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Heart Linda Dillow  
Juwimm

**Calm My  
Anxious  
Heart  
Linda  
Dillow  
Juwimm**

Intimate Issues  
answers the twenty-  
one questions about  
sex most frequently

*Page 1/177*

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asked by Christian  
wives, as determined  
by a nationwide poll  
of over one thousand  
women. Written from  
the perspective of two  
mature Christian  
wives and Bible  
teachers—women who  
you'll come to know  
as teachers and  
friends—Intimate  
Issues is biblical and

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informative:

sometimes humorous,  
other times practical,  
but always honest.

Through its solid  
teaching warm  
testimonials, scriptural  
insights, and experts  
advise, you'll find  
resolution for your  
questions and fears,  
surprising insights  
about God's

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perspective on sex,  
and a variety of  
practical and creative  
ideas for enhancing  
your physical  
relationship with the  
husband you love.

With warmth and  
wisdom, authors  
Linda Dillow and  
Lorraine Pintus speak  
woman to woman:  
examining the

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teachings of Scripture,  
exposing the lies of  
the world, and  
offering real hope that  
every woman's  
marriage relationship  
can become all it was  
intended to be in  
God's design.

Popular Radio Host  
Shows Women How  
to Embrace God's  
Unique Call for Their

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Life Listeners to Susie Larson's radio show and women she meets at events across the country tell her the same thing: I want to do something meaningful for God, but I don't know what to do, or how.

Drawing on her own hard-earned experiences, Larson

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shows readers how to overcome insecurities, busyness, and other obstacles in order to focus their gifts and passions on their unique God-assignment. With biblical insights and inspiring stories from a variety of women, this action-oriented guide will speak to

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every woman who has  
felt a nudge from  
God--from the  
visionary who wants  
to end poverty to the  
empty-nest mom who  
feels called to help the  
young single mother  
next door.

Translation of:  
Tellington-Training  
four hunde.

"Advice, exercises,



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Juwimm  
and examples to help  
readers increase their  
clarity, connection,  
competence, calm,  
and courage, from a  
clinical therapist,  
mindfulness teacher,  
and expert on the  
neuroscience of  
relationships.

Applicable to  
relationships, jobs,  
and everyday

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life" --Provided by  
Juwimm  
publisher.

Ruth's tribe are her  
lively children and her  
filmmaker husband,  
Simon, who has  
Motor Neurone  
Disease and can only  
communicate with his  
eyes. Ruth's other  
tribe are the friends  
who gather at the cove  
in Greystones, Co.

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Juwimm  
Wicklow, and  
regularly throw  
themselves into the  
freezing cold water,  
just for kicks. □The  
Tragic Wives□  
Swimming Club□, as  
they jokingly call  
themselves, meet to  
cope with the extreme  
challenges life puts in  
their way, not to  
mention the monster

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waves rolling over the  
horizon. An

invocation to all of us  
to love as hard as we  
can, and live even  
harder, I Found My  
Tribe is an urgent and  
uplifting letter to a  
husband, family,  
friends, the natural  
world and the  
brightness of life.

□ Here is a book to be

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welcomed

Juwimm  
enthusiastically, to be  
read carefully, and to  
be returned to  
frequently. □ □ Sinclair  
B. Ferguson In our  
world, we use the  
word heart to refer to  
our emotions. But the  
Bible uses the word  
heart to refer to the  
governing center of  
life. We need to grasp

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the true meaning of  
the heart in order to  
better understand  
ourselves, our sin, and  
our need for  
redemption. As we  
rediscover the heart as  
the source of all our  
thoughts, fears, words,  
and actions, we will  
discover principles  
and practices for  
orienting our hearts to

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truly love and obey  
God with all that we  
are.

Let Prayer 101 bring  
your prayer life to a  
new level—it will give  
you the confidence  
you need to pour out  
your heart to God like  
never before.

Through the Psalms,  
women can learn how  
to positively handle

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the disappointments of  
life, discern the  
comforting truth  
found in God's Word,  
and be encouraged to  
deal with the waves of  
trials, depression, and  
discouragement.

