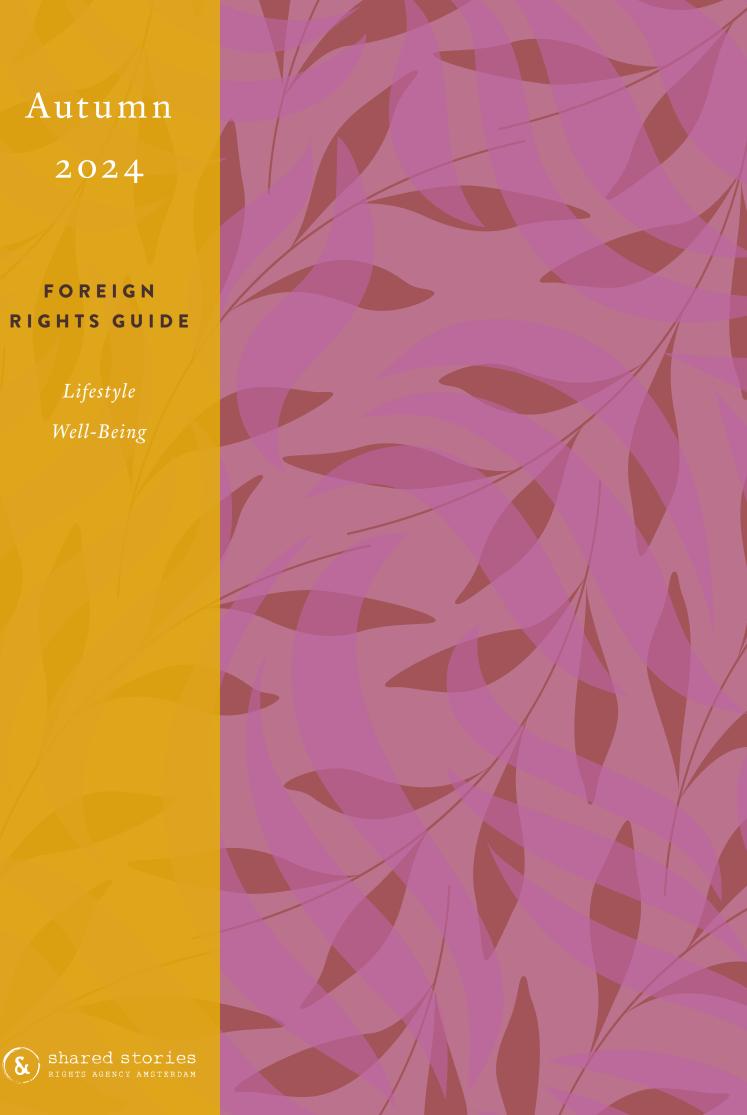
Autumn 2024

FOREIGN RIGHTS GUIDE

Lifestyle





## SHARED STORIES RIGHTS AGENCY AMSTERDAM

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### ATLAS CONTACT

**Genres** – literary fiction, poetry, non-fiction, business

Authors - Haruki Murakami, Kashuo Ishiguro, Julian Barnes, Lucas Rijneveld, Adriaan van Dis, Oek de Jong, Geert Mak, Jan Brokken, Francis Fukuyama, Stephen R. Covey, Daniel Kahneman, Simon Sinek, Steven Pinker, Colson Whitehead, Ian Buruma, Simon Schama

#### ANKHHERMES

Genres - Spirituality, health, mind, body & spirit, personal growth,

**Authors** – Eckhart Tolle, Gabor Maté, Don Miguel Ruiz, Louise Hay, A Course in Miracles

#### ZWARTJES & LABOVIĆ

**Genres** – fiction and non-fictior that understands, shapes and interprets the zeitgeist

### LUITINGH-SIJTHOFF

Genres – thrillers, crime fiction, historical fiction, fantasy, feelgood, narrative non-fiction, children's books, picture books, YA fiction

Authors – Dan Brown, Stephen King, George R.R. Martin, Graeme Simsion, Jill Mansell, Giulia Enders, Terry Goodkind, Jessie Burton, Lee Child, Danielle Steel, Tony Crabbe, Benji Davies, Meg Rosoff, Anya Niewierra

