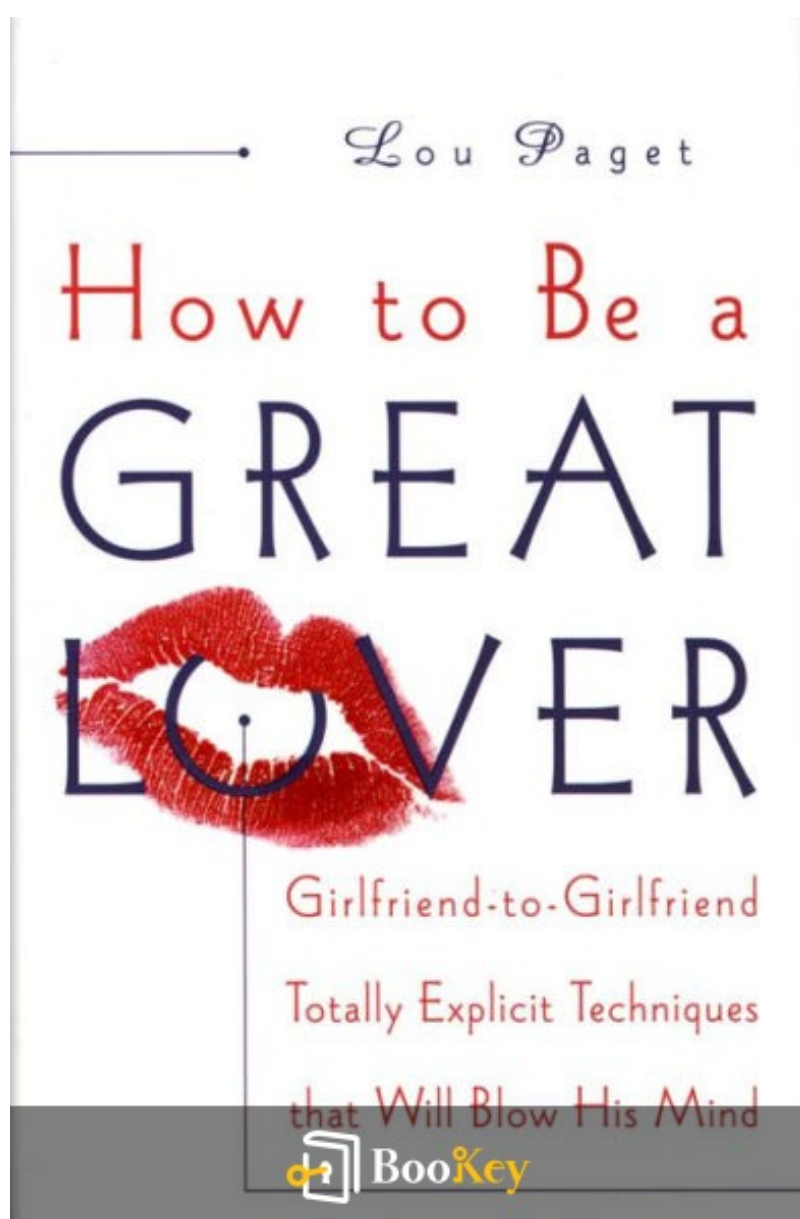


How To Be A Great Lover PDF

Lou Paget



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About the book

Guide to Mastering Male Pleasure: A Modern Approach by Lou Paget

Discover the key to becoming an incredible lover with the insight of one of America's leading sex experts, Lou Paget. In her latest work, **How to Be a Great Lover**, Paget offers a vibrant and explicit guide that promises to enhance your understanding of men's bodies, regardless of your age or prior experiences.

Many traditional sex guides for women can feel outdated or insufficient, often lacking the explicit advice that truly resonates. This comprehensive resource breaks the mold, delving deep into what men desire and providing straightforward, actionable techniques that are essential for mutual enjoyment during intimate moments.

Based on the candid feedback from countless participants in her workshops, Paget shares unique secrets and practical tips in a clear and relatable style. Her findings emphasize that knowledge fosters confidence—an essential element that elevates the intimacy and joy of your encounters. Whether embarking on a new relationship, searching for fresh ideas, or rekindling passion, this guide is brimming with spicy strategies designed to tantalize and captivate, ensuring your partner is always left wanting more.

