

## Cravings

How to stop your sugar cravings and lose weight - without feeling miserable along the way! Can't stop reaching for sugary foods and drinks? Don't know how to control your cravings? If this sounds like you, I feel you- I was there too. But over the past few years, I have discovered an easy and effective way to fight my cravings (and win!), take care of myself, and boost my overall health. And you can do it, too! In *Get In the Ring and Knock Out Sugar Cravings* you will find all the information you need to make simple lifestyle changes that will bring you long-term results. In just a short period of time, not only will you look better than ever before (it's incredible how much weight you can lose just by cutting down on sugar), but you'll also feel great. Your mood will improve, and you'll be bursting with energy. Importantly, you'll still be able to enjoy food. Because, as you're about to find out, cutting down on sugar doesn't mean you have to eat bland food that tastes like cardboard. In *Get In the Ring and Knock Out Sugar Cravings*, you will discover: A clear and easy to follow step-by-step plan for eliminating bad sugar from your diet, no matter how addicted to it you may be. The most common mistakes people make when trying to quit sugar (and how to avoid them). What makes us love sugar so much (and why it's so hard to resist it). The right natural supplements to supercharge your sugar-free lifestyle and help you stick to your new good habits. Tasty recipes for snacks and sugar-free desserts (including vegan desserts!). How to identify your self-sabotaging negative thoughts (and how to manage them). And much more. It's never too late to make a change for the benefit of your health. Even if you have tried a million times before, you owe it to yourself to try again. And this time, you can do it with the right information and tools. *Get In the Ring and Knock Out Sugar Cravings* will guarantee you'll win this round and end up feeling healthier, happier, and more balanced than ever before. "If you want to show your body the love it deserves, beat your sugar cravings and lose that extra weight, then scroll up and click the Add to Cart Button."

Presents recipes for popular comfort foods that adhere to a high-protein, grain-free diet, including recipes for such dishes as pulled pork, stuffed peppers, Thai chili chicken meatballs, coconut shrimp cakes, and maple banana spice cake.

Tall, slim and lissome, OJ was a rare beauty. Her aquiline nose and beady eyes were striking attributes of a beauty queen, the fantasy of men. Men were attracted to her like bees to a flower, her beauty becomes her curse! Her quest for emancipation and hunt for her roots takes her down the street slopes of Ikpoba Hill to the Lower Niger River of Onitsha and Ebu in Oshimili. The search for a kingdom forged with the scars of warfare and a plethora of coups and counter coups. A kingdom that is a distant cousin to the Idoma, Nzam, Ifeku Islands and the Kukuruku Highlands. Once Upon A Mighty Kingdom it was. It is a tale of love and adventure, dating, courtship and Marriage. It is a pursuit for the connection of the Igala to many villages and cities in 24 States of the Federation. The evolution of the Igala mega State. It is an unmasking of the Igala values and visions, her concepts of God and time, marriage and kingship, the powers of the Atta as a demigod and the war campaigns of Onoja Oboni, the Generalissimo of Igala Empire and much more. It is an investigation into peace in the world, though tribe and tongue may differ. It is a long walk back in time to the tower of Babel that proves that whether Black or White, Caucasian or Asian, the same red blood runs through our

viens. We are one and related; we are one stock: humanity. The division we see, is a corruption indeed of Once Upon A Mighty Kingdom.

**Food Cravings: Simple Strategies to Help Deal with Craving for Sugar & Junk Food**  
**WHY YOU SHOULD READ THIS BOOK** You know how you constantly seek a specific food every single day? You instantly reach out for this food during vulnerable moments of your life or after a stressful day? Do you find satisfaction after giving in to sweet treats? This book will help you understand why you have such an intense desire for a particular type of food and how you can handle this craving. It is not too late to alter your food eating behaviors and habits. It is not easy to replace familiar eating habits but it can be done. The key is in your hands. Instead of the fridge - open the pages of this book, read the information, and become more informed about the various techniques you can use to curb your food cravings today. Order your copy of **Food Cravings: Simple Strategies to Help Deal with Craving for Sugar & Junk Food** today. Act now and buy this book today.

