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how and why  
we eat and  
drink what we  
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processes,  
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taste, as well  
as how these**

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alcohol use,  
and cuisine.  
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edition is  
grounded in  
the most up-to-  
date advances**

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research on  
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interest to  
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innovators in  
progressive  
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demonstrating  
how to  
effectively use  
positive  
reinforcement***



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*President of*  
*the Research*  
*Society on*  
*Alcoholism*  
*The sixteenth*  
*volume of*

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**Recent  
Developments  
in Alcoholism  
contains the  
latest**

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alcoholism  
treatment  
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scholarly  
volume***

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**available to**  
**evaluate**  
**treatment**  
**outcome,**  
**state-of-the**  
**art**  
**psychosocial**

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***interventions,***

***and recent***

***advances in ph***

***armacological***

***adjuncts to***

***treatment that***

***are currently***

***available and***

***those on the***

***brink of***

***application.***

***Other sections***

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**special issues**  
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**treatment of**  
**alcohol**  
**dependence,**  
**including the**  
**treatment of**  
**the**  
**adolescents**  
**and other**

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**unique  
populations,  
the**

**management  
of tobacco**

**dependence,  
and the role of  
spirituality in  
recovery,  
among others.**

**The clinician  
will find these**

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**reviews an  
important  
resource for  
learning about  
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alcoholism,  
and the  
researcher will  
find the synt-  
sis of recent**

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**developments**

**informative**

**and forward**

**looking. The**

**research**

**agenda for the**

**future rests**

**soundly on the**

**progress to**

**date and**

**additional**

**advances in**



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***the treatment***

***Treatment***

***of alcoholism***

***Approaches***

***can be***

***Effective***

***predicted in***

***Alternatives***

***the near***

***future.***

***Stephanie***

***O'Malley, Ph.***

***D. President,***

***Research***

***Society on***

***Alcoholism xi***

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the President  
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American  
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Medicine This  
excellent  
volume  
presents  
investigations  
covering a***

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***wide spectrum  
of scientific  
issues. It is  
also evident  
that many of  
these articles  
have clinical s-  
nificance,  
ranging from  
assessments  
of disorder,  
monitoring***

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**clinical  
progress, and  
behavioral and  
pharmacologic  
al  
interventions.  
Alcohol use  
disorder (AUD)  
is a major  
public health  
problem in the  
United States.**

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*The estimated  
12-month and  
lifetime  
prevalence  
values for AUD  
are 13.9% and  
29.1%,  
respectively,  
with  
approximately  
half of  
individuals*

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***with lifetime  
AUD having a  
severe***

***disorder. AUD  
and its***

***sequelae also  
account for  
significant  
excess***

***mortality and  
cost the  
United States***

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**more than  
\$200 billion  
annually.**

**Despite its  
high  
prevalence  
and numerous  
negative  
consequences,  
AUD remains  
undertreated.  
In fact, fewer**

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***than 1 in 10 individuals in the United States with a 12-month diagnosis of AUD receive any treatment. Nevertheless, effective and evidence-based interventions***



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**are available,  
and treatment  
is associated  
with**

**reductions in  
the risk of  
relapse and A  
UD-associated  
mortality. The  
American  
Psychiatric  
Association**

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***Practice  
Guideline for  
the Pharmacol  
ogical  
Treatment of  
Patients With  
Alcohol Use  
Disorder seeks  
to reduce  
these  
substantial  
psychosocial***

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**and public  
health  
consequences  
of AUD for  
millions of  
affected  
individuals.  
The guideline  
focuses  
specifically on  
evidence-  
based pharma**

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***cological  
treatments for  
AUD in  
outpatient  
settings and  
includes  
additional  
information on  
assessment  
and treatment  
planning,  
which are an***

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***integral part  
of using phar  
macotherapy  
to treat AUD.  
In addition to  
reviewing the  
available  
evidence on  
the use of AUD  
pharmacother  
apy, the  
guideline***

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***offers clear,  
concise, and  
actionable rec  
ommendation  
statements,  
each of which  
is given a  
rating that  
reflects the  
level of  
confidence  
that potential***

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***benefits of an  
intervention  
outweigh  
potential  
harms. The  
guideline  
provides  
guidance on  
implementing  
these recomm  
endations into  
clinical***

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***practice, with***

***the goal of***

***improving***

***quality of care***

***and treatment***

***outcomes of***

***AUD.***

***Treating***

***Addiction and***

***Its Aftermath***

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***Thinking***

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Help People  
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Beyond  
Addiction  
Drug Abuse  
Prevention  
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Alcohol***

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***Dependence***

**A major national  
goal is to**

**improve the  
health of the**

**populace while  
advancing our  
opportunities to  
pursue  
happiness.**

**Simulta neously,  
there are both**

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**increasing health  
costs and  
increasing  
demands that  
more be**

