

# FOOD & ADDICTION

A Comprehensive Handbook

SECOND EDITION



Edited by  
ASHLEY N. GEARHARDT, KELLY D. BROWNELL,  
MARK S. GOLD, AND MARC N. POTENZA

# Food And Addiction A Comprehensive Handbook

**TD Snyder**



## **Food And Addiction A Comprehensive Handbook:**

*Food and Addiction* Ashley N. Gearhardt, Kelly D. Brownell, Mark S. Gold, Marc N. Potenza, 2024 In 2012 two of us KB MG published the first edition of this book It was an exciting venture as research on the topic of food and addiction was gaining momentum there had been a conference on the topic and the implications of the work were becoming more evident That book was the product of a collaborative relationship across fields not previously connected Kelly Brownell then at Yale University and doing work on obesity prevention and public health nutrition learned of the work of Mark Gold a senior addictions researcher in psychiatry at the University of Florida Mark was one of a handful of addiction researchers interested in whether food might act on the brain in ways similar to classic addictive substances Brownell invited Gold to speak at Yale which led to the two co hosting the first ever conference on food and addiction at Yale in 2007 In 2012 two of us KB MG published the first edition of this book It was an exciting venture as research on the topic of food and addiction was gaining momentum there had been a conference on the topic and the implications of the work were becoming more evident That book was the product of a collaborative relationship across fields not previously connected Kelly Brownell then at Yale University and doing work on obesity prevention and public health nutrition learned of the work of Mark Gold a senior addictions researcher in psychiatry at the University of Florida Mark was one of a handful of addiction researchers interested in whether food might act on the brain in ways similar to classic addictive substances Brownell invited Gold to speak at Yale which led to the two co hosting the first ever conference on food and addiction at Yale in 2007

**Food and Addiction** Kelly D. Brownell, Mark S. Gold, 2012-08-30 Can certain foods hijack the brain in ways similar to drugs and alcohol and is this effect sufficiently strong to contribute to major diseases such as obesity diabetes and heart disease and hence constitute a public health menace Terms like chocoholic and food addict are part of popular lore some popular diet books discuss the concept of addiction and there are food addiction programs with names like Food Addicts in Recovery Anonymous Clinicians who work with patients often hear the language of addiction when individuals speak of irresistible cravings withdrawal symptoms when starting a diet and increasing intake of palatable foods over time But what does science show and how strong is the evidence that food and addiction is a real and important phenomenon *Food and Addiction A Comprehensive Handbook* brings scientific order to the issue of food and addiction spanning multiple disciplines to create the foundation for what is a rapidly advancing field and to highlight needed advances in science and public policy The book assembles leading scientists and policy makers from fields such as nutrition addiction psychology epidemiology and public health to explore and analyze the scientific evidence for the addictive properties of food It provides complete and comprehensive coverage of all subjects pertinent to food and addiction from basic background information on topics such as food intake metabolism and environmental risk factors for obesity to diagnostic criteria for food addiction the evolutionary and developmental bases of eating addictions and behavioral and pharmacologic interventions to the clinical public health and legal and policy implications of recognizing the

validity of food addiction Each chapter reviews the available science and notes needed scientific advances in the field

**Food and Addiction** Ashley N. Gearhardt, Kelly D. Brownell, Mark S. Gold, Marc N. Potenza, 2014 In 2012 two of us KB MG published the first edition of this book It was an exciting venture as research on the topic of food and addiction was gaining momentum there had been a conference on the topic and the implications of the work were becoming more evident That book was the product of a collaborative relationship across fields not previously connected Kelly Brownell then at Yale University and doing work on obesity prevention and public health nutrition learned of the work of Mark Gold a senior addictions researcher in psychiatry at the University of Florida Mark was one of a handful of addiction researchers interested in whether food might act on the brain in ways similar to classic addictive substances Brownell invited Gold to speak at Yale which led to the two co hosting the first ever conference on food and addiction at Yale in 2007 In 2012 two of us KB MG published the first edition of this book It was an exciting venture as research on the topic of food and addiction was gaining momentum there had been a conference on the topic and the implications of the work were becoming more evident That book was the product of a collaborative relationship across fields not previously connected Kelly Brownell then at Yale University and doing work on obesity prevention and public health nutrition learned of the work of Mark Gold a senior addictions researcher in psychiatry at the University of Florida Mark was one of a handful of addiction researchers interested in whether food might act on the brain in ways similar to classic addictive substances Brownell invited Gold to speak at Yale which led to the two co hosting the first ever conference on food and addiction at Yale in 2007

