instructive teachings are for one purpose: to show others how to prosper and experience complete success! From instilling vision to motivating your team, *Ancient Wisdom* offers practical guidance on how to be a champion in your world! Glenn Dunn was born and raised in Miami, Florida. He earned his bachelor's degree in Education from Florida International University. He is a licensed minister, motivational speaker and business theorist. His presentations inform and his humorous style makes learning fun and entertaining. www.glenndunnseminars.com

Discourse Analysis is becoming increasingly "multimodal", concerned primarily with the interplay of language, image and sound. Video Games allow humans to create, live in and have conversations with new multimodal worlds. In this ground-breaking new textbook, best-selling author and experienced gamer, James Paul Gee, sets out a new theory and method of discourse analysis which applies to language, the real world, science and video games. Rather than analysing the language of video games, this book uses discourse analysis to study games as communicational forms. Gee argues that language, science, games and everyday life are deeply related and each is a series of conversations. Discourse analysis should not be just about language, but about human interactions with the world, with games, and with each other, interactions that make meaning and sustain lives amid risk and complexity. Written in a highly accessible style and drawing on a wide range of video games from *World of Warcraft* and *Chibi-Robo* to *Tetris*, this engaging textbook is essential reading for students in discourse analysis, new media and digital culture. After a beginning overview of the history of *OpenSolaris*, its open-source licensing, and the community development model, this book then goes

on to highlight the aspects of OpenSolaris that differ from more familiar operating systems. You'll learn how to become a power user of OpenSolaris by maximizing the abilities of advanced features like Dtrace, the fault management architecture, ZFS, the service management facility, and Zones. Authors provide insider tips, unique tricks, and practical examples to help you stay sharp with the latest features of OpenSolaris. Job hunting? Changing careers? This book will propel you to the top of the slush pile! "GET HIRED! gives you a competitive advantage in the marketplace, dramatically increasing the odds of you winning the job of your dreams!" - Kevin Harrington, original Shark on Shark Tank Job Gladiator Michael Altshuler pulled back the curtain and interviewed America's top hiring managers and recruiters to uncover the real reasons why they make the hiring decisions they do. Go behind the scenes and inside the heads of these decision makers to gain an unfair advantage and fast-track your new career! Learn how to: · Build a resume that gets results · Successfully change careers · Ace the interview and get more offers · Optimize social media in your job search · Get past Applicant Tracking Systems · Stand out in the crowd · Stay strong and resilient Whether you're just starting out or looking to change careers, it's time to land the job of your dreams! Read this book now and create the future you deserve. The worlds most glamorous circus is haunted by a mysterious curse that has endured for decades and follows the show like a shadow. An unheralded performer seeks to break the spell. Someone else is displeased. * * * * * Shortly before the dawn of the new millennium, a video arrives at the postbox of internationally acclaimed motorsport journalist, Trevor Banks. The startling images depict the elite driving talents of an intriguing racecar driver. Banks is assigned to investigate the story. As he does so, he discovers that the talented performer also has attracted the attention of a psychopathic saboteur. From Northern Californias legendary racetracks to multiple European venues, including the dazzling jewel that is the Monaco Grand Prix, the story takes the reader on a wild, unpredictable ride within the dangerous circus that is Formula One racing. With an engaging style and a sharp eye for detail, David Miller has crafted a compelling drama that hurtles toward its shocking climax with the purposefulness and hair-raising excitement of a Formula One racecar as it rockets toward the chequered flag. * * * * * A portion of the proceeds from the sale of Circus Before Dawn shall be donated to the Hole in The