Do you crave chocolate, bread, cheese, fries, or other foods? If so, there's a reason why, as Doreen Virtue's breakthrough book explains. Each food craving actually corresponds to a specific underlying emotion; so once you understand the meaning behind your particular craving and apply the information and affirmations within these pages, you'll be able to heal your cycle of emotional overeating. In addition, you'll read scientific studies about the mood- and energy-altering properties of each food, which will help you see how your appetite perfectly mirrors your emotions. This comprehensive and empowering guide will also show you how to give "food readings" to yourself and others, allowing you to accurately interpret the meaning behind many cravings. **Constant Craving** is a one-of-a-kind book that will give you the emotional, physical, and spiritual tools you need to make friends with food . . . and your appetite! **Craving Connection: 30 Challenges for Real Life Engagement** is a journey with (in)courage writers sharing real-life stories, practical Scripture application, and connection challenges to deepen the reader's understanding of Scripture in order to invest in the people and community around them.

Overcome your sugar cravings, lose weight, and restore your health! Featuring more than 100 mouthwatering recipes and color photographs, this inspiring cookbook offers strategies for detoxing safely and effectively including 10 easy-to-follow Meal Maps. Each recipe delivers healthy, delicious food, from a breakfast of an egg, sunny side up, over cauliflower and bacon with potato hash to a memorable dinner of seared scallops over marinated mushrooms, corn mash, and red sorrel."

Forget fad diets or quick-fix weight-loss plans. This effective, easy-to-follow handbook tackles the real source of overeating by using behavioral psychology to help readers understand their relationship with food. With a few simple programming techniques, anyone can learn how to: Conquer cravings Avoid "boredom eating" Change bad eating habits Shop effectively Exercise efficiently Maintain desired weight Manage eating disorders Lose that weight for life! It's as simple as mind over matter.

A simple, enjoyable read that has such an impactful message. This book will make a meaningful difference in your life and set you free from dieting. This book: - reveals the real causes of your struggles with food that you haven't been getting anywhere else. - reminds you of a fundamental truth: food and your body are allies, not enemies. - will help you fill this void by discovering how to nourish

your body and safely connect with your true self.

"Since childhood, Judy Collins has been preoccupied, haunted, seduced, and taunted by food, a problem that nearly cost her her career and her life. For decades she thought her food issues were moral issues--lack of self-will, lack of discipline--and she worked hard at controlling what she thought of as her shameful inclinations, employing measures that led to serious health complications. Today she knows she was born with an addiction to sugar and grains, flour and wheat. The discovery of a solution to her problem prompted the desire to share what she has learned, which has brought her peace of mind, a clean food plan, years of maintaining the same weight, and a glow of joy and health"--

Since the emergence of processed foods that actually contain a lot of sugar than soft drinks, the problem of sugar cravings has gotten out of control. This brings about an elevation in the rate of diabetes and obesity in America. Unlike heroin or cocaine, sugar is everywhere and even a child have access to it. So, many people are struggling with sugar addiction and there is no relevant platform that can help them stay above the cravings. This book has brought to light different ways to recover from sugar cravings by changing your habits and supplementing sugar with other natural sources of sweetness. The cure for sugar addiction have been clearly outlined, and the simple steps that will lead to a progressive change. The aim is to cut down on sugar effectively, and to reduce the chances of developing diabetes and other ailments associated with excessive consumption. This book is for you who wants to live the healthy life once again. Tags: sugar cravings suppressants, curb sugar cravings, sugar cravings, stop sugar cravings supplement, eliminate sugar cravings, cut sugar, fighting sugar addiction, sugar addiction, supplements to stop sugar cravings, how to stop craving sugar  
Garron Greeley thought he had it all—a great new job and the man of his dreams to call his own. When his lover Sonny sprang the idea of a commitment ceremony on him, Garron couldn't have been happier. Except for a few men, the town seemed supportive of their relationship, and many showed up to witness their special day. The ceremony is everything he hoped for, until an act of bigoted violence shatters Garron's world, leaving his new husband in a pool of blood in the middle of the street. He's left wondering if asking for everything will leave him with nothing. Working with his new brother-in-law, Garron sets out to prove the identity of the shooter and bring him to justice. Along the way he learns that true love can have many different forms.