**Addictions Counseling Today** Kevin G. Alderson, 2019-11-14 Winner of the 2020 Canadian Counselling and Psychotherapy Association CCPA Counselling Book Award Enlightening and practical Addictions Counseling Today invites students into the heart of addictive thinking offering first person accounts of what it is like to experience different addictions The text covers the range of addictions from alcohol drug abuse and nicotine to various process addictions including sex internet gaming social media and gambling Also included are the various theories and models of addiction with a unique chapter on the neuroscience of addiction Focusing on the new DSM V classifications for addiction with an emphasis on CACREP and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction Online Resources Free PowerPoint slides with video for instructors are available with this text

**Food and Addiction** Kelly D. Brownell, Mark S. Gold, 2012-08-02 Can certain foods hijack the brain in ways similar to drugs and alcohol and is this effect sufficiently strong to contribute to major diseases such as obesity diabetes and heart disease and hence constitute a public health menace Terms like chocoholic and food addict are part of popular lore some popular diet books discuss the concept of addiction and there are food addiction programs with names like Food Addicts in Recovery Anonymous Clinicians who work with patients often hear the language of addiction when individuals speak of irresistible cravings withdrawal symptoms when starting a diet and increasing intake of palatable foods over time

But what does science show and how strong is the evidence that food and addiction is a real and important phenomenon Food and Addiction A Comprehensive Handbook brings scientific order to the issue of food and addiction spanning multiple disciplines to create the foundation for what is a rapidly advancing field and to highlight needed advances in science and public policy The book assembles leading scientists and policy makers from fields such as nutrition addiction psychology epidemiology and public health to explore and analyze the scientific evidence for the addictive properties of food It provides complete and comprehensive coverage of all subjects pertinent to food and addiction from basic background information on topics such as food intake metabolism and environmental risk factors for obesity to diagnostic criteria for food addiction the evolutionary and developmental bases of eating addictions and behavioral and pharmacologic interventions to the clinical public health and legal and policy implications of recognizing the validity of food addiction Each chapter reviews the available science and notes needed scientific advances in the field

**A Clinical Guide to Treating Behavioral Addictions** Amanda L. Giordano, 2021-06-22 Giordano an established scholar in behavioral addictions has provided a landmark clinical reference book This text provides the quintessential guide to understanding process addictions with detailed attention to assessment and treatment that is unparalleled in the literature This is a must have book for every clinician Craig S Cashwell Ph D LPC NCC ACS CSAT S Professor William Mary This groundbreaking text A Clinical Guide to Treating Behavioral Addictions is a must read for counselors and educators alike As a former addictions counselor now counselor educator I found the information in this text timely relevant and instrumental to the work of treating persons with behavioral addictions This go to resource will prove to be invaluable for years to come Michael K Schmit PhD LPC Hazelden Betty Ford Graduate School of Addiction Studies An innovative new text addressing 11 behavioral addictions in detail with a focus on recent neuroscience This practical approachable guide for clinicians comprehensively covers an array of behavioral addictions ranging from internet gaming addiction and sex addiction to social media addiction and food addiction Each chapter answers foundational questions to inform clinical practice including How do I conceptualize it How do I identify it How do I assess it How do I treat it and How do I learn more Through this innovative resource clinicians will gain valuable knowledge regarding the conceptualization identification assessment and treatment of behavioral addictions Each chapter highlights the most current research related to specific behavioral addictions provides a synthesis of recent neuroscience and examines diverse treatment approaches to fit the widest range of clinical styles In addition this book describes the evolving definition of addiction provides examples of how to advocate for clients with behavioral addictions and devotes an entire chapter to understanding the neuroscience of addiction This clinical reference book will help counselors provide compassionate effective services to clients with a variety of behavioral addictions Purchase includes digital access for use on most mobile devices or computers Key Features Offers Voices from the Field sections in which clinicians describe their experiences working with each behavioral addiction Includes a chapter completely devoted to the neuroscience of addiction

in addition to a synthesis of recent neuroscience in each chapter Synthesizes current research to aid in clinical conceptualizations Describes useful assessment instruments and how to access them Presents a wide range of treatment approaches and 12 step program options Provides abundant resources for further study      **Resources for Teaching**

