

IF I'M SO SUCCESSFUL, WHY DO I FEEL LIKE A FAKE?

The Impostor Phenomenon



Joan C. Harvey, Ph.D., with Cynthia Katz

The Imposter Phenomenon When Success Makes You Feel Like A Fake

**Paul Kei Matsuda, Sarah Elizabeth
Snyder**



The Imposter Phenomenon When Success Makes You Feel Like A Fake:

The Empress Has No Clothes Joyce M. Roché, Alexander Kopelman, 2013-06-03 You Deserve Your Success Joyce Roch rose from humble circumstances to earn an Ivy League MBA and become the first female African American vice president of Avon president of a leading hair care company and CEO of the national nonprofit Girls Inc But despite these accomplishments she felt like a fraud She worked more and more had less and less of a personal life and was never able to enjoy her success In this deeply personal memoir Roch shares her lifelong struggle with what she now recognizes as the impostor syndrome a condition that plagues successful people in all walks of life Based on her own experiences and those of top executives from organizations such as Eileen Fisher Citigroup BET Pepsi and Tupperware she offers practical advice and valuable coping strategies that can help you embrace your own worth and live a life of joy zest and fulfillment The impostor syndrome is all too common among highly successful people and until now a closely guarded secret Joyce Roch s insights will make success at each stage of our life and career a more joyful experience for those of us such as me who have felt this insecurity Rick Goings Chairman and CEO Tupperware Brands Corporation Whether you are just starting your career or are nearing its pinnacle this book will do more than help you navigate effectively it will help you enjoy the journey Earl Butch Graves Jr President and CEO Black Enterprise This is a book that is so needed by women especially younger women It offers hope guidance and gentle mentorship to all of us who have ever confronted the fear of not measuring up Rosina L Racioppi President and CEO Women Unlimited Inc Silence and isolation are the hallmarks of the impostor syndrome Joyce s courage in speaking out will be tremendously helpful to all those who have ever experienced these feelings by letting them know that they are not alone Pauline Rose Clance PhD psychotherapist who with Suzanne Imes PhD first identified the impostor syndrome *The Palgrave Handbook of Imposter Syndrome in Higher Education* Michelle Addison, Maddie Breeze, Yvette Taylor, 2022-04-11 This handbook explores feeling like an imposter in higher education and what this can tell us about contemporary educational inequalities Asking why imposter syndrome matters now we investigate experiences of imposter syndrome across social locations institutional positions and intersecting inequalities Our collection queries advice to fit in with the university and authors reflect on not belonging in with and against educational institutions The collection advances understandings of imposter syndrome as socially situated in relation to entrenched inequalities and their recirculation in higher education Chapters combine creative methods and linger on the figure of the imposter wary of both individualising and celebrating imposters as lucky misfits fraudsters or failures and critically interrogating the supposed universality of imposter syndrome **The Anxiety Code: Deciphering the Purposes of Neurotic Anxiety**, *Passionate Pursuits* Terence A. Townsend, 2024-01-31 In *Passionate Pursuits* Terence A Townsend invites readers on an invigorating journey into the very essence of a mindset unafraid of challenges With the artistry of a master storyteller Townsend weaves a narrative that delves deep into the realms of passion determination and the unwavering belief that obstacles are not roadblocks but