Welcome back to Chrissy's kitchen . . . Introducing the food that makes her tick. Order now for food you simply can't resist. After two years of parenthood, falling in love with different flavours, and relearning the healing power of comfort food, this book is like Chrissy's new edible diary: recipes for quick-snap meals; recipes for lighter, brighter healthier-ish living; and recipes that, well, are gonna put you to bed, holding your belly. Chrissy's is a life of . . . · CHICKEN AND DUMPLINGS. The ultimate quick and easy comfort food. A creamy one-pot

wonder: tender chicken breast and doughy delicious dumplings. · GARLIC HONEY PRAWNS. A 15-minute meal that's worthy of any Chinese restaurant, made with soy sauce, honey and orange, served with fluffy white rice. · BANANA BREAD. Yes. This is THE banana bread that launched a million tweets and a hundred thousand Instagram tags . . . Delicious. Most will satisfy your cravings but all will leave you hungry for more.

Have your cake (and veganize it, too)! Bianca and Sascha, bloggers and foodie couple behind Elephantastic Vegan and The Veginner's Cookbook believe that any reason to adopt a vegan lifestyle is a great reason, and your decision to stop eating animal products will be one of the best of your life. But what about bacon? Vegans still love breakfast sandwiches. And popcorn chicken. And mac and cheese. And all the other comforting, delicious foods we grew up with. Don't worry, having these cravings is completely normal and part of every vegan's life. Cravings Made Vegan offers plant-based resources and guides for every meat eater, cheese lover, and milk drinker followed by a unique collection of fifty detailed recipes to create surprisingly delicious alternatives for all those non-vegan dishes you still hold dear. Recipes include melted cheese sandwiches, hearty sausages, baked almond feta, and a steaming hot chocolate fudge pudding that will make you forget about your pre-vegan life. Bianca and Sascha offer easy vegan swapping alternatives for all your favorite meat and dairy products and answers to every vegan's most-asked questions: how to make food taste and look like it has eggs in it, how to make tofu not boring, and how to satisfy that bacon craving.

A meals craving is a severe choice for a particular food. This choice can appear uncontrollable, and a person may additionally sense as though they can't satisfy their starvation until they get that precise food. Food cravings are extremely not unusual, with more than ninety% of humans experiencing them. Anybody reviews cravings otherwise, however they're normally brief and often for processed meals that are excessive in sugar, salt, and unhealthy fat. Suggests that adult males are more likely to crave savory meals, while ladies are much more likely to crave high fats, sweet ingredients. Meals cravings can lead a person to eat ingredients that have unfavorable fitness effects, and they can disrupt efforts to follow a wholesome eating regimen. This newsletter seems at the causes of food cravings and explains what simple steps humans can take to handle them. **GET YOUR COPY NOW!**

Do you have a problem with your food cravings? Would you like to change your lifestyle without suffering? Do you need a break from inflexible diets that are impossible to keep? Do you feel stagnant, stuck in a rut, and ready for a change? Are you terrified of ending up old having wasted years of your life with weight problems and feeling hungry all the time? If you keep doing what you've always done, you'll never win the battle of the bulge. Is this positive for you? 5-Minutes Cravings Cure: Eat Less With This One Trick teaches you every step, including proven strategies for winning the battle with food cravings. This is a book of

action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. 5-Minutes Cravings Cure is full of recipes and ideas for people with control issues, proven techniques that have worked for thousands of people just like you. These methods are backed up countless research studies, all which will arm you with a mindset primed for success through powerful, concrete, and flexible craving suppression techniques. Easy-to-implement small changes and practical takeaways for immediate action. What happens if you ignore your cravings? \* Learn what the triggers for your cravings are. \* Why should you care about dropping weight \* What alternative to snacking should you try? \* The consequences of ignoring your urges How will you learn to be free from your health issues once and for all? \* Identify the role your snack choices play in your problem \* Find out which foods make you full and not fat \* Tricks for handling cravings \* Which recipes will get your butt, thighs, and waist back in order What happens when you don't let life pass you by? \* Never wonder "what if" you could be free of your cravings! \* Wake up every day with high energy and desire \* Inspire yourself and others to create the life they want with less pain. \* Feel comfortable with your body again. Find out how to let go of your cravings and take flight towards the body of your dreams, period. Create the life and body you want. Try 5-Minutes Cravings Cure: Eat Less With This One Trick today by clicking the BUY NOW button at the top right of this page! P.S. You'll be able to notice your power over cravings within the first hour. Humans have eaten earth, on purpose, for more than 2,300 years. They also crave starch, ice, chalk, and other unorthodox items of food. Some even claim they are addicted and "go crazy" without these items, but why? What pleasure do they provide? What sensory messages do they send? What is the cultural significance of these cravings? What is their function in the body? Sifting through extensive historical, ethnographic, and biomedical findings, Sera Young creates a portrait of pica, or nonfood cravings, from humans' earliest ingestions to current trends and practices. In highly readable detail, she describes the substances most frequently consumed and the many methods (including the Internet) used to obtain them. She reveals how pica is remarkably prevalent (it occurs in nearly every human culture and throughout the animal kingdom), identifies its most avid partakers (pregnant women and young children), and describes the potentially healthful and harmful effects. In the second half of the book, she evaluates the many hypotheses about the causes of pica, from the fantastical to the scientific, including hunger, nutritional deficiencies, and protective capacities. Never has a book examined pica so thoroughly or accessibly. By merging absorbing history with intimate case studies, Young illuminates an enigmatic behavior that is deeply entwined with human biology and culture.