Includes a 4-week  
Bible study.

A companion journal  
to Linda Dillow's  
devotional Bible study



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Satisfy My Thirsty  
Soul guides women in  
developing a lifestyle  
of worship.

[Trusting God with My  
What Ifs and Whys  
Girls' Club](#)

[Is God Speaking to  
Me?](#)

[Secret Answers to the  
Question Why Wait?  
Steadfast Faith in the  
Midst of Adversity](#)

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Becoming a Woman

of Faith and

Confidence

Rewiring Your Brain

for Maximum

Resilience and Well-

Being

Embracing Hope for

Your Broken Story

With All Your Heart

Your Beautiful

Purpose

Intimacy Ignited

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What's It Like to Be  
Married to Me?

Psalms for the  
Anxious Heart

Overcoming Fear,  
Worry, and Anxiety

*Find Daily  
Peace in a  
World of Chaos  
The  
unpredictable,  
unprecedented  
repercussions*

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*Juwimm*  
of the COVID-19  
pandemic have  
upset nearly  
every facet of  
life. For many,  
the hope of  
returning to  
“normal” has  
slowly given  
way to fear of  
the unknown. To  
cling to what’s  
certain in a

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*time of  
uncertainty, to  
find peace when  
anxiety  
abounds, look  
to the Psalms.  
Psalms for the  
Anxious Heart  
is a short,  
daily  
devotional that  
offers  
meditations of*

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*truth and  
peace. Each  
devotion  
includes a  
reading of a  
Psalm, a brief  
teaching on the  
passage, a  
salient truth  
to cling to,  
and a suggested  
song to guide  
further*

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meditation.

Enter the  
Psalms and find  
relief and hope  
for your  
anxious heart  
in these trying  
times.

The Healer is  
inviting you...  
God's word  
declares that  
there is

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*healing for  
your deepest  
pains, hope for  
your biggest di  
sappointments,  
and victory  
over your  
addictions,  
past hurts, and  
past failures.  
His name is  
Jehovah Rapha,  
the God Who*



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*Heals, and He  
can redeem your  
broken story.*

*In these pages,  
you will meet  
nine courageous  
women who have  
agreed to tell  
their stories,  
to share with  
you how they  
moved from  
hopelessness*

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*and brokenness  
to hope and  
healing.*

*Whether from  
sexual abuse,  
betrayal in  
marriage, or  
other harrowing  
experiences,  
the Healer  
invited them on  
a unique  
journey of*

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*redemption in  
the midst of  
deep pain. He  
is inviting  
you, too. Linda  
Dillow and Dr.  
Juli Slattery,  
cofounders of  
Authentic  
Intimacy, have  
been writing  
and ministering  
to women in the*

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*church and  
clinical  
context for  
several  
decades. Their  
wisdom and  
experience  
overflow in  
this work to  
give you a  
trusted  
resource in  
journeying*

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Juwimm

*toward healing.*

*Includes a  
study guide for  
each chapter in  
the back of the  
book.*

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Kinds of  
Readers Read  
HowYouWant  
offers the  
widest  
selection of on-*

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*demand,*

*Juwimm*  
*accessible*

*format editions*

*on the market*

*today. Our 7*

*different sizes*

*of EasyRead are*

*optimized by*

*increasing the*

*font size and*

*spacing between*

*the words and*

*the letters. We*

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*partner with  
leading*

*publishers  
around the  
globe. Our goal  
is to have  
accessible  
editions  
simultaneously  
released with  
publishers' new  
books so that  
all readers can*

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*have access to  
the books they  
want to read.*

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books in your  
format visit [ww  
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t.com](http://www.readhowyouwant.com)*

*Highlighting  
the presence of  
God's perfect  
peace,*

*Elizabeth*



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*George helps*

*women know*

*God's perfect*

*peace in every*

*circumstance in*

*their lives.*

*They will*

*discover how to*

*respond to the*

*needs of*

*others; mature*

*in Christ; and*

*overcome*

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*anxiety. The*

*"heart*

*response"*

*sections help*

*readers grasp*

*Paul's*

*teachings and*

*focus on God's*

*loving*

*provisions.*

*Respected*

*author,*

*speaker, and*

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Calm My Anxious  
Heart Linda Dillow  
counselor Dr.