**accomplished  
with less  
financial support.  
The number of  
deaths  
attributable to the  
consumption of**

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**alcohol in the US  
is about 100,000  
per year, and the  
annual cost of  
this addiction is  
over \$100 billion.  
Improved  
treatment  
methods can  
both reduce  
these costs and  
improve health**

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**by preventing the continued exposure of abusers to the toxic effects of alcohol. This third volume of Drug and Alcohol Abuse Reviews focuses on the strategies currently thought**

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**best for the  
treatment of  
alcohol and  
tobacco abuse. A  
variety of  
approaches to  
treating alcohol  
abuse employ  
those  
psychosocial  
factors that are  
known to**

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**influence alcohol  
use in youth and  
adults.**

**Pharmacotherapy  
has also been  
evaluated at the  
National Institute  
of Alcohol Abuse  
and Alcoholism  
by leaders in  
alcohol treatment  
research. One**

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**key review**

**investigates**

**forming a**

**developmental**

**framework for the**

**treatment of**

**adolescent**

**alcohol abusers,**

**a major**

**challenge.**

**Although the**

**main emphasis is**



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**on the treatment  
of alcoholism, a  
major cofactor  
for many drug  
users is nicotine  
(tobacco)**

**addiction, whose  
treatment is also  
reviewed. And  
the roles of  
learning and  
outpatient**

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**services are  
shown to affect  
treatment  
significantly.**

**Thus, the  
problems  
confronted and  
solutions used in  
alcohol abuse  
treatment have  
here been  
analyzed in**

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**concise reviews  
that provide  
evidence for  
today's best  
hypotheses and  
conclusions.  
The Treatment of  
Drinking  
Problems has  
become the  
definitive text in  
the field of**

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**alcohol  
problems. It  
addresses the  
frontline realities  
of clinical  
practice in an  
informed and  
empathetic way,  
whilst grounding  
this approach in  
critical scientific  
review. Now in its**

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**fifth edition, the text has been thoroughly revised and updated with new sections covering interventions for hazardous and harmful drinking, dependent drinking, and the different settings**

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**in which alcohol  
problems are  
encountered.**

**Clinical vignettes  
are used**

**throughout the  
text to bring the  
discussion to life  
and to address  
the frontline  
realities of  
clinical practice.**

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**This is a highly  
readable and  
practical guide  
for anyone,  
generalist or  
specialist,  
treating or caring  
for someone with  
an alcohol  
problem.**

**"The  
accomplished**

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author team of

Reid Hester and

William Miller

provides a

comprehensive,

results-based

guide to alcohol

treatment

methods. Along

with the

contributions of

notable



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**practitioners if  
the field, this text  
serves as an aid  
to graduate  
students and  
professionals.**

**The authors  
stress the  
necessity of  
choosing  
different  
treatment**

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**protocols based  
on scientific  
research and a  
client's needs.**

**This text also  
offers an up-to-  
date review of the  
treatment  
outcome  
literature, which  
illustrates that  
there are a**

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**number of  
treatments that  
are consistently  
supported by  
research. The  
subsequent  
chapters provide  
mini-treatment  
manuals for  
approaches with  
the most  
scientific**

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**support, with sections on matching clients to particular treatment and descriptions on how to utilize each particular treatment plan.**

**The authors have consolidated the information**

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**necessary to  
develop  
individualized,  
multidimensional  
treatment that  
can meet the  
needs of a  
diverse client pop  
ulation."--Back  
cover.**

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Treating  
Individuals with  
Alcohol Abuse  
and Dependence

*This book helps  
busy  
professionals*



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*stay abreast of  
the vast amount  
of diverse yet  
related research  
being conducted  
in the field of  
alcoholism.*

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*reviews and  
integrates a  
variety of  
contemporary*

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*topics to help  
professionals  
understand the  
nature of  
alcohol use  
disorders and to  
develop  
strategies for  
identification  
and treatment.  
Each chapter  
contains a  
summary and  
synthesis of*

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*current research  
as well as  
commentaries on  
clinical and  
research  
implications.  
Directions for  
future research  
are also  
indicated.  
Together, the  
chapters  
illuminate where  
the field has*

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*been, where it  
is now, and  
where it may be  
heading in terms  
of important  
clinical  
research issues.  
Authors provide  
state-of-the-art  
reviews and  
perspectives on  
important  
current areas of  
research in the*

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*field of  
alcoholism. Some  
of the topics  
they cover are:  
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identification  
of alcohol  
problems  
biological  
indicators of  
alcohol problems  
modern disease  
models of  
substance abuse*

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*sociocultural  
aspects of  
alcohol abuse,  
specifically  
ethnicity and  
gender drinking  
moderation  
strategies*

*Authors not only  
identify  
shortcomings in  
present  
knowledge and  
methodologies*

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*but also*

*emphasize the  
numerous*

*advances that  
are occurring*

*throughout the  
field. This*

*balanced,*

*enlightening*

*book helps*

*readers catch up*

*on current work*

*in the field.*

*Innovations in*

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*Treatment is of  
interest to  
instructors  
teaching courses  
on alcohol  
problems and to  
counselors in  
the substance  
use field.*