From mastering kisses to crafting the perfect ambiance, along with a lesson

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on the playful "Italian Method" for safe sex, Lou's guide covers a wealth of topics. You'll also find twenty different manual techniques, unveiling the art of oral pleasure, and exploring innovative sexual positions. Additionally, she provides a beginner's guide to anal play and a rundown of various sex toys, along with tips on how to use them effectively.

Featuring over ninety detailed illustrations, **How to Be a Great Lover** equips you with proven methods to leave your partner mesmerized. Embrace your role as a lover and unlock the excitement in your relationship with Lou Paget as your guide.

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How To Be A Great Lover Summary

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Who should read this book **How To Be A Great Lover**

'How to Be a Great Lover' by Lou Paget is an essential read for individuals and couples looking to deepen their intimacy and enhance their sexual relationships. This book is particularly suitable for those who are open to improving their personal connections, whether they are new to sexual exploration or are long-time partners seeking to reignite their passion. It offers practical advice and techniques that cater to various levels of experience, making it accessible to readers from different walks of life. Additionally, it can benefit anyone looking to understand sexual dynamics better and foster a more communicative and satisfying relationship with their partners.

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Key insights of How To Be A Great Lover in table format

Chapter/Section	Summary
Introduction	An overview of the book's purpose, which is to enhance sexual experiences through education and communication.
Chapter 1: The Psychology of Sex	Discusses the mental aspect of sexuality, including confidence, intimacy, and emotional connection.
Chapter 2: Communication is Key	Emphasizes the importance of open communication between partners about desires, boundaries, and preferences.
Chapter 3: Understanding Anatomy	Provides a detailed understanding of male and female anatomy to improve sexual experiences.
Chapter 4: Techniques for Pleasuring	Offers various techniques for enhancing pleasure for both partners, including foreplay and different sexual positions.
Chapter 5: Alternative Approaches	Explores various forms of sexual expression, including role play, BDSM, and other alternatives.
Chapter 6: Maintaining Desire and Connection	Discusses ways to keep the sexual spark alive in long-term relationships through spontaneity and novelty.
Chapter 7: Overcoming	Addresses common issues in sexual relationships, such as mismatched libidos and performance anxiety.

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Chapter/Section	Summary
Common Challenges	
Conclusion	Summarizes the key points of the book and encourages ongoing exploration and communication in sexual relationships.

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How To Be A Great Lover Summary Chapter List

1. Introduction: Understanding the Art of Love and Intimacy
2. Chapter 1: The Foundation of Great Love – Communication and Connection
3. Chapter 2: Exploring Your Partner's Desires and Preferences in Bed
4. Chapter 3: Techniques to Enhance Physical Pleasure and Sexual Skills
5. Chapter 4: The Importance of Emotional Intimacy and Trust in Relationships
6. Chapter 5: Keeping Passion Alive: Tips for Sustaining Desire Over Time
7. Conclusion: Becoming the Lover Your Partner Will Never Forget

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1. Introduction: Understanding the Art of Love and Intimacy

In "How to Be a Great Lover," Lou Paget delves into the intricate world of love and intimacy, unraveling the complexities that can often impede genuine connection between partners. The introduction sets the stage for an exploration not just of physical techniques, but of the emotional and psychological dimensions that contribute to a fulfilling sexual relationship.

Understanding love goes beyond the mere act of intimacy; it's about forging a connection that encompasses communication, trust, and mutual respect. Paget emphasizes that at the heart of great lovemaking lies a deep understanding of one's partner—knowing their needs, desires, and preferences, which require an investment of time and effort in effective communication. The art of love, as Paget describes, is a collaborative journey that thrives on openness and honesty, helping couples navigate their shared path toward greater pleasure and intimacy.

Paget also touches on the emotional aspects of intimacy that are often overlooked. While many may focus solely on physical affection, the emotional bond between partners serves as a vital foundation for lasting love. This emotional intimacy fosters a safe environment in which partners feel free to express their vulnerabilities and explore their fantasies without fear of judgment.

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Moreover, the introduction of the book outlines the importance of being proactive in sustaining desire over time. Paget encourages readers to embrace change, remain curious about their partner's evolving needs, and engage actively in the relationship to keep the passion alive. This proactive approach is key to not only enjoying an enticing physical relationship but also nurturing the emotional connection that sustains it.