Juwimm  
Linda Mintle  
confesses that  
for years she  
believed worry  
was an  
inevitable  
byproduct of  
our modern,  
busy lives. But  
as she explored  
God's Word for  
guidance, she

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*discovered that  
worry isn't*

*supposed to be  
managed. It's  
supposed to be  
released  
completely.*

*Through  
personal and  
biblical  
examples,  
Mintle reveals  
reasons and*

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*ways for*

*readers to*

*rethink their*

*core beliefs as*

*they surrender*

*worry to God*

*and discover*

*the spiritual*

*roots of worry*

*what to do when*

*anxious*

*thoughts arise*

*how to have*

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*peace about  
their health,  
job, money, and  
relationships  
practical ways  
to cultivate a  
truly worry-  
free life the  
biblical secret  
to lasting  
contentment  
With godly  
instruction,*

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*Scriptures for  
meditation, and  
the hope of a  
renewed  
perspective,  
readers can let  
go of worry and  
embrace a  
transformed  
life of peace,  
forgiveness,  
and faith.*

*Discover the*

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*freedom,  
holiness, and  
beauty of sex  
in marriage.  
Intimacy and  
sex should flow  
from an  
attitude of  
true  
selflessness. A  
verse-by-verse  
look at the  
Song of*



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Solomon,  
Juwimm  
*Intimacy*

*Ignited shows couples how to fire up and maintain the flames of a passionate marriage. Sex plays a vital role in every healthy marriage, yet*

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*there's more to  
intimacy than  
just sex. If  
your marriage  
doesn't have  
the passion it  
once did, learn  
why romance and  
intimacy is all  
about being a  
servant lover.  
Part marriage  
manual, part*

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*commentary, and  
part Bible*

*study, Intimacy  
Ignited is a  
great resource.*

*A Bible study  
about sex for  
women? Now*

*that's*

*different! This  
new study,*

*Passion*

*Pursuit: What*

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*Kind of Love*

*Are You*

*Making?, lets*

*God's Word*

*speak about sex*

*as being holy*

*and erotic,*

*blessed by God,*

*and satisfying*

*far beyond what*

*the world can*

*even imagine.*

*Picture that as*

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*a headline on  
the cover of  
Cosmopolitan!  
By using  
scripture  
throughout the  
Bible, Passion  
Pursuit not  
only urges  
women to pursue  
passion but  
details how God  
has given them*

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*permission to  
do so. Though  
there is fun to  
be had along  
the way in this  
study, it hits  
hard on the  
questions women  
have but are  
hesitant to  
ask, like: What  
does God say is  
okay and not*

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*okay in the  
bedroom? I'm 54  
years old; how  
can my husband  
still be  
attracted to  
me? Why did God  
make men and  
women so  
different? This  
audaciously  
bold study  
combines the*

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*psychological  
expertise of Dr  
Juli Slattery,  
formerly of  
Focus on the  
Family, along  
with moving  
stories from  
trusted Bible  
teacher and  
best-selling  
author Linda  
Dillow. The*



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Heart, Linda Dillow

*groups who have  
already done*

*this study have  
seen their*

*marriages come  
alive, whether*

*they've been  
married four*

*months or forty  
years; be next!*

*Women have an  
innate thirst*

*for true,*

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Heart Linda Dillow

*genuine  
intimacy.*

*Author Linda  
Dillow believes  
that this  
desire is  
created—and can  
only be  
satisfied—by a  
relationship  
with God. This  
12-week  
devotional*

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*Bible study  
encourages you  
to move from  
concept into  
practice and  
establish a  
lifestyle of  
worship. Find  
rest and  
freedom from  
stress and  
grief in God's  
forgiveness.*

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*Juwimm*  
Includes  
discussion  
questions.