Countless books are published each year with the latest advice and hottest tips on how to lose weight, but few of them focus on the steadfast anchor of faith and its role in weight loss. Joni Woelfel offers her book *Craving Hope* as a resource of support and strength during the weight loss process. Consisting of 90 reflections, each containing an opening quote, daily progress notes, a reflection question, inspirational statement, brief prayer, and daily affirmation to repeat throughout the day, *Craving Hope* is designed to be used in conjunction with a trustworthy weight loss program. While this book can be used successfully by individuals, research has shown that trying a weight loss program with a friend or small group is typically more successful, and the workbook pages with discussion questions make *Craving Hope* ideal for

groups.

"Harvey B. Milkman and Stanley Sunderwirth have written a tour de force. Craving for Ecstasy and Natural Highs: A Positive Approach to Mood Alteration . . . is a beautifully written and organized book . . . a thrill ride through the most innovative and insightful perspectives that science and clinical experience have to offer . . . hip and artistic, reflecting a deep understanding of addiction . . . a major contribution to the field; it is must reading." - Howard J. Shaffer, PhD, CAS Editor, Psychology of Addictive Behaviors, Associate Professor, Harvard Medical School Director, Division on Addictions, Cambridge Health Alliance "Reading this book is in itself an ecstatic experience! . . . a fascinating journey that explores the benefits and risks of pleasure and the universal desire to feel good . . . It's quite a trip." - G. Alan Marlatt, PhD, University of Washington People from all walks of life often lose themselves in pursuing counterfeit pleasures--cigarettes, alcohol, drugs, thrill seeking, sex, food, gambling, and on-line fantasies to name just a few. How does the pursuit of pleasure result in compulsion and loss of control? Craving for Ecstasy and Natural Highs addresses this fundamental question and then explores positive ways to achieve lasting happiness and fulfillment. Readers will gain important insight on how to improve their own quality of life and will learn how to offer support to clients, students, family, and friends whose lives may be compromised by hedonic dependencies. Students of addictive behaviors and anyone interested in discovering healthy means to satisfy the drive to alter consciousness will find this book compelling. Reviews of previous work: "The chemistry and psychology of addiction are described with considerable insight. . . . These authors know their stuff and make a compelling case." - The Los Angeles Times "The authors provide a valuable service by placing into perspective a large array of behaviors that could be considered addictive." - JAMA

Outlines diet and lifestyle recommendations based on the best-selling The Beauty Detox Solution and The Beauty Detox Foods, explaining how to align the mind and body to lose weight, conquer cravings and promote optimal health. Original.

"A person should eat to live, not live to eat," Mom reminded me with a frown directed at the syrup bottle I was clutching. She just doesn't understand that sometimes Mrs. Butterworth, Chef Boyardee, and Sarah Lee are the only friends I have in the world. Meet Maud Grover, a sarcastic, antisocial fourteen-year-old who eats her feelings and talks to food. During her first terrifying year of high school, she meets four people who will change her life: An Enemy - Gabby, a skinny cheerleader craving the limelight A Friend - Audrey, a theatrical hopeless romantic craving the ideal A Crush - Zeek, a dashing socialite craving popularity A Confidant - Black Jack, a roguish sk8ter craving authenticity In this story about food, flaws, failings, and faith, each will show Maud who she truly is.