**Mindfulness** Donald McCown,Diane Reibel,Marc S. Micozzi,2017-01-12 This master class in a book is designed to guide teachers of mindfulness based interventions MBI in continuing to develop more competence while raising global standards of practice and pedagogy Starting with the central yet elusive concept of stewardship it then expands upon the core components of MBI pedagogy A series of reflective essays by MBI teachers from around the world foregrounds differences and challenges in meeting participants where they are Such reflections are both inspiring and thought provoking for teachers wherever they are The book also provides practical guidance and tools for adjusting teaching style and content for special populations from chronic pain patients to trauma survivors from health care professionals to clergy and including many others Detailed scripts and practices ready to adopt and adapt offer opportunities to explore new directions in the classroom and to continue the life long development of the teacher Included in the coverage Deepening teachers skills of guidance of meditation practices Insights into the essential practice of inquiry and dialogue with participants New practices that allow participants to explore mindfulness together in a spoken encounter How to keep up with review and make clear to participants the range of scientific evidence supporting the MBIs The breadth of practical insights and hands on strategies makes Resources for Teaching Mindfulness a unique developmental asset for a wide range of practitioners around the world Among those who will benefit are physicians and other medical practitioners health and clinical psychologists marriage and family therapists nurses clinical social workers physical and occupational therapists health educators and organizational development specialists      **In Defense of Processed Food** Robert L. Shewfelt,2016-11-23 It has become popular to blame the American obesity epidemic and many other health related problems on processed food Many of these criticisms are valid for some processed food items but many statements are overgeneralizations that unfairly target a wide range products that contribute to our health and well being In addition many of the proposed dangers allegedly posed by eating processed food are exaggerations based on highly selective views of experimental studies We crave simple answers to our questions about food but the science behind the proclamations of food pundits is not nearly as clear as they would have you believe This book presents a more nuanced view of the benefits and limitations of food processing and exposes some of the tricks both Big Food and its critics use to manipulate us to adopt their point of view Food is a source of enjoyment a part of our cultural heritage a vital ingredient in maintaining health and an expression of personal choice We need to make those choices based on credible information and not be beguiled by the sophisticated marketing tools of Big Food nor the ideological appeals and gut feelings of self appointed food gurus who have little or no background in nutrition      *The Relational Dimensions of Weight Management* Lawrence Josephs,2024-07-25 The Relational Dimensions of Weight Management is a book for nonspecialist

psychotherapists of any theoretical orientation to help patients concerned with weight management Psychotherapy patients use their therapists as sounding boards to help them answer two questions Do I need to lose weight And if I do need to lose weight how should I go about it Chapters provide therapists with the tools they need to help patients find personalized solutions to their weight loss concerns to boost their self image and to deal with the judgment that is sometimes imposed by others regardless of which weight management approach patients eventually embrace

**A Comprehensive Guide to Overcoming Addiction** Gayira Dennis, 2025-01-03 Transform Your Life with Holistic Recovery Discover the ultimate roadmap to freedom with A Comprehensive Guide to Overcoming Addiction This indispensable book provides a thorough and practical guide to conquering addiction empowering you to build a healthier more fulfilling life About the Book A Comprehensive Guide to Overcoming Addiction offers a detailed exploration of the multifaceted nature of addiction and recovery Authored by leading experts in the field this book combines scientific research practical strategies and compassionate guidance to help individuals overcome various forms of addiction from substance abuse to behavioral dependencies

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**Who Should Read This Book** Individuals Struggling with Addiction Addiction Counselors and Therapists Family Members and Friends of Those Affected by Addiction Medical Practitioners Students in Psychology and Counseling Programs Anyone Interested in Understanding Addiction and Recovery