More than  
500,000 Copies  
in Print!

Helping Women  
Trust God and  
Overcome Anxiet  
y--Field-

Tested,  
Revised, and  
Updated for a

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Juwimm

*New Generation  
of Readers As  
women--whether  
single women,  
married women,  
moms, grandmoth  
ers--we worry a  
lot. We worry  
about our  
children, our  
friends, our  
careers, our  
families, our*

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*spouses--and  
the list goes  
on. We want to  
be content and  
trust God with  
our worries,  
but it's a  
struggle to let  
go and free  
ourselves from  
the burden of  
anxiety. If  
you're tired of*

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worrying about  
all the what-  
ifs in your  
life and want  
to experience  
the calm and  
contentment  
that the Bible  
promises, *Calm  
My Anxious  
Heart* is what  
you've been  
looking for.

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*Filled with  
encouragement  
and practical  
help for  
overcoming  
anxiety, this  
book includes a  
ten-week Bible  
study to help  
you discover  
what the Bible  
says about  
anxiety and*



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*contentment and  
ways to apply  
it to your  
daily life.*

*This classic  
book has been  
field-tested,  
revised, and  
updated for a  
new generation  
of readers. A  
companion  
journal is also*

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*available to  
record your  
thoughts as you  
listen to God's  
teaching,  
embrace the  
present, and  
live with joy.  
With Calm My  
Anxious Heart,  
you can let go  
of anxiety and  
experience*

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Juwimm

*contentment*

*that comes from  
trusting God.*

*Calm My Anxious  
Heart*

*Prayer 101*

*100 Reassuring  
Devotions*

*How to Really*

*Love Your Man*

*Be Who You*

*Already Are*

*My Worship*

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Journey

Orienting Your  
Mind, Desires,  
and Will toward  
Christ

Bouncing Back

Sanity in the  
Summertime

For I Am

Desperate for  
Your Presence

A Gentle

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Approach to  
Influencing  
Behavior,  
Health, and  
Performance  
Surprised by  
the Healer  
How a Mindful  
Moment Can  
Change the Rest  
of Your Life  
Beautiful,

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Calming Peace  
When anxiety  
is an  
intrusive  
reality that  
steals your  
peace, holds  
you captive to  
fear, and  
imposes itself  
between you  
and longed-for

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calmness, the  
God of all

comfort

invites you to  
turn your gaze  
toward heaven.

Prayers to

Calm Your

Anxious Heart

offers 100

reassuring

devotions and

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Scripture-  
Juwimm  
based prayers

that will  
shift your  
focus toward  
truth, restore  
your hope, and  
fill your soul  
with peace.

Every devotion  
offers... brief  
yet meaningful



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teachings to  
give you  
encouragement  
and  
inspiration  
relevant  
Scripture  
verses to  
ground you in  
God's promises  
expressive  
prayers to

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keep your

heart riveted  
on truth space  
to write out  
your own  
thoughts and  
reflections  
You don't have  
to dwell in  
anxiety.

Instead, pray.  
Breathe. And

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Juwimm  
let your heart  
rest in God's  
calming  
presence.

Have you  
bought the  
lie? Many of  
us do. We  
measure our  
worth by what  
others think  
of us. We

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compare and  
strive,

existing  
mostly for the  
approval of  
others.

Pressure  
rises, anxiety  
creeps in and  
we hustle to  
keep up. Jesus  
whispers, I

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Juwimm  
gave my life  
to set you  
free. I gave  
you purpose. I  
called you to  
live in  
freedom in  
that purpose.  
Yet we still  
hobble through  
life, afraid  
to confess all

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the ways we  
push against  
this truth,  
because we  
can't even  
believe it. We  
continue to  
grasp for the  
approval of  
anyone that  
will offer it:  
whether

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strangers,  
friends, or  
community.

Christ doesn't  
say you can be  
or may be or  
will be free.