Wall Gang Camp for seriously ill children (www.holeinthewallgang.org) and to the **Ayrton Senna Institute**, the mission of which is to create opportunities for human development for children and young people (www.senna.globo.com/institutoayrtonsenna). **Counting Civilian Casualties** aims to promote open scientific dialogue by highlighting the strengths and weaknesses of the most commonly used casualty recording and estimation techniques in an understandable format. Ever notice how some people around you seem to “do it all”? How their professional and personal lives just flow like clockwork? These people have mastered the juggling act of appointments, deadlines, and demands on their time ... and you can, too! **In Clockwork: Time-Saving Routines and Tested Strategies for Success**, author Michael Snell shares the secrets behind the routines that give you control of your days, weeks, months and year. You’ll learn the benefit of implementing changes to your routines and practices that will ultimately give you more time to lead effectively at work and to be more effective in all other areas of your life. With quick tips for getting started and tangible guidance for today’s leaders, this book will help you make your professional and personal worlds flow like clockwork in no time. Get out of your rut and fast-track the life you dream about. **The Rebel Diva Empower Yourself Series: - Your Rebel Dreams* - 6 Simple Steps to Taking Back Control of Your Life in Uncertain Times. *USA Chanticleer Award Finalist! - Your Rebel Plans - 4 Simple Steps to Getting Unstuck and Making Progress Today. - Your Rebel Life - Easy Habit Hacks to Enhance Happiness in Your Life.** If you want to tap into your unknown superpowers and take a giant leap toward your dream life, pick up the Rebel Diva boxset today! Get all three Rebel Diva books in one easy-to-access bundle. Individual books selected for Amazon's high-quality Great-on-Kindle program. Free 100+ page downloadable, printable worksheets inside! The Rebel Diva series by the Rebel Diva Academy® is for the busy working woman who's juggling everything and wishes life had more to give her. Don't just read self-help. Get the Rebel Diva guides that will take you by the hand and show you step-by-step how to create your dream life. Be the heroine of your own story! Looking for the ultimate self-improvement guide so that you can take matters into your own hands and jump start or rejuvenate your career? Look no further than **The Self-Improvement Book: A Guide Book for Success and Personal Development. The Self-**

Improvement Book is actually a set of four already popular books by renowned business and entrepreneurship authors Can Akdeniz and Jonas Stark. The set includes: *The Nine Routines of Successful People: A Guidebook for Personal Change*, *Problem Solver: An Amazing Way to Deal with Problems and Personal Challenges*, *Surpass the Average: Learn the Seven Traits of High Achievers*, and *Productivity Masterclass: Learning to Work Smarter and Faster*. SHORTLISTED FOR THE CMI MANAGEMENT BOOK OF THE YEAR AWARD

The essential guide to turning tough questions into positive opportunities

Difficult questions can be thrown at you from your first job interview through to challenges you get when you've made it to the top. If you find yourself on the firing line on a regular or occasional basis this is the perfect go-to guide to help you turn tough questions into positive opportunities. *Great Answers to Tough Questions at Work* promotes a confident 'win-win-win' mindset for questioner, answerer and wider audiences beyond. Author Michael Dodd provides golden formulae and proven strategies for constructing inspirational answers—however challenging, vicious, tricky or stupid the question. He outlines simple but successful techniques for dealing with the kind of nightmare questions which all ambitious people in the workplace have to face along their journey, whatever stage of their career. Contains critical communication skills for executives, managers, leaders and those aspiring to fill these roles Covers a wide range of work place scenarios such as job interviews, performance reviews, negotiations, customer relations, parliamentary inquiries and cross-examination Discusses how to see the issues underlying tough questions that you face in a different, more positive, solution-oriented way Includes case study examinations of key moments where people in the public spotlight have done something particularly well or particularly badly while answering questions and draws out the lessons for readers. Get in the ZONE In *Find Your Zone of Genius*, you will learn the thoughts and behaviors that will help you spend more time in what author Laura Garnett calls your Zone of Genius—that sweet spot where you're challenged, fulfilled, and happily engaged in the work you're doing. Both aspirational and practical, Laura introduces a methodology based on a performance tracker tool that has helped Laura's high-profile clients at LinkedIn, Capital One, and Verizon transform their careers and lives—and will help do the same for you! "Work doesn't have to feel like, well, work. With Laura's advice, you can find your Zone of