#### KOSMOS

Genres - food & drink, arts & crafts, family & health, parenting, personal growth & spirituality, self-help, icons, travel & leisure, natural history & gardening

Authors – Jamie Oliver, John Wiseman, National Geographic, Peter Hayman, Deepak Chopra, Arne & Carlos, Alex Ferguson, Baptist de Pape, Ella Woodward

### ZOMER & KEUNING

Genres – romance, romantasy feelgood, TikTok-authors

Authors – Jennifer L. Armentrout Colleen Hoover, Rebecca Yarros, Lucy Score, Holly Martin, Scarlett St. Clair, Cathy Bramley, Elena Armas, Casey McQuiston, Alexis Hall

#### HOUTEKIET

Genres – literary fiction, crime fiction, thrillers, historical fiction, women's fiction, sports, upmarket literary non-fiction, history, economy, philosophy, science, medicine

Authors – Jostein Gaarder, Jo Claes, Dora Heldt, Dirk Verhofstadt, Johan Braeckman, Marc de Bel, Will-Limba Moleka

#### KOKBOEKENCENTRUM

Genres – theology, religion & church Christian fiction, faith-based nonfiction, historical non-fiction, family sagas & regional novels, children's books, YA

Authors - Nick Vujicic, Malala, Charlie Mackesy, Andrew Roberts, Brigitte Hamann, C.S. Lewis, Paul Dowswell, Elizabeth Musser, Laura Hillenbrand

#### DE FONTEIN

#### NOVELS & THRILLERS

Genres - crime fiction, thrillers, true crime, historical fiction, feelgood

<mark>Authors</mark> – R.J. Ellory, Sophie Hannah, Peter James, Joanne Harris, Karen Rose. Joio Moves

#### YOUTH

**Genres** – children's books, picture books, YA fiction

**Authors** – Quentin Blake, Roald Dahl Jonny Duddle, Mark Haddon, Jeff Kinney, Rachel Renée Russell

### ALFABET

**Genres** – narrative non-fiction, history

Authors – Eva Taylor-Tazelaar, Erik Petersson, Wim Daniëls, Annelien de Dijn, Michal Citroen, Mathijs Deen, Mathhieu Aikins

#### TEN HAVE

**Genres** – philosophy, humanities, psychology, personal growth, conscious living, spirituality

Authors - Michael J. Sandel, Michael Puett, Mihaly Csikszentmihalyi, Thich Nhat Hanh, Pema Chödron, Eline Snel

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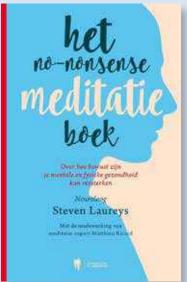
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CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL

## **RUDOLPH VAN VEEN**

## Delightful Dutch

More than 70 recipes from the past to the present

A perfect way to discover the Dutch cuisine!

Rudolph van Veen cooks at international food events all around the globe

You often hear about Japanese, Thai or Italian food, but what do you know about the Dutch kitchen? From boterkoek cake to red cabbage with apples, from zuurvlees meat to homemade kibbeling fish – this is an ode to the taste of the Netherlands.







RUDOLPH VAN VEEN is a Dutch TV chef, pâtissier and cookbook author. Since 2000, Rudolph has been a regular jury member of the biannual World Pastry Team Championships in the United States. He frequently appears and cooks at international food events all around the globe. Rudolph's shows on 24Kitchen have won him international fame and popularity.



## JORD ALTHUIZEN

## Smokey Goodness

The Best Of BBQ Beef

New book by internationally renowned BBQ chef

In the same series as The Best of BBQ Birds

The best present for fans of juicy steak or a slowly smoked showstopper

Sink your teeth into an over the top roast beef & cheddar sandwich or a super quick smashburger. Or pull out all the stops with a bombastic brisket or a buttery beef shank braised in Guinness. In The Best of BBQ Beef, you will find all of Jord's favourites with beef.