He says you  
are free. Dare  
you believe  
it? In You Are  
Free, Rebekah

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invites you  
Juwimm

to: • Overcome  
the exhaustion  
of trying to  
meet the  
expectations  
of others and  
rest in the  
joy God's  
freedom  
brings. •  
Release



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stress,

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anxiety and

worry, to

uncover the

peace that

comes from

abiding in His

presence. •

Find

permission to

grieve past

experiences,

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confess areas  
of brokenness,  
and receive  
strength in  
your journey  
towards  
healing. •

Throw off self-  
condemnation,  
burn  
superficial  
masks and step

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boldly into  
what our good  
God has for  
you. •

Discover the  
courage to  
begin again  
and use your  
newfound  
freedom to set  
others free.  
Freedom is for

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Juwimm  
everyone who  
wants it—the  
lost, the  
wounded, and  
those weary  
from all of  
the striving.  
It's for those  
who gave up  
trying years  
ago. It's for  
those angry

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and hurt,

brilliant and  
burnt by the  
Christian song  
and dance. You  
are the  
church, the  
people of God.  
You were meant  
to be free.

In this new  
edition of her

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classic book

on human

relationships

author

Florence

Littauer draws

from the

experiences of

the apostle

Paul and her

own demanding

encounters to

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offer readers  
encouragement  
and practical  
advice to help  
smooth out  
thorny  
relationships.  
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learn the  
secret to  
dealing with  
the four

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personality

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Sanguine who

wants

attention and

credit The

Melancholy who

longs for

order and

discipline The

Choleric who

appreciates



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action and  
obedience The  
Phlegmatic who  
loves peace  
and quiet  
Readers will  
learn how to  
help friends  
and family see  
themselves as  
others see  
them, and

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they'll learn  
how to react  
to trying  
situations by  
becoming more  
aware of how  
they affect  
those around  
them.

In the spring  
of 1948 Arthur  
Miller

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retreated to a  
log cabin in  
Connecticut  
with the first  
two lines of a  
new play  
already fixed  
in his mind.  
He emerged six  
weeks later  
with the final  
script of

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Broadway the  
following  
year, Miller's  
extraordinary

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masterpiece

changed the

course of

modern

theatre. In

creating Willy

Loman, his

destructively

insecure anti-

hero, Miller

himself

defined his

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aim as being  
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'to set forth  
what happens  
when a man  
does not have  
a grip on the  
forces of  
life.'

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and practical  
help for

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overcoming

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anxiety, this

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Bible study to

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discover what

the Bible says

about

contentment

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and ways to  
apply it in  
your daily  
life.

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variety of  
summer  
activities for  
parents to  
share with  
their children  
More than



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New Generation  
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womenwhether

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single women,  
married women,  
moms,

grandmotherswe  
worry a lot.

We worry about  
our children,  
our friends,  
our careers,  
our families,  
our spousesand  
the list goes

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on. We want to  
be content and  
trust God with  
our worries,  
but its a  
struggle to  
let go and  
free ourselves  
from the  
burden of  
anxiety. If  
youre tired of

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worrying about  
Juwimm  
all the what-  
ifs in your  
life and want  
to experience  
the calm and  
contentment  
that the Bible  
promises, Calm  
My Anxious  
Heart is what  
youve been

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help for  
overcoming  
anxiety, this  
book includes  
a ten-week  
Bible study to  
help you  
discover what

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the Bible says  
about anxiety  
and  
contentment  
and ways to  
apply it to  
your daily  
life. This  
classic book  
has been field-  
tested,  
revised, and

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updated for a  
new generation  
of readers. A  
companion  
journal is  
also available  
to record your  
thoughts as  
you listen to  
Gods teaching,  
embrace the  
present, and

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live with joy.

With Calm My  
Anxious Heart,  
you can let go  
of anxiety and  
experience  
contentment  
that comes  
from trusting  
God.

Whether you  
are engaged,



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newly married,  
or celebrating  
your first  
anniversary,  
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Love You Man  
will inspire  
and enlighten  
you, as well  
as leave you a  
legacy you can  
someday offer

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your own

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daughters or daughters-in-law. (back cover.)