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provides  
students and  
professionals*



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*with the knowledge they need to treat work-related psychopathology and contribute to this new and growing aspect of clinical practice.*

*This book is the first complete guide to implementing the*

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Reinforcement  
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an empirically  
based, highly  
effective cognit  
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program for  
treating alcohol  
problems. CRA  
acknowledges the  
powerful role of  
environmental  
contingencies in

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*Treatment*

*recreational,*

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*familial, and*

*Effective*  
*vocational*

*strategies to*

*Alternatives*  
*aid clients in*

*the recovery*

*process. This*

*authoritative*

*manual is a*

*hands-on guide*

*to applying*

*these*

*therapeutic*

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*procedures. The authors present a step-by-step guide to each component of the treatment plan, many of which have been shown to be effective forms of treatment in themselves. Topics include behavioral*

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social and  
recreational  
counseling,  
marital therapy,  
motivational  
enhancement, job  
counseling, and  
relapse  
prevention. Each  
chapter provides  
detailed  
instructions for  
conducting a*

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*procedure, describes what difficulties to expect, and presents strategies for overcoming them. Sample dialogues between clients and therapists, annotated by the authors, further illuminate the treatment*

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*process. The*

*book concludes*

*with a chapter*

*that both*

*addresses the*

*common mistakes*

*made when*

*implementing*

*CRA, and*

*emphasizes the*

*flexibility and*

*benefits of this*

*total treatment*

*plan. This book*



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*wide range of*

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*counselors, and*

*social workers.*

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*Anonymous.*

*Rational-emotive*

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cutting-edge  
knowledge about the

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addictive behaviors.

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eminently practical  
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assessing the  
treatment needs and  
ongoing clinical  
outcomes of  
individuals who have  
problems with  
substance use and

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addictions. From  
leading contributors,  
the book shows how  
to weave assessment  
through the entire  
process of care, from  
the initial screening to  
intervention, relapse  
prevention, and  
posttreatment  
monitoring.

A discussion of  
alternative resources

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understanding  
addiction and  
recovery from an  
authority on the  
subject. No social  
problem today causes

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greater confusion  
than addiction.

Whatever form it  
takes — alcohol,  
heroin, cocaine,  
nicotine, etc. — it  
tears apart homes  
and relationships,  
destroys careers and  
futures, and leaves  
loved ones asking:  
Why couldn't he stop  
once and for all? Or  
"get better"? Or

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control himself?

Despite everything that's been said and written, many people remain deeply confounded about these problems. The addiction-treatment field itself is in a state of civil war because there is no consensus on what addiction is, much less what to do about it. Based on



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years of hard-won  
experience by a  
preeminent specialist  
in addictive behavior,

## Thinking Simply About Addiction

explains the core truth  
of addiction: It is not a  
neurosis, a physical  
malady, a behavioral  
choice, or, in the  
narrowest sense, a  
moral failure. It is an  
automatism — an

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involuntary, non-stoppable behavior that once triggered leaves the addict powerless. It is a human problem and a part of human nature. As such, it is something that we all experience. In four to-the-point chapters, *Thinking Simply About Addiction* rises above the noise level

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and provides real-world help and new ways of thinking for addicts and those who care for them. Its insights are so profoundly clear and sensible that many readers will be able to say: Finally, someone gets it.

There seems to be an abundance of "factual" information

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regarding alcoholism; what causes it, who is most susceptible, how it affects its victims, and how it should be treated. However, a definitive source of data supporting -- or refuting -- the numerous and diverse positions was never available. Thus, the goal of the author is to provide professionals

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Approaches  
with a solid  
understanding as to  
which "factual"  
statements about  
alcoholism are  
actually supported  
with evidence, and  
some of the  
empirically validated  
ways to proceed with  
treatment. Major  
methods of treatment  
are reviewed, and  
empirically based

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approaches are compared and contrasted with one another. Different and sometimes new focal points are explored, such as the disease concept of alcoholism, family members of alcoholics, personality characteristics, and effects of alcoholism exclusive to women. Also notable is the

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nearly unprecedented  
look into the impact of  
alcohol on all types of  
mood and behavior,  
rather than just on  
aggression -- a topic  
long since exhausted.  
A comprehensive  
review of literature,  
complemented with  
critiques of research,  
this two-volume set is  
a thorough,  
informative source of

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reference for anyone  
who seeks to further  
their knowledge of  
this often

misunderstood, yet  
unfortunately all too  
common  
phenomenon.

Working with Children  
of Alcoholics

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to drugs and  
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that can affect

well-being in a

variety of life

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a treatment

program that

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that it is practically

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synonymous with  
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Yet the evidence  
shows that AA has  
only a 5-10 percent  
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treatment at all.

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regularly refer  
addicted people to  
treatment programs

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and matching  
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