Do you wish you could overcome food cravings?... or do you wonder how you can end chocolate addiction? Are you tempted to find out the tricks that will work for you? Do you feel stagnant, stuck in a rut, and ready for a change? Are you terrified of ending up old having wasted years of your life unhappy? If you keep doing what you've always done, you'll never fight the blues and get find happiness. Is this positive for you? Conquer Food Cravings: 5-Minutes Cravings Cure, Chocolate Addiction teaches you every step, including an action plan for eliminating food cravings. This is a book of action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. Conquer Food Cravings is full of real-life methods for people just like you, proven techniques that have worked for many people. These methods are backed up countless studies, all of which will arm you with a mindset primed for success, happiness, and proven strategies to reduce food cravings. Easy-to-implement small changes and practical takeaways for immediate action. What happens if you prevent your food cravings? - Learn the healthy food alternatives to cravings. - Why should you care about conquering your sweet tooth? - What could you achieve with resisting to chocolate addiction - The consequences of ignoring your

craving problems How will you learn to free your healthier self? - Identify the secrets on how to fight your inner battle with foods - How to build a lifestyle to help you lose weight - Tricks for overcoming your cravings in five minutes - How to develop new habits to end mindless eating What happens when you don't let life pass you by? - Never wonder "what if" you could be a healthier version of yourself! - Wake up every day with high energy and desire - Inspire yourself and others to gain the life you want. - Start your journey to curbing your food cravings. Find out how to let go of your lack of energy and take flight towards being happy, period. Create the happy life and excitement you want. Try Conquer Food Cravings: 5-Minutes Cravings Cure, Chocolate Addiction today by clicking the BUY NOW button at the top right of this page! P.S. You'll be on your way to getting happy within 24 hours.

A recipe-complemented guide outlines a thirty-day program based on the latest research to rewire the appetite, regulate blood sugar, and lose weight more easily by consuming paleo-based whole foods.

Craving chocolate? Coconut? How about apple pie with a walnut crust? Satisfy your cravings with the only intuitive dessert cookbook on the market. Craving chocolate? Coconut? How about apple pie with a walnut crust? Satisfy your cravings with the only intuitive dessert cookbook on the market. Featuring over 450 pages of mouth-watering treats organized by what you're craving, you won't have to settle for less when indulging your sweet tooth. With delicious gluten-free recipes and vegan baking options, no one will ever feel left out at the dessert table again. Whether you're craving creamy chocolate or delicious peach pie, this cookbook has a sweet recipe for everyone. Turn that pie-in-the-sky dessert list into a decadent buffet with the only dessert cookbook you'll ever need.

"The prescriptive answer to WOMEN, FOOD, AND GOD, Alexandra Jamieson's WOMEN, FOOD, AND DESIRE explores women's cravings--for food, sleep, sex, movement, companionship, inspiration--and teaches readers to listen to their bodies and learn to correctly interpret the signs of imbalance in order to satisfy their needs in a healthful way"--

Full of unforgettably delicious food, this is the incredible debut cookbook from supermodel and social media star Chrissy Teigen. **\*\*RECIPES NOW UPDATED WITH UK MEASUREMENTS\*\*** Maybe she's on a photo shoot in Zanzibar.

Maybe she's cracking jokes on TV. But all Chrissy Teigen really wants to do is talk about dinner. Or breakfast. Lunch gets some love too. For years, she's been collecting, cooking, and Instagramming her favourite recipes, and here they are: from all day breakfasts to John's famous fried chicken with spicy honey butter to her mum's Thai classics. Salty, spicy, saucy, and as fun as hell (not just the food, but Chrissy, too), these dishes are for family, friends, date night, TV dinners, party time, and for a few of those life-sucks moments. You'll learn the importance of chillies, the secret to cheesy cheeseless eggs, and life tips like how to use bacon as a home fragrance, the single best way to wake up in the morning, and how not to overthink men or Brussels sprouts. Because for Chrissy Teigen, cooking, eating, life, and love are one and the same.