Women who have maintained their sexual purity often ask, "Is it really that important for

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me to wait  
until I get  
married?"

Meanwhile,  
single women  
who have been  
sexually  
active mourn  
the loss of  
their  
innocence,  
wishing they

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could somehow  
start again.

Women want to  
protect the  
purity that is  
God's gift to  
them, and they  
also long to  
be loved. This  
volatile  
combination  
makes them

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vulnerable to  
temptation.

That is why it  
is vital that  
women know not  
only that God  
wants them to  
wait, but why  
God wants them  
to do so. They  
need solid  
reasons,

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conviction,  
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and a strategy  
that will  
prepare them  
to live out  
their sexual  
purity as God  
intends.

Filled with  
powerful true  
stories of  
hope and

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healing, Gift-  
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compelling  
emotional and  
spiritual  
reasons for  
choosing God's  
path of sexual  
purity, as  
well as  
practical help

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for following  
it. Whether  
women have  
held onto  
their sexual  
innocence,  
have become  
prematurely  
sexually  
active, or  
have had their  
purity taken



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by force, they  
can express  
and fulfill  
their desire  
to come to  
their wedding  
day--and live  
out every  
day--sexually  
pure and  
whole.

[God's Plan for](#)

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and

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to women on  
such topics as  
encouraging a  
husband,***

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one's  
circumstances,  
and the  
vocations of  
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mother, in a  
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about knowing  
the difference  
between  
having a  
desire for a  
better  
marriage and  
setting the***

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***goal of a  
better***

***marriage—as  
readers look in  
the mirror to  
see how they  
can change.***

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author Linda  
Dillow***

***understands  
that most***



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**women want  
more from  
their marriage  
but don't know  
how to get it.  
In What's It  
Like to Be  
Married to  
Me?, Dillow  
challenges  
readers to ask  
the riskiest**

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to be married  
to me? What is  
it like to make  
love with me?  
Why do I want  
to stay mad at  
you?***

***Extremely  
intimate and  
honest, What's***

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***It Like to Be  
Married to  
Me? is not a  
book about  
marriage at  
all. It is a book  
about how to  
live out  
marriage, day-  
by-day and  
year-by-year,  
and watch***

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become as a  
wife impact  
the intimacy in  
your marriage!  
Discover the  
gift of  
friendship! In  
a time when  
many women  
feel lonely and  
isolated, Girls'***

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***Club calls us  
to embrace  
the delight  
and comfort  
that can be  
found in life-  
giving  
friendships  
with women—  
and to  
cultivate  
relationships***

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***that not only  
offer  
emotional  
affirmation  
and  
acceptance,  
but also  
inspire,  
educate, and  
stretch us to  
live out our  
God-given***

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***potential. Told  
through  
stories and en  
couragement  
based on the  
authors' exper  
iences—Sally,  
a seasoned  
mother and  
well beloved  
author; her  
daughter***

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***Sarah, an  
Oxford scholar  
and new  
mother; and  
her youngest  
daughter Joy,  
a professional  
young woman  
pursuing her d  
octorate—Girls  
' Club will  
speak to the***



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cultivating  
deep and  
lasting  
friendship at  
every stage in  
life. Join Sally,  
Sarah, and Joy  
as they  
explore the  
power,  
difficulties,***

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***potential,  
beauty, and  
satisfaction of  
friendships  
that help us  
live  
purposeful,  
Godly lives  
and that  
satisfy our  
longing for  
meaningful***

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guide to help  
women plant  
and deepen  
the roots of  
friendship.***

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woman's guide  
to living  
well--from the  
inner journey  
of dealing with  
anxiety and  
insecurity to  
the everyday  
moments of  
waiting and***

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***distraction to  
practical  
principles for  
parenting, gra  
ndparenting,  
and aging.  
Jesus once  
said of the  
woman who  
anoointed his  
feet, "She did  
what she***

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**could" (Mark  
14:8,  
NIV)--and that  
is the goal of  
this book: to  
provide  
insights and  
wisdom for  
walking  
through life  
with the  
confidence**