Overall, the introductory section of "How to Be a Great Lover" invites readers to reflect on their understanding of love. It challenges them to consider not just the actions performed in the bedroom but the deeper commitment to emotional and physical connection that transforms a good lover into a great one. With this foundational understanding, readers are prepared to explore the subsequent chapters, each filled with insights and practical advice aimed at enhancing their intimate relationships.

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2. Chapter 1: The Foundation of Great Love – Communication and Connection

In the realm of love and intimacy, the cornerstone of a fulfilling relationship lies in effective communication and deep connection. Lou Paget, in "How to Be a Great Lover," underscores the vital role that open and honest dialogue plays in nurturing both emotional and physical aspects of a partnership. This chapter delves into the essential strategies for fostering communication and connection to create a resilient foundation for great love.

At the outset, the importance of understanding your partner's emotional landscape cannot be overstated. Paget emphasizes that effective communication starts with active listening. This means not only hearing the words your partner says but truly engaging with their feelings and perspectives. By practicing active listening, couples can not only enhance their intimacy but also build a sense of safety and trust. Creating a safe space where each partner feels comfortable expressing themselves lays the groundwork for deeper connections.

Paget introduces the concept of vulnerability as a crucial element in communication. Vulnerability allows partners to lower their defenses and share their authentic selves. When both individuals feel safe to reveal their true thoughts and feelings, they bridge gaps that may have previously existed between them. This honesty can lead to transformative moments in

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relationships, as it encourages empathy and understanding. By being vulnerable, partners are more likely to express their needs and desires, paving the way for more profound connection and intimacy.

Moreover, the chapter explores how body language plays an integral role in communication. Non-verbal cues, such as eye contact, touch, and even posture, can convey feelings and intentions that words may not fully express. Paget advises couples to be mindful of their body language, encouraging them to approach each other with warmth and openness. When partners align their verbal and non-verbal communication, it reinforces that their messages are genuine, further strengthening their bond.

Another key aspect discussed is the significance of timing in communication. Paget highlights the idea that not every moment is ideal for deep conversations, and being aware of this can prevent misunderstandings. Choosing the right time to discuss sensitive topics can make all the difference in how the message is received. Couples are encouraged to be considerate of each other's emotional states and to find moments of tranquility for meaningful discussions.

In addition to communication techniques, the chapter stresses the importance of connecting through shared experiences. Engaging in activities together, whether they are simple daily routines or adventurous outings, fosters a

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sense of teamwork and togetherness. Paget suggests that couples who prioritize quality time discover new dimensions of each other's personalities, which can enhance emotional intimacy and increase sexual chemistry.

Lastly, Paget addresses the need for periodic relationship check-ins. These conversations allow partners to discuss what is working well in the relationship and identify areas of improvement. By regularly assessing their emotional and physical connection, couples can navigate challenges more effectively and ensure that they are continuously growing together. These check-ins reaffirm the commitment to the relationship and reinforce the foundation upon which great love is built.

Ultimately, Chapter 1 serves as a reminder that great love is not simply about the physical acts of intimacy, but rather about the profound connection that is formed through open communication and shared experiences. It sets the stage for the subsequent exploration of desires, techniques, and emotional intimacy, reinforcing that the journey of becoming a great lover begins with a solid foundation of understanding and connection.

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3. Chapter 2: Exploring Your Partner's Desires and Preferences in Bed

To become an exceptional lover, it is essential to delve into the desires and preferences of your partner. This chapter emphasizes the significance of exploring your partner's individual needs and fantasies, as understanding these elements deepens the intimacy and enhances the sexual relationship.

First, it is crucial to establish a safe and open environment where discussions about sexual desires can take place freely. Many people feel vulnerable when it comes to discussing their sexual preferences, so reassuring your partner with a non-judgmental tone and active listening is paramount. Initiating conversations about likes, dislikes, and fantasies can be done through direct questioning or indirectly through role-playing games that invite curiosity about each other's sexual imagination.

Use the principle of sharing to foster dialogue. Commence by sharing your own desires and experiences, which may encourage your partner to open up. Phrasing your curiosity delicately, like "I enjoy when we... what do you think about trying something similar?" provides a gentle invitation for them to express their views, making it easier for them to reciprocate. The goal is to ensure that each partner feels valued, respected, and excited about their sexual experiences together.

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In addition to vocal communication, pay attention to non-verbal signals. Body language often conveys preferences and pleasure more profoundly than words. Notice your partner's reactions during intimate moments: their moans, their body movements, and even their quiet breaths can indicate what they genuinely enjoy. Being attuned to these cues can help refine your approach in bed, leading both partners to a more satisfying and pleasurable encounter.