stepping stones to greatness This transformative book is a beacon for those seeking to embrace challenges with a fervor that transcends the ordinary Townsend drawing on his wealth of wisdom and experience unravels the mysteries of cultivating a mindset that not only welcomes challenges but thrives on them Each chapter unfolds like a roadmap guiding readers through the intricate landscape of self discovery and resilience At the heart of *Passionate Pursuits* lies a profound exploration of the interplay between nature and nurture in shaping an indomitable mindset Townsend articulates how inherent qualities deeply embedded in our DNA lay the foundation for emotional resilience Yet he also illuminates the vital role of external influences family culture and education in refining these qualities into tools that empower individuals to conquer adversity Readers will find themselves captivated by Townsend s eloquent prose as he shares powerful stories of individuals who have harnessed the flame of passion to fuel their pursuits Through these tales *Passionate Pursuits* not only inspires but provides practical insights offering a roadmap for anyone looking to infuse their life with purpose zeal and an unshakeable resolve The book doesn t just explore the theoretical underpinnings of a resilient mindset it s a call to action Townsend lays out actionable strategies exercises and reflections encouraging readers to apply these principles to their own lives Whether you are navigating personal challenges pursuing professional goals or seeking a renewed sense of purpose *Passionate Pursuits* is your guide to embracing challenges with open arms Townsend s words resonate as a beacon of encouragement urging readers to view challenges not as impediments but as opportunities for growth and transformation *Passionate Pursuits* is not just a book it s a manual for crafting a life infused with passion purpose and the unyielding belief that challenges are the forge where greatness is shaped Are you ready to embark on a journey of self discovery and fearless pursuit *Passionate Pursuits* awaits inviting you to cultivate a mindset that not only faces challenges head on but embraces them with unwavering enthusiasm

Choose Growth Scott Barry Kaufman, PhD, Jordyn Feingold, 2022-09-13 A research based toolkit for turning challenging times into a springboard for healing insight and new beginnings The trauma loss and uncertainty of our world have led many of us to ask life s big questions Who are we What is our higher purpose And how do we not only live through but thrive in the wake of tragedy division and challenges to our fundamental way of living *Choose Growth* is a practical workbook designed to guide you on a journey of committing to growth and the pursuit of self actualization every day Created by renowned psychologist and host of The Psychology Podcast Scott Barry Kaufman and positive medicine physician and researcher Jordyn Feingold this is an evidence based toolkit a compendium of exercises intimately grounded in the latest research in positive psychology and the core principles of humanistic psychology that help us all navigate whatever choppy waters we find ourselves in Topics include fostering secure attachment setting healthy boundaries practicing radical self acceptance and more and each exercise is grounded in the latest research from the fields of psychology and positive medicine Whether you re healing from loss adapting to the new normal or simply looking ahead to life s next chapter this supportive and insightful guide will help you steer yourself to calmer waters and deeper connection to your values your life

vision and ultimately your most authentic self **365 Ways to Feel Better** Eve Menezes Cunningham, 2017-05-30 Pull s together 366 daily steps to help you live a happier healthier freer and more fulfilled life Let Eve be your inspiring guide for your year Nick Williams bestselling author of *The Work We Were Born to Do* 365 Ways to Feel Better offers simple but effective tools for each day of the year Eve Menezes Cunningham integrates her background in coaching counseling yoga and other therapies to share practical tools for mind body heart and soul With an overall aim of supporting people in feeling better in all areas of their lives Eve encourages the reader to learn to trust in their own capacity to heal and feel better with a playful approach to their self care From goal setting to inner child work chakras to beneficial yoga poses breath practices to psychological tools meditation techniques to aura cleansing this book offers a taste of a comprehensive range of mind body tools to help you boost your health and wellbeing 365 Ways to Feel Better is for anyone who wants to boost their wellbeing in a holistic side effect free way Self help fans will enjoy it but also complementary therapists energy workers yoga instructors and yogis counselors coaches and more This book will transform your life Radical self care in easy baby steps what s not to love Suzy Greaves author of *The Big Peace Find Yourself Without Going Anywhere* A fabulous book So very well thought out planned and executed and with a wonderful accessible yet respectful style Debra Jinks coauthor of *Personal Consultancy A Model for Integrating Counselling and Coaching* **Standing at the Threshold** William J. Macauley, Leslie R. Anglesey, Brady Edwards, Kathryn M. Lambrecht, Phillip Lovas, 2021-07-01 Standing at the Threshold articulates identity and role dissonances experienced by composition and rhetoric teaching assistants and reimagines the TAs hip within a larger professional development process Current researchers and scholars have not fully explored the liminality of the profession s traditional path to credentialing This collection reconsiders these positions and their contributions to academic careers These authors enrich the TA experience by supporting agency and self efficacy encouraging TAs to take active roles in understanding their positions and making the most of that experience Many chapters are written by current or former TAs who are writing as a means of preparing informing and guiding new rhet comp TAs encouraging them to make choices about how they want to think through and participate in their teaching work The first work on the market to delve deeply into the TAs hip itself and what it means for the larger discipline Standing at the Threshold provides a rich new theorizing based in the real experiences and liminalities of teaching assistants in composition and rhetoric approached from a productive array of perspectives Contributors Lew Caccia Lillian Campbell Rachel Donegan Jaclyn Fiscus Cannady Jennifer K Johnson Ronda Leathers Dively Faith Matzker Jessica Restaino Elizabeth Saur Megan Schoettler Kylee Thacker Maurer *Professionalizing Second Language Writing* Paul Kei Matsuda, Sarah Elizabeth Snyder, 2017-09-21 Professionalizing Second Language Writing is an edited collection that bring together perspectives of second language writing specialists who shed light on second language writing as a profession Some of the chapters illuminate the nature of second language writing not only as a field but as a profession Other chapters provide an in depth look at the issues second language writing specialists face as they go