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***that you're  
doing "what  
you can" to  
live well for  
God, love  
others, and  
take care of  
yourself.  
From the  
family that  
brought you  
The Lifegiving***

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***Home and The  
Lifegiving  
Table,  
discover how  
you can  
become a  
parent who  
gives your  
child a life  
worth living  
for Christ. In  
today's world,***



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***it's easy to  
become  
overwhelmed  
and even  
paralyzed by  
the constant  
flow of  
parenting  
advice. We're  
flooded with  
so much  
practical***

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***information  
that we  
wonder if  
we're  
choosing the  
right way. And  
we may be  
missing the  
one thing God  
really wants  
us to give to  
our children:***

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***His life. God  
doesn't  
include a  
divine  
methodology  
for parenting  
in the Bible,  
but He does  
provide  
principles that  
can enable  
any faithful***

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***parent to  
bring His life  
into the life of  
their home. In  
The Lifegiving  
Parent,  
respected  
authors and  
parents Clay  
and Sally  
Clarkson  
explore eight***

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***key principles  
—heartbeats  
of lifegiving  
parenting—to  
shed light on  
what it means  
to create a  
home where  
your children  
will  
experience the  
living God in***

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***Now parents  
of four grown  
children—each  
with their own  
unique  
personality  
and  
gifts—Sally  
and Clay have  
learned  
(sometimes***

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***the hard way!)***  
***that the key to***  
***shaping a***  
***heart begins***  
***at home as***  
***you foster a***  
***deep and***  
***thoughtful***  
***God-infused***  
***relationship***  
***with each***  
***child. Filled***

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insight and  
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wisdom you  
need to give  
your children***



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of Christ.***

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God and  
Overcome  
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study, and  
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through  
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to  
contentment  
to create  
lasting change  
as you  
overcome  
worry. As wom  
en--whether  
single women,  
married  
women,***

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***moms, grandm  
others--we  
worry a lot.  
We worry  
about our  
children, our  
friends, our  
careers, our  
families, our  
spouses--and  
the list goes  
on. We want***

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***to be content  
and trust God  
with our  
worries, but  
it's a struggle  
to let go and  
free ourselves  
from the  
burden of  
anxiety. If  
you're tired of  
worrying***

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***about all the  
what-ifs in  
your life and  
want to  
experience the  
calm and  
contentment  
that the Bible  
promises,  
practice self-  
care by using  
the Calm My***

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lasting  
freedom.***

***Record your  
thoughts as  
you listen to***



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teaching,  
embrace the  
present, and  
live with joy.  
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book and  
companion  
journal, you  
can let go of  
anxiety and**

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contentment  
that comes  
from trusting  
God.**

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permanent  
healthy  
changes by  
breaking free  
of self-  
sabotaging  
habitual  
beliefs while  
connecting  
with genuine***

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**priorities.**

**Women worry  
a lot. They  
worry about  
their children,  
their friends,  
their careers,  
their families,  
their  
spouses—the  
list could go  
on and on.**

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***Yes, they want  
to be content  
and trust God  
with their  
worries, but  
it's a struggle  
to let go and  
find freedom  
from the  
burden of  
anxiety. For  
women who***

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***are tired of  
worrying  
about all the  
what-ifs, if-  
onlys, and  
whys of life  
and want to  
experience the  
calm and  
contentment  
promised in  
Scripture,***

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***Trusting God  
with My What-  
ifs and Whys  
is an excellent  
companion.***

***Excerpted and  
adapted from  
Calm My  
Anxious Heart  
by Linda  
Dillon, this  
booklet is***

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***filled with encouragement and practical help for overcoming anxiety. It was designed to help women discover what the Bible says about contentment***



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***and offer ways  
to apply it to  
daily life.***

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Run***

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**Effect**

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coauthor of  
Women Helping  
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paralyzing  
emotions many  
women encounter  
as they battle  
difficult, often  
overwhelming  
concerns about