'Behold the barbecue god.' - de Volkskrant





SMOKEY GOODNESS

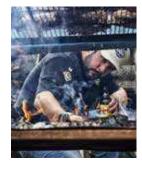
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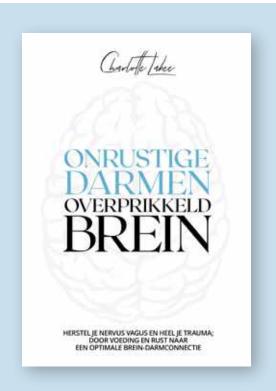
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JORD ALTHUIZEN is Barbecue World Champion and is causing an international stir with his rough-and-ready Smokey Goodness Barbecue Catering. In summer 2015, he was judge on the popular RTL program Grillmasters. He currently owns three restaurants in the Netherlands and Belgium and has published 17 books, of which more than half a million copies have been sold.





KOSMOS, 272 PAGES, JUNE 2024
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### CHARLOTTE LABEE

## Restless Bowels, Brain Under Strain

Nutrition and rest for an optimal brain-gut connection

A follow-up to the hugely popular Brain Under Strain

On the bestseller list since publication, 30.000 copies sold in the first month

Brain Under Strain sold 135.000 copies and was on the bestseller list for more than a year

Brain expert Charlotte Labee teaches us about the magical connection between the brain and the gut. Have you ever had butterflies in your stomach? Do you always need to go to the toilet when you are under a lot of stress? Does the thought of an unpleasant memory or situation give you tummy ache? The gut is often called our second brain – and for good reason.

When your gut is not healthy, you will also feel this in the rest of your body, both physically and mentally. In *Restless Bowels*, *Brain Under Strain*, Labee makes the biochemical processes that take place in our bodies understandable and accessible. Moreover, she shares fascinating insights that can help readers be healthy and feel happier.

What bacteria are in our intestines and how do they affect us?

Which neurotransmitters are important and what role do they play?

What can we eat to feel energetic, happy and agile again?

CHARLOTTE LABEE is an entrepreneur. With her Brain Balance brand, Charlotte helps hundreds of thousands of people via various channels, including (mental health) coaching, lifestyle and nutrition advice, training and education, an online supplement store, books, podcasts and (meditation) music, theatre tours, the Brain Balance Foundation, teaching packs for schools, and lectures and workshops for companies.



### HELEEN BECUWE

# How Your Body Tells You What You Need

A straightforward guide to a better understanding of your body's needs

Fatigue, bleeding gums, grey hair, a stuffy nose... Your body is constantly giving you signals. But do you understand what it's trying to tell you?

How Your Body Tells You What You Need takes you on a journey through the subtle and not-so-subtle ways in which your body communicates with you. With the aid of this book, you will discover how to improve your health by simply listening to what your body is telling you, learning to interpret common symptoms and signals. With useful tips, recognisable testimonials, and the necessary scientific background, Heleen Becuwe teaches you how to actively contribute to your well-being and improve your quality of life. Start listening to your body today!

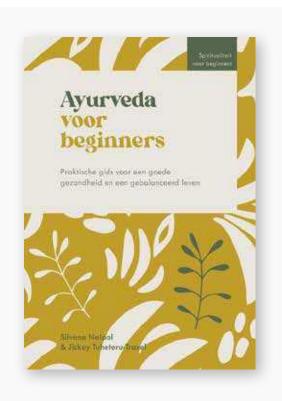


BORGERHOFF & LAMBERIGTS, 200 PAGES,
JANUARY 2024
ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL

HELEEN BECUWE is a nutritionist. Based on orthomolecular vision and psychoneuroimmunology, she guides clients in a holistic way, with a focus on nutrition and lifestyle. Her podcast *Gebeten door eten* and her online health academy also offer many tools for those who want to work on their health.





KOSMOS, 208 PAGES, JULY 2024
ENGLISH SAMPLE TRANSLATION AVAILABLE



## Spiritual Beginners series

Accessible and practical introductions for those who want to embark on a spiritual journey

Written by experienced authors in every topic

## Ayurveda for Beginners

Are you out of energy, in need of more rest or just feeling out of balance? Get acknowledged with the world of ayurveda through practical, accessible explanations and the personal experiences of the authors. Ayurveda started in India and is seen as the study of life. Does cold showering suit you and your body mechanisms? Do you benefit more from a hot or a cold lunch? Discover the elements that belong to who you are (the doshas) and start living a balanced life.