through various stages of professional development in their institutional contexts Together these chapters provide insights that can help graduate students and early career professionals as they envision their future and cope with new issues and challenges in their own processes of professionalization Contributors include Dwight Atkinson Pisarn Bee Chamcharatsri Deborah Crusan Atsushi Iida Soo Hyon Kim Todd Ruecker Tanita Saenkhum and Christine M Tardy Preceptor's Handbook for Pharmacists Lourdes M. Cuellar,Diane B. Ginsburg,2019-12-31 ASHP s significantly updated 4th edition of our widely popular Preceptor s Handbook for Pharmacists expands the content to include current challenges and issues impacting preceptors since fundamental changes have occurred that greatly affect modern practice including The onboarding process Wellness and resiliency Misconduct and inappropriate behaviors Teaching across diverse student populations Ethics To be an effective preceptor a pharmacist should exhibit clinical competency skills possess excellent communication skills and also demonstrate humanistic skills This edition includes perspectives from across the country and from different or unique practice programs to bring a wide variety of expertise to this edition The intent is for this book to be reflective on broad practice guidelines The Preceptor s Handbook for Pharmacists 4th edition is the updated and expanded authoritative resource for both new and experienced pharmacy preceptors to create a lifelong impact on young pharmacists

The Portable Mentor Mitchell J. Prinstein,2022-08-04 A one stop resource for practical concrete and honest advice in professional development and how to pursue a career in psychology *The Childhood Trauma Recovery Workbook for Adults* Norman J. Fried,Nathan Spiteri,2024-03-19 A Simon Schuster eBook Simon Schuster has a great book for every reader *Presence* Amy Cuddy,2015-12-22 MORE THAN HALF A MILLION COPIES SOLD Learn the simple techniques you ll need to approach your biggest challenges with confidence Have you ever left a nerve racking challenge and immediately wished for a do over Maybe after a job interview a performance or a difficult conversation The very moments that require us to be genuine and commanding can instead cause us to feel phony and powerless Too often we approach our lives biggest hurdles with dread execute them with anxiety and leave them with regret By accessing our personal power we can achieve presence the state in which we stop worrying about the impression we re making on others and instead adjust the impression we ve been making on ourselves As Harvard professor Amy Cuddy s revolutionary book reveals we don t need to embark on a grand spiritual quest or complete an inner transformation to harness the power of presence Instead we need to nudge ourselves moment by moment by tweaking our body language behavior and mind set in our day to day lives Amy Cuddy has galvanized tens of millions of viewers around the world with her TED talk about power poses Now she presents the enthralling science underlying these and many other fascinating body mind effects and teaches us how to use simple techniques to liberate ourselves from fear in high pressure moments perform at our best and connect with and empower others to do the same Brilliantly researched impassioned and accessible Presence is filled with stories of individuals who learned how to flourish during the stressful moments that once terrified them Every reader will learn how to approach their