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rebellious children,  
problems in the  
workplace or  
home, health  
issues, financial  
difficulties, and  
more. In the Bible,  
God gives  
guidance and  
offers the true  
solution to our  
anxieties and  
fears. Overcoming  
Fear, Worry, and

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Anxiety accesses  
this information to  
help women—  
Identify the source  
of fear, worry, and  
anxiety Transform  
fearful thoughts  
into peaceful  
confidence  
Discover specific  
strategies for  
overcoming  
anxiety Women  
will find comfort

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and

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encouragement  
through real-life  
examples of how  
others, including  
Elyse, cast their  
cares upon God  
and experience His  
strength and love.

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journal to the  
12-week Bible  
study Calm My  
Anxious Heart by



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McCartney is now regarded as a slightly cosy figure, an (inter)national treasure. Back in the 1970s, however, McCartney cut a very different figure. He was, literally, a man on the run.

Desperately trying

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to escape the shadow of the Beatles, he became an outlaw hippy millionaire, hiding out on his Scottish farmhouse in Kintyre before travelling the world with makeshift bands and barefoot children. It was a time of numerous

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drug busts and brilliant, banned and occasionally baffling records. For McCartney, it was an edgy, liberating and sometimes frightening period of his life that has largely been forgotten. Man on the Run paints an illuminating

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picture: from  
McCartney's  
nervous  
breakdown  
following the  
Beatles' split  
through his  
apparent  
victimisation by  
the authorities to  
the rude  
awakening of his  
imprisonment for  
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possession in  
Japan in 1980 and  
the shocking wake-  
up call of John  
Lennon's murder.  
Ultimately, it poses  
the question: if you  
were one quarter  
of the Beatles,  
could you really  
outrun your past?  
What if you had  
the opportunity to  
sit at Jesus' feet as

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Mary did?

Wouldn't it be  
exciting to be  
Nicodemus, to  
seek wisdom from  
Wisdom itself in  
the cool of night?  
Or how about  
being in the  
sandals of the  
Samaritan woman  
at the well,  
meeting her  
Savior—the person

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who knew her better than she knew herself? We, too, can encounter Jesus, as often as we want, through his recorded words in Scripture. They are every bit as powerful now as they were when he spoke them aloud. The Bible is timeless. Jesus'



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Juyimm  
sayings, promises,  
and grace are all  
still 100% relevant  
today. His words,  
through the power  
of the Holy Spirit,  
can speak to your  
soul. You can be  
transformed. The  
One Year  
Inspirational  
Words of Jesus for  
Women has  
collected the

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inspirational  
sayings of Jesus for  
you in one  
beautiful, giftable  
book. Let these  
words comfort you,  
encourage you,  
and inspire you.

Living with a  
deeper awareness  
of God's leading  
isn't just for a  
select few...it's for  
you too! Have you

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ever wondered if  
God still speaks to  
us today? Or do  
you worry that  
what you're  
perceiving as  
God's voice is  
really just your  
own thoughts?

You're not alone.  
In *Is God Speaking  
to Me?*, Lysa  
TerKeurst shares  
her own wrestling

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with these

questions and how  
God has taught her  
to more clearly  
discern His  
direction in her  
everyday life.

Using Scripture,  
encouraging  
personal stories,  
and practical  
application, Lysa  
will help you: Stop  
merely going

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through the  
motions of life by  
learning how to  
recognize and  
respond to the  
Lord's divine  
appointments for  
you. Uncomplicate  
the idea of  
listening to God as  
you use five key  
questions to help  
you determine if  
what you're

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Juwimm  
discerning is from  
Him or not.

Discover the joy of  
truly walking with  
the Lord as you  
learn how to live in  
expectation of  
hearing from Him.  
Is God Speaking to  
Me? is both an  
invitation to a life  
of adventure with  
the Lord and the  
tender reminder

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that we serve a  
God who loves us  
deeply and longs to  
speak to us  
personally.

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Longed to Be  
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Heart Journal  
And Other  
Dangerous  
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What Kind of Love  
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