It is also worth exploring the element of experimentation. Engaging in new activities or discussing fantasies can open new doors to pleasure. Whether it's exploring different positions, locations, or introducing toys and props, trying new experiences together not only fosters a playful environment but also strengthens the bond between lovers. This willingness to explore can lead to significant growth in sexual chemistry and satisfaction.

Moreover, taking note of your partner's preferences outside of the bedroom is equally important, as desires often extend into broader aspects of intimacy and romance. Understanding what makes them feel loved and appreciated can create a stronger sense of connection that translates into the bedroom. Discussing love languages—such as physical touch, acts of service, or quality time—can bolster the emotional aspects of intimacy and further enrich your sexual relationship.

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In summary, exploring your partner's desires and preferences is a continuous journey that thrives on open communication, attentive listening, and mutual respect. Embracing vulnerability and curiosity will not only enhance the sexual experience but also cultivate a deeper connection, paving the way for a satisfying and enriching romantic life.

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4. Chapter 3: Techniques to Enhance Physical Pleasure and Sexual Skills

In the realm of intimacy, physical pleasure is not merely a goal but an intricate dance that involves both partners, where each movement and response can elevate the experience to profound heights. Chapter 3 of "How to Be a Great Lover" by Lou Paget delves deeply into the techniques that can enhance physical pleasure and refine sexual skills, focusing on how to create an electrifying connection that goes beyond the superficial.

The chapter begins by emphasizing the importance of foreplay as the cornerstone of sexual pleasure. Paget asserts that foreplay is not just a precursor to sexual intercourse, but rather an essential part of the entire lovemaking experience. It sets the tone, builds anticipation, and allows both partners to transition into a more intimate space. Techniques such as kissing, touching, and caressing are detailed extensively. Paget advises lovers to explore each other's bodies with curiosity and attentiveness, treating foreplay as an opportunity to learn about their partner's likes and dislikes. Sensual caresses, gentle kisses, and lingering touches can ignite passion and ensure that both partners are fully aroused before moving into more intimate acts.

Building on the theme of exploration, Paget introduces various methods to enhance sexual skills, detailing specific practices that can heighten pleasure.

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For example, the chapter underscores the significance of varying rhythm and pressure during intimate acts. Whether it's during oral sex, penetration, or manual stimulation, changing the pace and intensity can unlock new sensations. Paget encourages readers to communicate openly about what feels good and to be willing to experiment with different techniques. This is paired with practical advice on how to master different positions that can enhance both partners' pleasure, suggesting that variety can keep intimacy fresh and exciting.

Moreover, Paget sheds light on the physical aspects of intimacy, emphasizing the value of physical fitness and body awareness. A strong body helps in sustaining stamina and control during lovemaking, which can greatly contribute to a more pleasurable experience for both partners. She discusses the importance of being attuned to one's body, including breathing techniques that can enhance endurance and relaxation, which are crucial during intimate moments.

The chapter also dive into the concept of erotic play, urging lovers to incorporate elements that can foster a playful atmosphere. This could include the use of props, sex toys, or even role-play, which all serve to break the routine and add excitement. Such activities encourage partners to be creative and open-minded, allowing them to discover each other in ways that ignite their sexual chemistry.

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Lastly, Paget emphasizes the necessity of aftercare, suggesting ways to nurture emotional connection post-intimacy. She points out that physical pleasure does not end with orgasm; rather, it continues through the tender moments that follow. Holding each other, discussing what felt good, and sharing feelings can foster a deeper emotional bond, refreshing the couple's connection and paving the way for future encounters full of promise and anticipation.

In conclusion, Chapter 3 of "How to Be a Great Lover" serves as a guide for couples looking to enhance their physical pleasure and sexual skills. The techniques outlined provide an array of options designed to explore bodily sensations, improve communication around desires, and ultimately lead to a more satisfying sexual relationship. By fostering a culture of exploration and creativity, lovers can ensure that their experiences in the bedroom are as fulfilling as they are exciting.

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5. Chapter 4: The Importance of Emotional Intimacy and Trust in Relationships

Emotional intimacy and trust are the bedrock of any deep and fulfilling romantic relationship. In this chapter, Lou Paget explores why these two elements are critical components of love and intimacy, highlighting how they foster a safe space for partners to express their feelings, desires, and vulnerabilities.