The book is written by Silvana Naipal and Jickey Tuheteru, who are both ayurveda therapists. Silvana is co-owner of the growing online magazine *I Love Ayurveda*.

## Shadow Work for Beginners

Does that colleague who always speaks up bother you? Is that silent family member showing a passive attitude? There is a big chance this is actually saying something about your own suppressed beliefs and emotions. Shadow work is the answer for those who would like to bring everything that was once hidden into the light, to live life fully.

Shadow Work for Beginners is written by Minne van Woersem and Sander Machielsen, who are both Jungian therapists. Carl Jung was the founder of shadow work, a term that has recently gained popularity due to TikTok. Minne has a studio for body-oriented therapy. Sander is a journalist and writer.

CONTACT: AMANDA CASTRO THIJSSEN,

AMANDA@SHAREDSTORIES.NL

ENGLISH SAMPLE TRANSLATION AVAILABLE

## ANNICK VAN DAMME

## Tarot for Yourself

Surprising insights in your own hands

Lay the cards for yourself instead of for others

Including historical background information

Do you want to get more in touch with yourself and life?
Do you want to strengthen your intuition and dare to trust it?
Do you want to shape your future consciously? In *Tarot for Yourself*, Annick Van Damme provides clear explanations of the meaning and interpretation possibilities in tarot. Annick gives you tips to develop and trust your intuition and to become aware of your inner energy, expectations, dormant thoughts and feelings and of everything that stagnates your power. An indispensable book for both beginners and advanced tarotists.

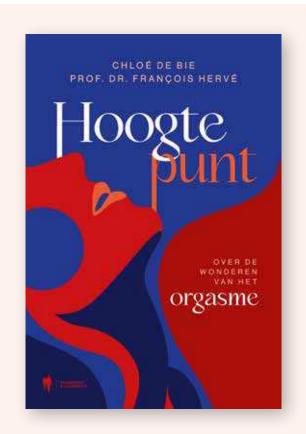


ANKHHERMES, 280 PAGES, MARCH 2023 ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL

ANNICK VAN DAMME worked in healthcare for over 25 years, next to giving spiritual workshops and consultations. In 2020, she founded Divona to support others in their personal growth path.





BORGERHOFF & LAMBERIGTS, 208 PAGES,

APRIL 2024

ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSEN,
AMANDA@SHAREDSTORIES.NL

## CHLOÉ DE BIE AND PROF. DR. FRANÇOIS HERVÉ

## Climax

## About the wonders of orgasms

An urologist and sexologist shed light on the physical and mental aspects of orgasms

Including fascinating scientific information, but also advice for more and better orgasms

It is remarkable how few people know the ins and outs of orgasms, while for so many it is an indispensable part of their lives. What exactly happens to your body and in your brain when you have an orgasm? Is there a difference between male and female climaxes? What can help if you have difficulty in achieving orgasms, or come too quickly? What is the orgasm gap and what causes it? De Bie and Hervé talk in detail about all the physical and mental aspects of orgasms. From amazing facts to useful advice, so we finally learn what an orgasm really is and how this knowledge can help us in our desire for more.

CHLOÉ DE BIE is a clinical sexologist, psychologist and relationship therapist. She runs her own therapy centre, Vivolinio. Over the years, she has worked for various press, radio and television mediums, has taught at several colleges and has published various books.

PROF. DR. FRANÇOIS HERVÉ is urologist at Ghent University Hospital, well-known for his dedication to patient-centred care and innovative treatments. Besides clinical work, he is also active in academic teaching and research at Ghent University, at the Société Belge d'Urologie, and in initiatives such as PlasPraat.



## ANOUCK MEIER

## Choose Yourself Before You're Dead

On how to stop fixing other people's shit and finally choosing yourself

An anti-time management book: don't do more, just make better choices

On the top of the bestseller list for 10 weeks and more than 10.000 copies sold in Belgium

### Written in a fiery, activist and humorous style

Human life is ridiculously short. And if you're a woman, you spend half of that life defined by other people's expectations. Not surprisingly, your life feels busy and you barely get to do things for yourself. According to the standard recipes of time management, you should get up a bit earlier or work more efficiently. But time pressure comes largely from outside – for example from hustle culture and the sexist expectations for mothers to work as if they have no children and to mother as if they have no career.