Genius, accomplish more, and stop counting the minutes until quitting time."—LAURA VANDERKAM, author of *Off the Clock: Feel Less Busy While Getting More Done Right* from the start there's one thing you can be sure of - all the successful people you will ever meet are highly resourceful when it comes to problem solving and they definitely have a thing or two you can learn from them. The more you get comfortable dealing with problems the more guaranteed your success is. This book will show you how. *Life After Calamity* is a book about my life as a minister. The book will take you through the pain and suffering that sin and disobedience brought into my life. I lived without a relationship with God for eighteen years. The book will show how God took a man like me and gave me another chance to live a meaningful and purpose-filled life through the resurrection power of the Lord Jesus Christ. This book offers a modular set of chapters that focus specifically on the challenges related to case writing. Exercises, worksheets, and training activities help guide readers sequentially through the entire process of writing both a case and an instructor's manual (teaching note). Designed as an individualized workshop to assist case authors to structure their writing, this book combines the easy-to-understand, student-focused language of the first edition with new material covering the latest developments and challenges in the world of case writing. These include: ● A section on writing cases in condensed time frames ● A new module on writing short cases in various formats ● A new module on turning research papers into teaching tools ● A section about growing communities of practice in a university ● An expansion of the student case writing module to include a section on case writing for graduate students ● Twelve new worksheets ● A complete index to facilitate use of the book

Finishing all the book's assignments will result in a complete case and instructor's manual that can be tested in the classroom and submitted to a conference or journal. The Case Writing Workbook is a must for the shelf of any academic or student conducting qualitative research and looking to enhance their skill set. PREPARE TO TRANSFORM YOUR VOICE AND BE HEARD

Step into Your Moxie is a soul-stirring call to action to speak up for yourself and the ideas and issues that matter most to you. Dubbed a "Moxie Maven" by President Obama's White House Office of Public Engagement for her potent approach to women's empowerment, Alexia Vernon has helped thousands of women (and men) slay diminishing self-talk and cultivate confidence. She has

created a timely, refreshingly playful guide for women to communicate with candor, clarity, compassion, and ease every time they open their mouths to speak – in their careers, communities, and homes. Step into Your Moxie is the book women want by their side as they have that daring conversation, give an important presentation, run for office, or simply tell the people closest to them to step back from the boundaries they've trespassed. The Nuremberg trials were a series of military tribunals held after World War II by the Allied forces under international law and the laws of war. The trials were most notable for the prosecution of prominent members of the political, military, judicial, and economic leadership of Nazi Germany, who planned, carried out, or otherwise participated in the Holocaust and other war crimes. The trials were held in Nuremberg, Germany. This volume contains trial proceedings from 5 February 1946 to 19 February 1946. Published author, entrepreneur, homesteading mom, and slow living enthusiast Aliah Wilcox has a message for women: You CAN run a business and STILL be the homemaker, wife, and mom you aspire to be. Aliah is a mom of two, a wife, a daughter, a published and active author, entrepreneur, and stay-at-home homesteader. What's more, she's achieved these things without a staff of even 2, the ability to sleep two hours a night or driving herself batsh*t crazy. She's figured out the key to having it all: Priorities, babe. In her second book, Aliah provides a no-BS blueprint for women to figure out how to get their ish together and keep it that way. She explains why saying YES to everything and everyone really means saying NO to the things that matter – to your goals, your dreams, and your true self. The key to achieving your wildest dreams isn't to downsize them. It's to embrace them more fully, and discard everything that isn't serving them. This book will teach you how to: Zone in on what really matters to you, so you can ditch everything that isn't serving your dreams. Recognize and embrace your true worth as a provider, partner, and all-around kickass human. A special section just for network marketers! Say no to the millionth request from your team to jump in yet another damn zoom –without experiencing guilt. Establish boundaries that stick with coworkers, friends, and family. Stop feeling like an imposter in your own life. Create habits that protect your time and energy. Kick fear (of not being lovable, pretty, or good enough) to the curb once and for all. Written in the same down-to-earth, accessible style that made her first book, Girl, Just Be YOU, favorited by network marketing leaders, this