Craving

?Do you want to lose weight but you find difficult to follow your diet? ?Do you want to find an effective and easy way to lose weight while still enjoying your favorite food? ?If yes, then keep reading... According to a study by the Institute of Health Research at the University of Leeds, there is a direct connection between

food cravings and food restriction. A study on 129 females participants discovered that when compared with non-dieters, dieters experienced stronger cravings that were more difficult to resist. These results support an association between dieting and food craving. Hypnosis with mindfulness and meditation has shown incredible results in stopping food cravings. In this book, readers will learn to successfully control their desire for food to start losing weight effortlessly and effectively. In fact, research by Dr. Katy Tapper of the University of London suggests that mindfulness strategies may help prevent or interrupt cravings for food by occupying a part of our mind that contributes to the development of cravings. Discovering that in many instances, such strategies brought about an immediate reduction in craving. This book covers: Food Cravings: the inner mechanism our mind uses to create the desire of food Discover the secret part of your brain that can be trained to resist food cravings A simple daily meditation to aid permanent weight loss 3+1 powerful Mindfulness techniques to beat your cravings How to lose weight naturally while still enjoying your favorite food Two key Pillars for Success With Self Hypnosis And Much More! This book will help you feel more attractive and stop worrying about your weight and body. Even if you have tried other types of diets and other methods to resist food cravings without success. ?Ready to get started? Scroll up and click the "buy now" button! The search of your life is the search for your life. What you are holding right now is an exploration of the human spirit; a journey into our deepest longings, our desires, our needs, our cravings, our souls. Our need for intimacy, meaning, and destiny point to the existence of God and our need to connect with Him. This book will deeply stir you to consider and chase after the spiritual implications of your souls' deepest longings.

This book is about how to overcome Craving. I have talked about it with my clients and patients with eating disorders, weight problems, and addictions during my thirty years of practice as a psychiatrist. I have helped them to use psychological tools to deal with their cravings. Once, an individual has studied the basic tools and read some examples, then, he can apply them to face craving in his life. I strongly suggest mastering cravings to anyone regardless of age, social background, and education, etc. I believe struggle with craving is ubiquitous and recommend dealing with it as soon as possible, the sooner, the better, Good luck!

"Our relationship with food is a mirror of our relationship with life, which means our deepest cravings point to something much greater than caramel lattes. When we set ourselves free from the limiting beliefs we have around food and our bodies, we begin to discover just how powerful we really are."--Back cover. Food craving refers to an intense desire or urge to consume a specific food. In Western or Westernized societies, these craved foods usually have high palatability and are energy dense, that is, they have high sugar and/or fat content. Accordingly, the most often craved food is chocolate. Food craving is a multidimensional experience as it includes cognitive (e.g. thinking about food),

emotional (e.g. desire to eat or changes in mood), behavioral (e.g. seeking and consuming food), and physiological (e.g. salivation) aspects. Experiences of food craving are common, that is, they do not reflect abnormal eating behavior per se. However, very intense and frequent food craving experiences are associated with obesity and eating disorders such as bulimia nervosa and binge eating disorder. The aim of this research topic was to gather new contributions to a variety of aspects of food craving, which include its assessment, cognitive and emotional triggers, moderators, and correlates of food craving, and the relevance of food cravings in clinical issues, among others.

CravingsMichael Joseph

Cravings cookbook started their amazing popular website to inspire people to eat some healthy food and vegetables and adopt a healthier lifestyle, Cravings Kitchen wants to help everyone how to take charge of their plates and cook up some real amazing food with easy, simple recipes. Craving Kitchen lives in the real world. In their first cookbook, they're throwing down different amazing recipes for their beloved meals, vegetables and sides for beginning cooks to home chefs. This guide is a gift for everyone who wants to do better to elevate their kitchen cooking. No more ketchup and pizza counting as vegetables. No more drive-thru lines. No-more avoiding the produce corner of the super-market. Every Recipe is easy. Healthy and delicious. All you have know how to play kitchen game

In this book, the authors discuss the psychology of cravings. Topics include craving theories from each of the following paradigms: phenomenological, psychobiological, cognitive, conditioning, psychodynamic and trans-theoretical approaches; control and acceptance as the dominant way of managing cravings; and understanding undergraduates' cravings and guilt for sweets and carbohydrates.

Presents a program that uses the power of each individual's Bio Energy to help readers break the bonds of addiction and regain control of their lives

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