This book advocates nothing less than a time revolution, which you can help unleash. The result: a completely different experience of your time, allowing you to enjoy your one precious life consciously and to the fullest. But how? Easy, reevaluate your thinking, stop pleasing, set boundaries and put yourself first. Does that sound difficult? This book will teach you how.



BORGERHOFF & LAMBERIGTS, 240 PAGES, MAY 2024

ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL

'I read this book and thought: finally! This woman is the walking solution to everything I can't solve myself.' – Heleen Debruyne, author

ANOUCK MEIER worked as a lawyer in European competition law at a prestigious US firm. In an attempt to regain control of her time and her life, she tested every prescription from the self-care industry. With her book, Anouck wants to do away with the narrative that women should just grit their teeth a bit harder and empower themselves above all. Instead, she sees benefits in structural measures and joining forces in sisterhood. Her podcast *Work & Life (Werk & Leven)* has over half a million followers.





ALFABET, 272 PAGES, OCTOBER 2024 **ENGLISH SAMPLE TRANSLATION AVAILABLE** 

CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL

'Pure and compelling. Michael knows what he is talking about and his method is easy to apply.' - Nine Kooiman, president of the Dutch Police Federation

## MICHAEL KORTEKAAS

## Discover Your Mental Strength

Learn to cope with tension, stress and mental pressure

Author has developed mental health programmes for the Dutch police and Defence

#### Michael is available for international lectures

We all face tension, stress and performance pressure – but has anyone ever really taught you how to deal with it? Michael Kortekaas has been working on the theme of mental strength for over thirty years. Every year, he gives more than one hundred and fifty lectures in his home country and abroad. His practical no-nonsense story captures the attention of whoever is in front of him, whether it's CEOs, bankers, police officers, ambulance staff or medical students.

In Discover Your Mental Strength, Kortekaas shares his insights on focus, energy and stress management. In addition, he offers the tools for dealing with change, disappointment and setbacks with a methodical and vulnerable approach that runs throughout the whole book. For anyone who wants to become mentally resilient.

'Michael's vision should be a school subject!'

- Martin Hersman, former top speed skater

'Michael's enthusiasm is contagious.'

- Senior Officer Ard Vermeulen, Royal Netherlands Air Force

MICHAEL KORTEKAAS is a motivational speaker and trainer in the field of leadership, work happiness and mental resilience. After his education at the Sports Academy, he worked for the Police Academy and Defence for over twelve years. In 2010, he set up his own company. Since then, he has spoken for hundreds of companies and thousands of people. www.michaelkortekaas.nl



IRIS PLANTING

### LIDEWEY VAN NOORD

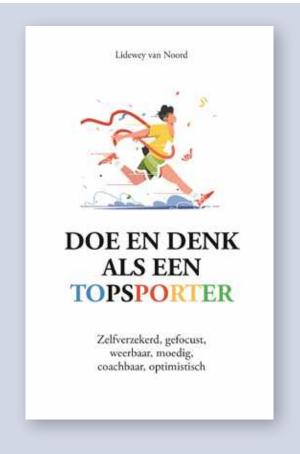
## Living Like an Athlete

Confident, focused, resilient, courageous, coachable, optimistic

Top athletes go for gold. With perseverance and ambition, they work hard to reach the top step of the podium. Even through major setbacks and terrible injuries, they are unstoppable. This book collects the most inspiring lessons we, as mere mortals, can learn from top athletes. These lessons are applicable to everyone and in all kinds of situations. For those who dream of travelling the world with a backpack or are directors of companies. For those who are burn-out or experiencing problems in love. The top athletes in this book show you how to work your way towards a fulfilled life.

'I've always considered myself the best and the top. I never considered that I was out of it.' – Serena Williams

'There are more important things in life than winning or losing a game.' - Lionel Messi



KOSMOS, 176 PAGES, MAY 2024 ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL

LIDEWEY VAN NOORD has written about the psyche of elite athletes for over ten years. Her debut *Pellegrina* and her novella *The Spanish Rider* were nominated for the Nico Scheepmaker Cup, the award for the best sports book of the year.