book is for every woman who wants to live a fulfilled, authentic life without feeling stressed and exhausted. Aliah is living proof that it's possible, and you will be too. Jeri Wylder is a dedicated police officer doing her job, paying her way, and looking for Ms. Right, until a call at a drug house goes terribly wrong. She's suspected of a crime she didn't commit and is forced to do two things that go against her beliefs: see a therapist and prove a fellow officer is corrupt. Simone Sullivan is trying to save her historical apartment complex and its occupants from redevelopment, but someone wants to see the building destroyed. When Jeri arrives on her doorstep after a vandalism incident, Simone's life takes a turn that challenges her personally and professionally. Simone is the woman Jerri has been waiting for her entire life. Love would be a lot simpler if the threat of arrest wasn't hanging over her head. But when the perpetrator sets their sights on Simone, Jerri will risk everything to save her. The HIIT Bible is the ultimate guide to High-Intensity Interval Training - the fastest and most effective means of getting fit and improving body composition. A complete reference guide, The HIIT Bible explains everything you need to know about the exercise method that delivers big results - fast. Read about its many benefits and gain expert advice on how to use HIIT to get fit, look toned and feel fantastic. Accessible, practical and written by a globally recognised fitness authority, it features masses of tried and tested high intensity exercises and moves, each accompanied by easy-to-follow photos and instructions. The HIIT Bible is the only book on High-Intensity Interval Training you'll ever need. This guide for human resource managers shows how to present the human resource management function to top management and how to effectively market human resource management throughout the organization. Provides people in this field with insights into the top management/business way of thinking. Compares the resolution of a long standing human resource issue to the successful introduction and marketing of a new product. Shows how to determine organizational needs from a customer/client perspective. This book is a reflection on some short, true encounter with the author. Too often we live lives that we find unfulfilling, fail to reach our own potential, and neglect to practice creativity in our daily routines. Gay Hendricks's The Genius Zone offers a way to change that by tapping into your own innate creativity. Dr. Gay Hendricks broke new ground with his bestselling classic, The Big Leap, which has become an essential resource for

coaches, entrepreneurs, executives, and health practitioners around the world. Originally published as The Joy of Genius, The Genius Zone has been updated and expanded throughout, making it the essential next step beyond The Big Leap. In The Genius Zone, Hendricks introduces his brilliant exercise, the Genius Move, a simple, life-altering practice that allows readers to end negative thinking and thrive authentically. By using the Genius Move, readers will learn to spend more of their lives in their zone of genius—where creativity flows freely and they are actively pursuing the things that offer them fulfillment and satisfaction. Filled with hands-on exercises and personal stories from the author, The Genius Zone is an essential guide to creative fulfillment. If you are committed to bringing forth your innate genius and making your largest possible creative contribution, The Genius Zone will become a trusted companion for the journey. The book is written as per the revised syllabus, prescribed by N.C.T.E for Master of Physical Education. The focus behind this book is to provide adequate source of information to the students and language of the book is simple and easy to understand. Topics: UNIT I - Skeletal Muscles and Exercise Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction - Heat Production in the Muscle, Effect of exercises and training on the muscular system. UNIT II - Cardiovascular System and Exercise Heart Valves and Direction of the Blood Flow - Conduction System of the Heart - Blood Supply to the Heart - Cardiac Cycle - Stroke Volume - Cardiac Output - Heart Rate - Factors Affecting Heart Rate - Cardiac Hypertrophy - Effect of exercises and training on the Cardio vascular system. UNIT III - Respiratory System and Exercise Mechanics of Breathing - Respiratory Muscles, Minute Ventilation - Ventilation at Rest and During Exercise. Diffusion of Gases - Exchange of Gases in the Lungs - Exchange of Gases in the Tissues - Control of Ventilation - Ventilation and the Anaerobic Threshold. Oxygen Debt - Lung Volumes and Capacities - Effect of exercises and training on the respiratory system. UNIT IV - Metabolism and Energy Transfer Metabolism - ATP - PC or Phosphagen System - Anaerobic Metabolism - Aerobic Metabolism - Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises - High Intensity Exercise Lasting Several Minutes - Long Duration Exercises. UNIT V - Climatic