Emotional intimacy refers to the closeness that partners feel towards each other on a psychological level. It involves the sharing of thoughts, feelings, and experiences in a way that creates a profound understanding between partners. According to Paget, emotional intimacy is what transforms a relationship from mere companionship into a meaningful bond. Without this foundation, couples may struggle to connect on a deeper level, leading to feelings of loneliness even when physically together.

Trust, on the other hand, is the glue that holds emotional intimacy together. When trust is established, partners feel secure in expressing their true selves without fear of judgment or betrayal. Paget explains that trust is built over time through consistent actions and communication. It involves honesty, reliability, and a commitment to support one another. When both partners trust each other, they are more willing to explore their emotional depths and engage in open dialogue about their needs and desires.

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Paget emphasizes the importance of vulnerability in nurturing emotional intimacy. Sharing fears, dreams, and past experiences fosters a sense of closeness that enriches the relationship. This process can help partners develop greater empathy and understanding, leading to stronger emotional bonds. According to the author, it is essential for couples to create an environment where both individuals feel safe to disclose their innermost thoughts without worrying about repercussions.

In this chapter, Lou Paget also discusses how emotional intimacy influences sexual intimacy. The more partners share their feelings and understand each other's emotional landscape, the more fulfilling their sexual encounters can become. When partners know each other well emotionally, they can better anticipate and respond to each other's needs in bed, making for a more pleasurable and connected experience.

To cultivate emotional intimacy and trust, Paget provides several practical strategies. Couples are encouraged to engage in regular, meaningful conversations that focus on feelings rather than surface-level topics. This practice helps deepen the emotional connection and fosters a culture of open communication. Additionally, Paget advises couples to prioritize quality time together, participating in shared activities that strengthen their bond and create new memories.

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Furthermore, conflict resolution plays a significant role in maintaining trust. Paget notes that healthy disagreements can lead to growth, but handling conflicts constructively is crucial. Rather than allowing disagreements to breed resentment or distrust, couples should approach them as opportunities for deeper understanding. This reinforces emotional intimacy and helps partners navigate future challenges more effectively.

In summary, Chapter 4 of Lou Paget's "How to Be a Great Lover" underscores the essential role of emotional intimacy and trust in building and sustaining a loving relationship. By fostering closeness, practicing open communication, and managing conflicts with care, couples can enhance their emotional connection, ultimately enriching their overall experience of love and sexuality.

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6. Chapter 5: Keeping Passion Alive: Tips for Sustaining Desire Over Time

In the ever-evolving landscape of a long-term relationship, maintaining passion can often feel like a daunting task. Lou Paget, in her insightful book "How to Be a Great Lover," addresses this vital aspect by providing practical strategies for couples to keep the flame of desire burning brightly, even as time weaves its threads through the tapestry of love.

One of the core messages in this chapter is the importance of ongoing communication. To sustain desire, partners must engage in open dialogues about their intimate lives, sharing not only their preferences but also their evolving needs and fantasies. This communication helps bond partners together, ensuring that both feel valued, heard, and understood. Paget urges couples to schedule regular "check-ins" where they can discuss what's working in their sex life and what needs a refresh. This not only nurtures emotional intimacy but also encourages exploration and growth in their sexual relationship.

Another critical tip Paget emphasizes is the necessity of novelty. Over time, routines can dull passion, leading to a monotonous cycle that doesn't ignite erotic energy. To counter this, couples are encouraged to think outside the box, introducing new experiences into their intimate lives. Whether it's experimenting with different locations, trying new fantasies, or

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incorporating playful elements like role-playing, variety is essential. Paget also suggests that partners set aside dedicated "date nights"—an opportunity to escape from daily stressors and focus solely on one another, reigniting the spark through shared experiences and uninterrupted quality time.

Emotional connection plays a key role in sustaining sexual desire, and Paget highlights the importance of maintaining emotional intimacy in addition to physical connection. Engaging in activities that foster this emotional bond—such as shared interests, hobbies, or even simple gestures of affection—can enhance feelings of closeness. These instances of emotional bonding contribute to a healthier sexual relationship, as partners feel more connected and engaged with each other.