### NATASHA SENA

## New Life

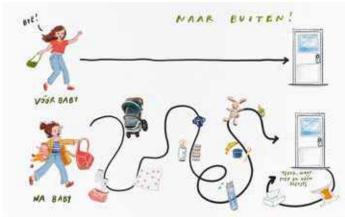
## Babies for beginners

The perfect present: humour and recognition for young

When you have a baby, a whole new world opens up for you. Next to all the changes and the endless stream of information, lack of sleep is the icing on the cake. Your new life can be lonely and yet everyone tells you that you should enjoy every moment, as 'it all goes so fast'. Thus all the more reasons to keep smiling. This book full of colourful illustrations offers young parents exactly what they need in a time of sleep deprivation and overstimulation: humour and recognition!

'Hilarious, relatable and original: this book is the perfect gift for young parents.' - Anna van den Breemer, writer and journalist for the parenting section of de Volkskrant





NATASHA SENA is a visual storyteller and illustrator. She has worked with brands such as Netflix and Danone. For her illustrations about parenthood, she draws on her own experiences as a mother of two children.



## ROZEMIJN AALPOEL

## The Beautiful Things Along the Way

For lovers of The Boy, The Mole, The Fox and the Horse and Big Panda and Tiny Dragon

A beautiful giftbook that will accompany you in every step of the way

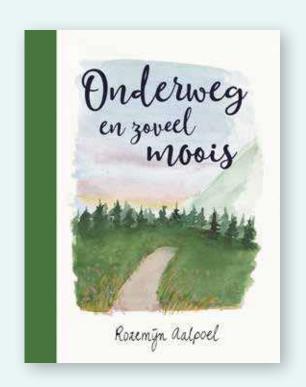
The Beautiful Things Along the Way takes you on a journey, to show that there is something beautiful in every step you take. Comforting for when you are either at the top of the mountain or at the bottom - we are all constantly on the road. The inspiring texts and beautiful illustrations in this book feel like a good friend: they accompany you wherever you are in your life and give you courage, hope and boldness.

'Don't be afraid to move on,' said the distance. 'Moving on does not make the things you left behind less important, less loved or smaller; it only makes the world at your feet bigger.'





'Ik ben er elke avond om te vieren nooi de dag is geweest,' zei de zonsondergang.



KOKBOEKENCENTRUM, 96 PAGES, MARCH 2024 **ENGLISH SAMPLE TRANSLATION AVAILABLE** 

CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL

'Also a great book to start a conversation in class or at home (...) Including beautiful illustrations.' - de Volkskrant







KOSMOS, 128 PAGES, JULY 2024

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## SASCHA BLASE-VAN WAGTENDONK

## Crocheting Flowers

A colourful bouquet that never wilts

Sascha has sold over a million copies of her crochet books in the Netherlands

Immediately entered the bestseller list upon publication

After flowers made of felt, paper and even building blocks, Sascha presents a stunning crochet wildflower bouquet. In this book you will find 10 different patterns to crochet beautiful flowers, with which you can create a field bouquet. Additionally, you can also use the flowers on their own as decorations, corsages, appliqués... the options are endless.

The flowers are crocheted with fine yarn and a thin crochet hook, to make each design a work of art in itself. But don't let this scare you away! Even if you've never worked with this material before, testers are proof that you get used to it very quickly. The patterns are divided into 5 different levels. In addition, the instructions include a written pattern as well as a symbol diagram and extensive step-by-step photos. No sewing is needed to assemble this bouquet.







SASCHA BLASE-VAN WAGTENDONK started crocheting and designing her own free patterns in 2009. Her blog A la Sascha has grown popular among hobby crafters. She has published 17 books in the Netherlands, including patterns for Onesiegurumi and crochet dolls, but also various pieces of clothing, such as socks, mittens or scarves.



### KIMBERLEY ZWAANS

## The Big Miffy Crochet Book

Based on the work of Dick Bruna

Almost 70 years after 'the birth' of Miffy in the Netherlands, you can now bring the famous characters of Dick Bruna to life yourself with The Big Miffy Crochet Book! All you need is yarn and a crochet hook to bring Dick Bruna's world to your home.