**Addictions and Eating Behavior** Ramón Sotomayor-Zárate, Claudio Perez-Leighton, 2025-04-01 Food intake is associated with brain areas that control hunger satiety motivation for and pleasure caused by the intake of foods These areas integrate to promote the consumption of highly rewarding foods when hungry and stop once sated However the easy access to ultra processed and highly palatable foods has led to the dysregulation of this regulatory system resulting in increased food intake that leads to obesity This condition reinforces the consumption of palatable and energy dense foods and is also related to a higher prevalence of cardiovascular metabolic oncological and neuropsychiatric diseases Feeding is a complex process that involves brain areas that control homeostasis learning memory emotion and reward among others Therefore deregulation of these areas can lead to developing hyperphagia a greater

preference for obesogenic foods and in the short or medium term to developing overweight and obesity Furthermore obesity is a pandemic related to a higher prevalence of cardiovascular metabolic oncological and neuropsychiatric diseases among others For this reason this Research Topic focuses on the neurobiological mechanisms that bidirectionally lead to the development of changes in eating behaviors and consuming obesogenic foods Understanding these mechanisms requires an integrative perspective that includes an in depth study of the brain mechanisms that control feeding behaviors and food intake and their integration with different physiological systems i e gastrointestinal neuroendocrine and environmental factors i e food availability and access

**Diet, Drugs, and Dopamine** David A. Kessler, M.D., 2025-05-13 INSTANT NEW YORK TIMES BESTSELLER From the New York Times bestselling author of *The End of Overeating* comes an illuminating understanding of body weight including the promise and peril of the latest weight loss drugs The struggle is universal we work hard to lose weight only to find that it slowly creeps back In America body weight has become a pain point shrouded in self recrimination and shame not to mention bias from the medical community For many this battle not only takes a mental toll but also becomes a physical threat three quarters of American adults struggle with weight related health conditions including high blood pressure heart disease and diabetes We know that diets don t work and yet we also know that excess weight starves us of years and quality of life Where do we go from here In *Diet Drugs and Dopamine* former FDA Commissioner Dr David A Kessler unpacks the mystery of weight in the most comprehensive work to date on this topic giving readers the power to dramatically improve their health Kessler who has himself struggled with weight suggests the new class of GLP 1 weight loss drugs have provided a breakthrough they have radically altered our understanding of weight loss They make lasting change possible but they also have real disadvantages and must be considered as part of a comprehensive approach together with nutrition behavior and physical activity Critical to this new perspective is the insight that weight loss drugs act on the part of the brain that is responsible for cravings In essence the drugs tamp down the addictive circuits that overwhelm rational decision making and quiet the food noise that distracts us Identifying these mechanisms allows us to develop a strategy for effective long term weight loss and that begins with naming the elephant in the room ultraformulated foods are addictive Losing weight is a process of treating addiction In this landmark book one of the nation s leading public health officials breaks taboos around this fraught conversation giving readers the tools to unplug the brain s addictive wiring and change their relationship with food Dr Kessler cautions that drugs on their own pose serious risks and are not a universal solution But with this new understanding of the brain body feedback loop comes new possibilities for our health and freedom from a lifelong struggle Eye opening provocative and rigorous this book is a must read for anyone who has ever struggled to maintain their weight which is to say everyone

**Hedonic Eating** Dr Nicole Avena, 2015-05-18 Overeating and obesity are on the rise Despite public health warnings availability of diet books and programs and the stigma associated with obesity many people find it difficult to achieve and maintain a healthy body weight While there are many books on the topic of caloric



or need based eating obesity and overeating can also result from eating that is not driven by hunger Recent research found that excess food intake is largely driven by the palatability of food and the pleasure derived from eating Hedonic Eating How the Pleasure of Food Affects Our Brains and Behavior discusses the pleasurable aspects of food intake that may cause and perpetuate overconsumption Broad in its scope this book examines the various behavioral biological and social rewards of food The comprehensive chapters cover topics ranging from the neurochemistry of food reward to the hotly debated concept of food addiction while providing relevant and up to date information from the current body of scientific literature regarding food reward