biggest challenges with confidence instead of dread and to leave them with satisfaction instead of regret Presence feels at once concrete and inspiring simple but ambitious above all truly powerful New York Times Book Review *Handbook of Social and Evaluation Anxiety* H. Leitenberg, 2013-11-11 For a long time I have wanted to put together a book about social and evaluation anxiety Social evaluation anxiety seemed to be a stressful part of so many people's everyday experience It also seemed to be apart of so many of the clinical problems that I worked with Common terms that fit under this rubric include fears of rejection humiliation criticism embarrassment ridicule failure and abandonment Examples of social and evaluation anxiety include shyness social inhibition social timidity public speaking anxiety feelings of self consciousness and awkwardness in social situations test anxiety performance anxiety in sports theater dance or music shame guilt separation anxiety social withdrawal procrastination and fear of job interviews or job evaluations of asking someone out of not making a good impression or of appearing stupid foolish or physically unattractive In its extreme form social anxiety is a behavior disorder in its own right social phobia This involves not only feelings of anxiety but also avoidance and withdrawal from social situations in which scrutiny and negative evaluation are anticipated Social evaluation anxiety also plays a role in other clinical disorders For example people with agoraphobia are afraid of having a panic attack in public in part because they fear making a spectacle of themselves Moreover even their dominant terrors of going crazy or having a heart attack seem to reflect a central concern with social abandonment and isolation

Self-presentation Mark R Leary, 2019-08-22 This book is about the ways which human behavior is affected concerns with people may be doing their public impressions they typically prefer that No matter what else other people perceive them in certain desired ways and not perceive them in other undesired ways Put simply human beings have a pervasive and ongoing concern with their self presentations Sometimes they act in certain ways just to make a particular impression on someone else even when a job applicant responds in that will satisfactorily impress the interviewer But more often people's concerns with others' impressions simply constrain their behavioural options Most of the time inclined to do things that will lead others to see us as incompetent in socially maladjusted or otherwise socially undesirable As a result our concerns with others' impressions limit what we are willing to do Self presentation motives underlie and pervade near corner of interpersonal life

Essential Skills for Early Career Researchers Joseph Roche, 2022-02-16 The perfect companion to support your development of the academic and professional skills you need as an early career researcher to help you thrive in academia This practical book offers guidance on the essential skills you need to succeed as an academic researcher Work out how to thrive in academia while protecting your own wellbeing Learn how to develop discipline and structure in your academic writing Navigate the nuances of research funding applications Understand how to build professional development into your daily work Take a smart perspective on career progression Designed to work across academic disciplines each chapter includes lessons learned from published literature as well as perspectives from recent early career researchers to provide you with detailed insight applicable to diverse academic contexts This book is

accompanied by 30 online resources and sample templates including downloadable and editable research proposals publication plans lecture slides resumes and cover letters Joseph Roche is a researcher and lecturer at Trinity College Dublin

Women in Behavior Science Ruth Anne Rehfeldt, Traci M. Cihon, Erin B. Rasmussen, 2023-04-28 *Women in Behavior Science* is a unique text that showcases the perspectives stories and lessons of notable female behavior scientists at all stages of their careers with relevance for the field s many women pursuing careers in academia today With the insights of esteemed female behavior scientists from diverse backgrounds the book brings together their challenges and successes to include their own distinct perspectives on their professional and personal development The book includes three sections that span the different phases of the academic lifespan from graduate school to retirement and post retirement Each section covers a wide range of topics such as expanding one s work in new and diverse areas deciding when and how to make transitions making something out of nothing or very little navigating relationships with family children and life partners both inside and outside of academy values based living how to thrive in competitive environments and building values consistent repertoires in settings that may be gender marginalizing Presenting a behind the scenes view of academia the authors also provide open and vulnerable narratives about their psychological and socio cultural experiences their stories of marginalization their difficulties with mental and physical health challenges grief and loss and caring for others with chronic health conditions Reframing the cultural level recognition of female behavior scientists today this book is essential reading for graduate and postgraduate students of Behavioral Science especially for those focusing on diversity and cultural issues It is also a must read for professionals interested in understanding the experiences of diverse groups in this field