Crochet Miffy, her friends and fun themed accessories using simple patterns. The Big Miffy Crochet Book contains 15 unique items, including patterns for Miffy and her friends and both sleep and party-accessories. Think of a Miffy garland, a Miffy mobile for in the nursery room and even a Miffy blanket.

The book is, of course, in the original style and color scheme of the Miffy books and includes projects for both beginners and more experienced crocheters. This is also a wonderful present for all Miffy lovers and (grand)parents!





KIMBERLEY ZWAANS has developed into a crochet pattern designer after years of loving crochet. She has collaborated on several crochet books.

DICK BRUNA is the creator of Miffy. He wrote and illustrated 124 picture books that have been translated into more than 50 languages, with more than 85 million copies sold worldwide.





LUITINGH-SIJTHOFF, 144 PAGES, OCTOBER 2023

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## KARINA SCHAAPMAN

## The Mouse Mansion

Crocheting for the Nursery with Sam & Julia



Crochet yourself into the world of the worldwide popular picture book series

The Mouse Mansion picture books have been published in 33 countries and have been translated into 27 languages, with over 1 million sales in total

### Animated television series premiered in 2023

This wonderful crochet book helps you in crocheting famous characters Sam and Julia in both dollhouse and cuddly toy format, as well as the cutest themed accessories. Create a unique nursery where toys and decorations merge with the crocheted Mouse Mansion cushions, a mouse suitcase to carry Sam and Julia, and much more. With projects for beginners and advanced crocheters, this book is a must-have for every crochet lover and fan of The Mouse Mansion.

'I think the world needs compassion. My intention was to create a safe, caring and inclusive world for children.' - Karina Schaapman



KARINA SCHAAPMAN is an artist and creator of Sam & Julia. She created The Mouse Mansion as the backdrop for her children's books series about little mice Sam and Julia. To date, 22 books have been published. Her use of waste materials for her sets is world-famous and they can be admired in the Museum and Brand Store in the centre of Amsterdam.

KIMBERLEY ZWAANS has developed into a crochet pattern designer after years of loving crochet. She has collaborated on several crochet books.



## Take a look at our best card games!

## Ingenious Birds

A 2-in-1 card game with beautiful illustrations by Elwin van der Kolk

This 2-in-1 card game is perfect for both young enthusiasts and seasoned birders. In the quiz mode, players challenge each other to guess the characteristics of different birds. From song to rarity; each card offers a new opportunity to test your knowledge. In the toss game, distribute the cards and try to beat your opponents by having the highest value on the chosen category. Exciting moments and strategic decisions will make every mode an adventure!

KOSMOS, 120 CARDS, NOVEMBER 2024

## Nomizo: The Philosophical Card Game

### 'Nomizo' means 'I think' in ancient Greek

Nomizo is the philosophical card game that you can play without being a philosopher. It encourages you to think, but also to argue and debate – even to defend themes you do not necessarily agree with! Does jealousy belong to love? Are there real heroes? Is privacy more important than safety? Does fame change your persona? Is an optimist happier than a pessimist? Toss the dice and stand your ground!

TEN HAVE, 83 CARDS, SEPTEMBER 2024

## Battle Box: Couple Edition

The original books sold 20.000 copies in the Netherlands

An affordable alternative for date night!

After the success of *The Battle Book for Couples*, bestselling author Martijn Derikx now comes with a game variant: Battle Box: Couple Edition. With this card game, lovers can endlessly combat against each other in 64 challenges. Who is the fastest, the smartest or the funniest? The format is ideal to take with you on holidays!

KOSMOS, 64 CARDS, DECEMBER 2024







CONTACT: AMANDA CASTRO THIJSSEN, AMANDA@SHAREDSTORIES.NL



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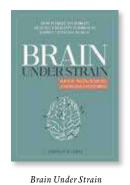
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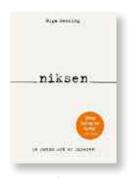
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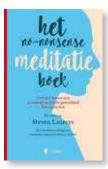
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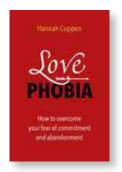
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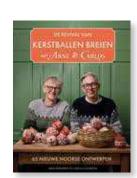
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