Moreover, Paget stresses the need for self-care, suggesting that a fulfilling sexual relationship starts with the individuals involved. When each partner prioritizes their own self-worth, body image, and mental health, they bring a more positive and confident presence into the relationship. This not only improves individual well-being but can also enhance sexual chemistry, as both partners are more likely to feel desirable and passionate.

Physical touch also remains a significant theme in this chapter. Paget advocates for regular non-sexual touch—like cuddling, kissing, or simply holding hands—outside of the bedroom. Such gestures foster intimacy and

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reinforce connection, making it easier for partners to transition into sexual encounters from a place of comfort and familiarity. Celebrating the quotidian through intimate gestures keeps the physical aspects of the relationship alive, reminding couples of their bond and encouraging more passion.

Lastly, Paget encourages partners to embrace change and adaptability within the relationship. As life transitions occur—such as changes in careers, family dynamics, or personal interests—couples should be willing to navigate these shifts together. Embracing changes collectively and supporting each other through life's ups and downs lays a stronger foundation on which desire can flourish. Paget reminds us that the journey of love is not static but rather a dynamic dance that can evolve into deeper rhythms of passion and fulfillment as partners grow together.

By implementing these strategies—prioritizing communication, infusing novelty, fostering emotional intimacy, practicing self-care, embracing physical touch, and adapting to change—couples can sustain their desire over time. Lou Paget's insights remind us that passion does not have to diminish; with intention and effort, it can deepen and transform, ensuring that partners remain lovers for a lifetime.

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7. Conclusion: Becoming the Lover Your Partner Will Never Forget

Becoming the lover your partner will never forget is an evolving journey that requires dedication, empathy, and a willingness to learn. Through the insights provided in "How to Be a Great Lover" by Lou Paget, it becomes clear that exceptional intimacy is a combination of communication, understanding desires, enhancing physical pleasure, and fostering emotional connections.

To start, embracing open communication is essential. This includes not only discussing your desires but also encouraging your partner to express theirs. This mutual exchange establishes a strong foundation of trust and intimacy. By actively listening and responding to your partner's needs, you create a safe space for both of you to explore fantasies, preferences, and boundaries. This dialogue can transform your sexual relationship into one where both partners feel valued and understood.

Next, it's important to continuously explore your partner's desires and preferences. People evolve, and so do their needs in the bedroom. Regular discussions and explorations can introduce exciting new elements to your sexual encounters, keeping the spark alive. Knowing what your partner enjoys and being attuned to their reactions can greatly enhance your ability to satisfy their needs, making you a lover they will always cherish.

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Enhancing physical pleasure through skillful techniques, as outlined in Paget's book, adds another layer to your intimate encounters. Learning about different methods that stimulate pleasure—whether through foreplay, specific techniques, or use of props—can greatly elevate the experience for both you and your partner. Practicing these skills not only demonstrates your commitment to giving pleasure but can also rekindle passion and excitement in your relationship.

Emotional intimacy and trust cannot be overlooked. As Paget emphasizes, the psychological aspect of intimacy is just as crucial as the physical. To become a memorable lover, one must cultivate an emotional connection with their partner, which enriches the physical experience. Moments of vulnerability, sharing, and affection outside of the bedroom can significantly impact the depth of your physical relationship, creating a loving bond that enhances your sexual experiences.

Lastly, keeping passion alive over time is vital in ensuring that both partners feel fulfilled. Regularly trying new activities together, whether they be romantic endeavors or adventurous outings, can infuse your relationship with fresh energy. Date nights, spontaneous gestures, and thoughtful surprises can keep the connection vibrant, allowing your physical intimacy to flourish.

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In conclusion, becoming the lover your partner will never forget is achievable through attentive communication, exploration of desires, mastery of physical techniques, emotional engagement, and efforts to sustain passion. By committing to this holistic approach to intimacy, you reassure your partner that they are cherished and desired, setting the stage for unforgettable experiences that deepen your bond and relationship over time.

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5 Key Quotes of How To Be A Great Lover

1. "Intimacy and connection are the core of a great relationship; it's not just about the physical act, but the emotional bond you build."
2. "Communication is key; understanding each other's desires can transform your experience of love and intimacy."
3. "Passion is not just a feeling; it's an art that you can cultivate through exploration and understanding your partner's needs."
4. "Being a great lover is also about being a great listener; pay attention to what your partner is saying and what they are not saying."
5. "Pleasure is subjective; every person has different needs and preferences, and it's our job to discover and embrace those unique aspects."

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