Legitimacy in the Academic Presidency Rita Bornstein, 2003-09-30 How did the 1990s and early 21st century impact the evolution of the college presidency The legitimacy and performance of higher education were called into question during this period and respect for some of its leaders declined An economic downturn and the concomitant change of student enrollment patterns have required presidents to lead in compromised conditions The new emphasis on financial management and fund raising has opened the job of academic president to those with nontraditional backgrounds These new presidents must gain legitimacy differently from those of more traditional backgrounds who are struggling with their own legitimacy challenges In order to understand legitimacy Bornstein has applied theory from the social sciences and higher education literature proposing five factors that influence presidential legitimacy Individual Institutional Environmental Technical and Moral She also proposes six threats to legitimacy Lack of Cultural Fit Management Incompetence Misconduct Erosion of Social Capital Inattentiveness and Gradiosity In light of these threats she suggests strategies for gaining and maintaining legitimacy This book focuses on the impetus for leading change Bornstein draws on numerous sources for a theoretical perspective on the factors associated with the president s role in creating legitimate change She proposes a construct of four factors to implement legitimate change Presidential Leadership Governance Social Capital and Fund Raising The concepts of

transformational and transactional leadership are examined for their ability to facilitate change Bornstein finds their effectiveness limited and proposes transformative leadership a contextual approach that fits between transformational and transactional leadership in the conceptual continuum Since presidents are often recruited on the basis of their academic experience their legitimacy depends on securing resources to strengthen or transform their institution fund raising is essential Fina

Gender Equity in the Medical Profession Bellini, Maria Irene, Papalois, Vassilios E., 2019-08-16 The presence of women in the practice of medicine extends back to ancient times however up until the last few decades women have comprised only a small percentage of medical students The gradual acceptance of women in male dominated specialties has increased but a commitment to improving gender equity in the medical community within leadership positions and in the academic world is still being discussed Gender Equity in the Medical Profession delivers essential discourse on strategically handling discrimination within medical school training programs and consultancy positions in order to eradicate sexism from the workplace Featuring research on topics such as gender diversity leadership roles and imposter syndrome this book is ideally designed for health professionals doctors nurses hospital staff hospital directors board members activists instructors researchers academicians and students seeking coverage on strategies that tackle gender equity in medical education

HRD Perspectives on Developmental Relationships Rajashi Ghosh, Holly M. Hutchins, 2022-01-04 Developmental relationships constitute interdependent generative connections that promote growth and learning among individuals While studies reporting the impact of developmental relationships on learning performance and career development leaves no doubt about its relevance to the human resource development HRD field we lack an in depth understanding of how developmental relationships apply to the myriad of topics relevant to contemporary HRD research and practice such as social justice diversity and equity leadership development career transitions knowledge sharing organization development employee engagement organizational learning culture globalization national HRD and technology at work This book presents a comprehensive collection of evidence based studies and conceptual articles that explore how developmental relationships that are cultivated within and outside of the workplace apply to those clusters of topics in HRD Organized around six themes the chapters examine topics such as knowledge management critical perspectives on gender diversity and equity building a learning organization talent development and emotional closeness in the context of virtual workplaces In doing so the book highlight how research on developmental relationships can be the underlying thread connecting the otherwise disconnected varied topical foci of HRD research and practice thus broadening our understanding of the relevance of developmental relationships within the HRD field This volume advances HRD scholarship and will appeal to researchers interested in exploring the nature and benefits of developmental relationships including mentoring and coaching

Executive Presence Joel Garfinkle, 2022-08-17 Executive presence matters When 400 CEOs were asked how they choose next level leaders 89% of them said they looked for one critical trait executive presence This quality is crucial for professional success In Executive