conditions and sports performance and ergogenic aids Variation in Temperature and Humidity - Thermoregulation - Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance. If you are a Solaris administrator who wants to learn more about administering an Oracle Solaris system and want to go a level higher in utilizing the advanced features of Oracle Solaris, then this book is for you. A working knowledge of Solaris Administration is assumed. Get out of your rut and fast-track the life you dream about. Are you feeling stuck in your career and your life? Have you been let go and are feeling lost and unhappy? Do you feel uncertain of what to do next? This shift may be the best thing that's happened to you. Take the bull by the horns and turn your life around. Life's too short not to. This easy-to-follow guide with simple and structured exercises will show you how. In Your Rebel Dreams, you'll learn six simple steps to: - Unlock your purpose and clearly identify your passions. - Discover your innate talents and your unique gifts. - Figure out what you have to offer the world. Create a vision in line with your purpose, your passions and your gifts, so you can make a living doing what you love. ...and much, much more. In these pages, you'll craft a story, and that story will be your ideal life. *FREE BONUS: 100+ page downloadable worksheet booklet inside.* This is not a book you're going to read and forget. The side effects of doing the exercises here will be an increase to your self-esteem and your self-confidence. Your Rebel Dreams is a life-changing workbook with down-to-earth, timeless advice, inspiring quotes and plenty of space for you to write your answers. If you want to tap into your unknown superpowers and take a giant leap toward your dream life, pick up Your Rebel Dreams today! What readers are saying: "This is the jump start you're looking for!" "One of the best self-help books I've read!" "Every woman's must read!" "This book was such an insightful dive into me and what I want. With the workbook to work through as you read, you couldn't ask for a more focused guide!" This workbook accompanies Your Rebel Dreams, the first Rebel Diva book. Get the exercise all in one place! This is a 100+ workbook with all the exercises in Your Rebel Plans, including how to: - Unlock your purpose and your passions. - Discover your innate talents and your unique

skills. - Determine the value you can offer others. - Design a vision for yourself in line with your passions, so you can make a living doing what you love. ...and much more. For complete guidance, examples, and details on how to apply these tools, please read the full book: Your Rebel Dreams, Book ONE of the Rebel Diva series. Your Rebel Dreams is a life-changing workbook with down-to-earth, timeless advice, inspiring quotes and plenty of space for you to write your answers. Come on a fun interactive journey of self-discovery to clarify your purpose and passions in life. Be the heroine of your own story. **Now a USA Today Bestseller If your ex arrives in your hometown eighteen months after you walked out on him while you were eight months pregnant, follow this short list of rules before you give him a second chance. Rule #1 - Don't stand in the way of your brothers who want to rough him up. Rule #2 - Don't meet him for coffee and agree to allow him to meet your daughter. Rule #3 - Don't drool when your daughter falls asleep on his chest for the first time. It's just your ovaries talking. Rule #4 - Don't let him hold your hand. While we're at it, no hugs, no kisses on the cheek... just no physical contact in general. That only leads to remembering better times. The last one is the most important... Rule #5 - When you find yourself needing someone's help and you're tired of always asking your family, don't let him be the one who's there for you. Because all those good qualities of his will suck you right back in and you'll have no chance of fighting your feelings, especially now that he's ready to be a father to your daughter.**