*Contemporary Surgical Innovations: A Comprehensive Guide to Emerging Technologies and Practices* Aliasghar Tabatabaei Mohammadi, Younes Keihani Far, Rasoul Hossein Zadeh, Sadegh Bagherzadeh, Melika Karamouz, Pouya Yektaee, Amirali Kamyab Rajabi, Touraj Poursadegh Sofiani, Mitra Razmi, Sahar Mehranfar, Zhaleh Zeinaly, Reza Hossein Zadeh, Seyed Mohammad Ali Fazayel, Erfan Ghanbarzadeh, Pourya Bagherian Kenari, Sakineh Aghazadeh, Aida Ghasemi Jirdehi, 2024-11-01 Chapters Chapter 1 Evidenced based unveiling the new roots of Cosmetic and Bariatric Surgery Association of Food Addiction Obsession and Binge Eating Disorder with deficits in Emotional Self Regulation among women seeking Cosmetic and Bariatric Surgery Chapter 2 The Rise of Robotics Robotic Assisted General Surgery Chapter 3 Minimally Invasive Techniques in Neurosurgery Chapter 4 Augmenting Surgical Intelligence The Role of Artificial Intelligence in Surgery Chapter 5 Pushing the Boundaries of Minimally Invasive Surgery Advancements in Laparoscopy and Robotics Chapter 6 Virtual Reality Enters the Operating Room VR Simulation for Surgical Training and Education Chapter 7 Bridging Geographical Barriers Tele surgery and its Implications for Global Healthcare Chapter 8 The Dawn of Precision Surgery Personalized Medicine in the Operating Room Chapter 9 From Research to Reality Translational Surgery and its Impact on Clinical Practice Chapter 10 Neuro oncology New Frontiers in Brain Tumor Treatment

*Hedonic Eating* Associate Professor of Neuroscience and Visiting Professor of Psychology Nicole M Avena, Nicole M. Avena, 2025-09-08 Hedonic Eating explores the science and latest research to understand the root cause of overconsumption and the role of pleasure based eating With a comprehensive overview of the factors that may be driving these behaviors this book discusses how the brain is impacted in this ongoing cycle why so many individuals struggle to regulate their intake of highly palatable ultra processed foods and the physiological processes that contribute to overconsumption

*A Comprehensive Guide to Understanding and Treating Eating Disorders* Dr. Spineanu Eugenia, 2025-03-12 Dive into the comprehensive guide Insight into Diabetes Related Macular Edema A Holistic Approach to Understanding Managing and Thriving offering in depth exploration of this vision threatening complication of diabetes From elucidating the pathophysiology to unveiling emerging therapeutic targets each chapter delves into critical aspects including nutrition pharmacotherapy and community engagement With meticulous detail this treatise navigates through the complexities of DRME empowering readers with knowledge on holistic interventions traditional medicine practices and social support networks Seamlessly blending medical

expertise with a holistic perspective this guide serves as a beacon for healthcare professionals patients and caregivers alike Discover evidence based insights practical recommendations and actionable strategies to optimize care enhance quality of life and foster resilience in the face of DRME challenges Embrace a journey of understanding empowerment and hope with this invaluable resource *Eating Disorders, Addictions and Substance Use Disorders* Timothy D. Brewerton, Amy Baker Dennis, 2014-07-08 Eating disorders addictions and substance use disorders are each challenging in their own right but they also commonly co occur causing major challenges for clinicians This book presents cutting edge research on the overlap of these complex disorders and reviews integrative assessment strategies and treatment approaches including enhanced cognitive behavioral therapy dialectical behavior therapy abstinence approaches motivational enhancement mindfulness meditation and pharmacotherapy The issue of whether eating disordered behaviors such as dieting binge eating and excessive exercise are merely other forms of addictive behavior is examined The authors argue both for and against the concept of food addiction in research clinical treatment and public policy The book will be of interest to psychiatrists addiction medicine physicians mental health substance abuse clinicians dieticians researchers and those affected by the disorders