Presence Joel Garfinkle shows you how to step into your power convey confidence and lead with conviction As you rise in your organization your executive presence must keep pace with your growth The higher the stakes the more you need that power and presence Using extensive original research gleaned from studying executive presence for more than 15 years Joel has uncovered the 9 essential qualities of executive presence His 3x3 Executive Presence Model doesn't just explain executive presence for the modern leader it walks you step by step through exercises and strategies for cultivating each essential element Methodically explaining how to master each one he equips you with a personalized plan for growth demystifies what executive presence is and debunks misconceptions that hold you back This book provides the blueprint for how to master 3 key executive presence domains 1 Radiate gravitas 2 Act with authority 3 Express yourself fully In Executive Presence you'll learn how to Radiate the commanding self assured presence of a high level leader Bring power conviction and a strong point of view to your presentations Move from passivity and self doubt to self assurance and bold decision making Exude a professional magnetism that influences others at every level Cultivate and leverage charisma in all your interactions Communicate in a clear crisp and concise way Maybe you've come across the term executive presence in HBR but you couldn't adequately define it let alone begin to grow it This book will change that As you delve into the lessons from Executive Presence you'll join top ranking organizational leaders who know how to influence others and drive extraordinary results Whether you're a rising star or CEO Executive Presence will guide you in leading a high performing team Moving from passivity and self doubt to self assurance and bold decision making you'll become the high impact leader who propels your organization forward Executive Presence is for women people of color and other employees from marginalized groups who are too often underappreciated which causes companies to miss out on their full range of talent By cultivating executive presence women and any overlooked employees can smash through the glass ceiling and gain the recognition they deserve If you're in one of these demographics growing your executive presence will allow you to leap over the barriers you may encounter in your career What's the key differentiator between this Executive Presence book and its competitors Sylvia Ann Hewlett's Executive Presence The Missing Link Between Merit and Success Paul Aldo's Understanding Executive Presence Debra A Benton's Executive Presence for the Modern Leader and Harrison Monarth's Executive Presence Second Edition The 3x3 Executive Presence Model provides a clear structured blueprint for developing the most important facets of executive presence Learn about the 3 domains gravitas authority and expression that act as the foundational pillars holding up the 9 executive presence competencies

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Table of Contents The Imposter Phenomenon When Success Makes You Feel Like A Fake

1. Understanding the eBook The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - The Rise of Digital Reading The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Advantages of eBooks Over Traditional Books
2. Identifying The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Personalized Recommendations
 - The Imposter Phenomenon When Success Makes You Feel Like A Fake User Reviews and Ratings
 - The Imposter Phenomenon When Success Makes You Feel Like A Fake and Bestseller Lists
5. Accessing The Imposter Phenomenon When Success Makes You Feel Like A Fake Free and Paid eBooks
 - The Imposter Phenomenon When Success Makes You Feel Like A Fake Public Domain eBooks
 - The Imposter Phenomenon When Success Makes You Feel Like A Fake eBook Subscription Services
 - The Imposter Phenomenon When Success Makes You Feel Like A Fake Budget-Friendly Options

6. Navigating The Imposter Phenomenon When Success Makes You Feel Like A Fake eBook Formats
 - ePub, PDF, MOBI, and More
 - The Imposter Phenomenon When Success Makes You Feel Like A Fake Compatibility with Devices
 - The Imposter Phenomenon When Success Makes You Feel Like A Fake Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Highlighting and Note-Taking The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Interactive Elements The Imposter Phenomenon When Success Makes You Feel Like A Fake
8. Staying Engaged with The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Imposter Phenomenon When Success Makes You Feel Like A Fake
9. Balancing eBooks and Physical Books The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Imposter Phenomenon When Success Makes You Feel Like A Fake
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Setting Reading Goals The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Fact-Checking eBook Content of The Imposter Phenomenon When Success Makes You Feel Like A Fake
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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