Research as a Tool for Empowerment: Theory Informing Practice is an edited volume that includes an array of research-based chapters that not only further the field of second/foreign language research, but also provide practical implications to language classrooms in international and national settings. Chapters in this volume present a bridge between methodologically sound second/foreign language research and strong pedagogical implications. This volume includes the voices of researchers, graduate students, teachers, parents, and learners exploring the second/foreign language phenomena. The multiple voices of the contributing authors reflect the diverse readership of the Research in Second Language Learning series. Unlike previous anthologies in second/foreign language research, this volume presents studies from various research paradigms. Chapters include examples of various research methods from both quantitative and qualitative paradigms. Few previous anthologies have presented research based in

multiple paradigms and from multiple perspectives. Research as a Tool for Empowerment: Theory Informing Practice not only presents these various perspectives, but it also makes the link from research to classroom implications and applications. The volume is unique as it makes a connection between different types of research and research methods and empowerment and issues of empowerment. El Alto, Rebel City combines ethnography and political theory to explore the astonishing political power exercised by the indigenous citizens of El Alto, Bolivia in the past decade. Negotiating is something that we all do, whether at work or at home. But what if we come across someone who just won't give in? How can we defend ourselves against manipulation? And how do we say 'no' without compromising a deal? Legend has it that the Kremlin school of negotiation was born in Russia in the 1920s, under the rule of Joseph Stalin, and it still has its followers and advocates to this day. Using the official Kremlin method and years of business experience, Igor Ryzov guides us through the most effective techniques in negotiating terms that satisfy both parties. From knowing how to get the most information about a potential deal, to how to read your counterpart, and advice on defusing tension, this comprehensive handbook ensures a mutually acceptable resolution that leaves you walking away successful. With practical examples, and exercises to hone your negotiating skills, The Kremlin School of Negotiation will offer the tools you need to master any deal. The Nuremberg trials were a series of military tribunals held after World War II by the Allied forces under international law and the laws of war. The trials were most notable for the prosecution of prominent members of the political, military, judicial, and economic leadership of Nazi Germany, who planned, carried out, or otherwise participated in the Holocaust and other war crimes. The trials were held in Nuremberg, Germany. This volume contains trial proceedings from 5 February 1946 to 19 February 1946. Like generations of little girls, Lauren Kessler fell in love with ballet the first time she saw The Nutcracker, and from that day, at age five, she dreamed of becoming a ballerina. But when she was twelve, her very famous ballet instructor crushed those dreams-along with her youthful self-assurance-and she stepped away from the barre. Fast forward four decades. Lauren-suddenly, powerfully, itchy restlessness at midlife-embarks on a "Transcontinental Nutcracker Binge Tour," where attending a string of performances in Chicago, New York, Boston, and San Francisco

reignites her love affair with the ballet-and fuels her girlhood dream. What ensues is not only a story about The Nutcracker itself, but also an inside look at the seemingly romantic-but oh-so-gritty-world of ballet, about all that happens away from the audience's eye that precedes the magic on stage. It is a tale told from the perspective of someone who not only loves it, but is also seeking to live it. Lauren's quest to dance The Nutcracker with the Eugene Ballet Company tackles the big issues: fear, angst, risk, resilience, the refusal to "settle in" to midlife, the refusal to become yet another Invisible Woman. It is also a very funny, very real look at what it's like to push yourself further than you ever thought you could go-and what happens when you get there. *SHORT-LISTED FOR THE BUSINESS BOOK AWARDS 2020!* We need to change the way we do business. If you've decided to go it alone and grow your own business, you're probably finding it tough to make things work. The pace of life is getting faster, our benchmarks for success ever higher, and thousands of micro-business owners are facing entrepreneurial burnout, trying to cover up their stress and exhaustion with 'love-my-life' smiles and filtered images on social media. It's not just the cashflow that needs fixing: your mental health and well-being are at stake here. If you are ready to make money, make an impact and thrive in the process, True Profit Business gives you a simpler, more connected path to business success: · Clarity - understand what your bigger vision of success looks like and how business growth really works · Structure - get clear on the five Growth Pillars to ensure sustainable growth · Flow - discover when to Lean Back and when to Lean In to enable an effective energy flow between thinking, planning and taking action · Process - discover which of the five True Profit Business Models will enable you to thrive. True Profit Business not only helps you diagnose what's going wrong for you, it focuses you on your bigger game and shows you the building blocks - the processes and people - you need to turn your expertise and talents into a purposeful, playful and profitable business.

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