SAĞLIK & BİLİM 2025: Beslenme-II Hatice BAYGUT, Yasemin BEYHAN, 2025-08-01 NDEK LER B L MLER FETAL PROGRAM LAMA VE ANNE BESLENMES N N EP GENET K ETK LER smail Caner YAVUZ OKUL NCES D NEM OCUKLARINA ETK NL KLERLE BESLENME E T M N N VER LMES VE DE ERLEND R LMES Aysu K M RC Selin NCE Ayb ke KILI Azra TORUN Didem NAY DER N ERGENLERDE ENERJ ECE T KET M VE N ROLOJ K R SKLER Dilara SERARSLAN YILMAZ Zeynep eyda TUT B L M UZUN S REL VEGAN BESLENMEN N METABOL K SA LIK ZER NE ETK LER Ceren ARAHMAN KAHRAMAN Cansu MEM NAN GU LLA N BARR SENDROMUNDA BESLENMEN N ROL Esmâ O UZ KETOJEN K D YET N EP LEPS DI INDA KL N K KULLANIM ALANLARI Zeynep eyda TUT B L M Dilara SERARSLAN YILMAZ BES N TEMELL B L SEL M DAHALELER N ROD YETET K YAKLA IMLAR Latife E G NO LU GIDA BA IMLILI I N ROB YOLOJ K TEMELLER VE D YET TEDAV LER Tuba Nur YILDIZ KOPUZ Bet l EREF BA IRSAK M KROB YATASININ C LT SA LI I ZER NDEK ROL BESLENME PERSPEKT F Mehmet AVDAR M KRO YE LL KLER N KULLANIMI VE SA LI A ETK LER Ezgi SAKAR SCHO NAS Cahit ERKUL GIDA G VENCES VE L E E DAYALI M KRO DE ERLEND RME Y NTEMLER Mehmet HAYDARO LU ASTRONOTLAR N LEZZETL B R GELECEK 3D BES N BASKISI VE BESLENME STRATEJ LER Bet l AKPINAR Didem NAY DER N

**Addiction Medicine E-Book** Bankole Johnson, 2019-12-12 Integrating scientific knowledge with today s most effective treatment options Addiction Medicine Science and Practice 2nd Edition provides a wealth of information on addictions to substances and behavioral addictions It discusses the concrete research on how the brain and body are affected by addictions improving your understanding of how patients develop addictions and how best to personalize treatment and improve outcomes This essential text is ideal for anyone who deals with patients with addictions in clinical practice including psychiatrists health psychologists pharmacologists social workers drug counselors trainees and general physicians family

practitioners Clearly explains the role of brain function in drug taking and other habit forming behaviors and shows how to apply this biobehavioral framework to the delivery of evidence based treatment Provides clinically relevant details on not only traditional sources of addiction such as cocaine opiates and alcohol but also more recently recognized substances of abuse e g steroids inhalants as well as behavioral addictions e g binge eating compulsive gambling hoarding Discusses current behavioral and medical therapies in depth while also addressing social contexts that may affect personalized treatment Contains new information on compliance enhancing interventions cognitive behavioral treatments behavioral management and other psychosocial interventions Includes neurobiological molecular and behavioral theories of addiction and includes a section on epigenetics Contains up to date information throughout including a new definition of status epilepticus a current overview of Lennox Gastaut syndrome and updates on new FDA approved drugs for pediatric neurological disorders Features expanded sections on evidence based treatment options including pharmacotherapy pharmacogenetics and potential vaccines Addresses addiction in regards to specific populations including adolescents geriatric pregnant women and health care professionals Includes contributions from expert international authors making this a truly global reference to addiction medicine

**Processed Food Addiction** Joan Ifland PhD, Marianne T. Marcus, Harry G. Preuss, 2017-12-22 Obesity and eating disorders have stubbornly refused to respond to treatment since the 1990 s This book organizes the evidence for a possible answer i e that the problem could be one of addiction to processed foods In a Processed Food Addiction PFA model concepts of abstinence cue avoidance acceptance of lapses and consequences all play a role in long term recovery Application of these concepts could provide new tools to health professionals and significantly improve outcomes This book describes PFA recovery concepts in detail The material bridges the research into practical steps that health professionals can employ in their practices It contains an evidence based chapter on concepts of abstinence from processed foods It rigorously describes PFA pathology according to the DSM 5 Addiction Diagnostic Criteria It applies the Addiction Severity Index to PFA so that health practitioners can orient themselves to diagnosing and assessing PFA It contains ground breaking insight into how to approach PFA in children Because the book is evidence based practitioners can gain the confidence to put the controversy about food addiction to rest Practitioners can begin to identify and effectively help their clients who are addicted to processed foods This is a breakthrough volume in a field that could benefit from new approaches

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web girls don t forget to give cinderella your laundry it s dirty sock day the stepsisters dump a pile of dirty socks on cinderella s head and exit the mice clench their paws in anger

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