

# my life in pink and green

My Life in Pink and Green: A Colorful Journey of Growth and Joy

**my life in pink and green** has been nothing short of a vibrant tapestry woven with the threads of joy, growth, and self-discovery. These two colors, often seen as contrasting yet harmonizing hues, perfectly symbolize the different phases and emotions that have shaped my personal journey. Pink, with its warm, nurturing essence, and green, embodying renewal and balance, have been more than just colors to me—they've become a lens through which I view my experiences and aspirations.

## The Symbolism Behind My Life in Pink and Green

Colors have a powerful impact on our emotions and mindset. For me, pink and green are not just aesthetic preferences; they represent deep meanings that resonate with various chapters of my life.

### Pink: The Color of Compassion and Creativity

Pink is often associated with love, compassion, and softness. It reminds me of the early days of self-acceptance and the importance of kindness—both towards myself and others. During challenging times, embracing the gentle energy of pink helped me nurture my creativity and emotional well-being. Whether it was through writing, painting, or simply surrounding myself with pink hues, this color became a symbol of healing and hope.

### Green: Growth, Balance, and Renewal

Green is the color of nature, growth, and balance. It reflects the stages in my life where personal development and harmony took center stage. Green encouraged me to seek balance in my work-life dynamic and to reconnect with the natural world. It also served as a reminder that growth is a continuous process, often requiring patience and resilience.

## How Pink and Green Shape My Environment

The physical spaces we inhabit profoundly affect our mood and productivity. Incorporating pink and green into my surroundings has been a conscious choice that mirrors the essence of my life.

## **Creating a Pink-Inspired Sanctuary**

In my home, soft pink accents create a calming and inviting atmosphere. From blush-colored cushions to rose gold décor elements, these touches add warmth and comfort. Pink's soothing presence makes my living space feel like a safe haven where I can unwind and recharge after a hectic day.

## **Embracing Green for a Breath of Fresh Air**

Green manifests in my environment primarily through indoor plants and natural materials. Having lush greenery indoors not only beautifies the space but also improves air quality and reduces stress. Plants like fiddle leaf figs, snake plants, and pothos have become my companions, symbolizing the growth mindset I strive for daily.

## **The Influence of Pink and Green on My Lifestyle Choices**

Beyond aesthetics, pink and green have subtly influenced my habits, from diet to fashion, reflecting my commitment to health and authenticity.

## **Eating Green: Nourishing Body and Soul**

Adopting a diet rich in greens—leafy vegetables, herbs, and fruits—has been transformative. It's not just about nutrition; it's about embracing a lifestyle that prioritizes vitality and well-being. Green foods symbolize renewal and energy, fueling my body and mind to face daily challenges with vigor.

## **Wearing Pink: Expressing Confidence and Joy**

In fashion, pink has become my go-to for expressing confidence and positivity. Whether it's a soft pastel blouse or a bold fuchsia accessory, pink pieces add a playful yet sophisticated touch to my wardrobe. Wearing pink empowers me to embrace my uniqueness and spread positivity.

## **Lessons Learned from Living a Life in Pink and**

# Green

Reflecting on my journey, the interplay between pink and green has taught me valuable lessons about balance, self-love, and perseverance.

## Balancing Softness and Strength

Pink teaches softness and vulnerability, while green represents strength and resilience. Learning to balance these qualities has been essential. It's okay to be gentle with yourself during tough times and equally important to stand firm in your values and goals.

## Embracing Change as a Constant

Green's association with growth reminds me that change is inevitable and necessary. Embracing change with an open heart, while holding onto the compassionate energy of pink, allows for smoother transitions and deeper self-understanding.

## Tips for Incorporating Pink and Green into Your Life

If you find yourself drawn to these colors, here are some simple and meaningful ways to invite their energy into your daily routine:

- **Start Small:** Add pink or green accessories to your outfit or workspace to subtly influence your mood.
- **Bring Nature Inside:** Invest in some easy-care green plants to improve your environment and mental clarity.
- **Mindful Eating:** Incorporate more green vegetables and fruits into your meals for enhanced health.
- **Create a Color Journal:** Use pink and green stationery or notebooks to make journaling a joyful habit.
- **Engage in Creative Activities:** Use pink and green art supplies to inspire creativity and emotional expression.

By consciously blending these colors into your lifestyle, you can tap into

their symbolic powers of healing, growth, and positivity.

Living my life in pink and green is a celebration of contrasts and harmony, softness and strength, tradition and renewal. It's an ongoing story painted with colors that inspire me to grow, love, and live authentically every day.

## **Frequently Asked Questions**

### **What is 'My Life in Pink and Green' about?**

'My Life in Pink and Green' is a memoir by Lisa Congdon that explores her colorful and creative journey through life, emphasizing themes of art, nature, and personal growth.

### **Who is the author of 'My Life in Pink and Green'?**

The author of 'My Life in Pink and Green' is Lisa Congdon, a well-known artist and illustrator.

### **What inspired the title 'My Life in Pink and Green'?**

The title reflects Lisa Congdon's love for vibrant colors, especially pink and green, symbolizing creativity, growth, and positivity in her life and work.

### **What themes are explored in 'My Life in Pink and Green'?**

The book explores themes such as creativity, self-discovery, nature, optimism, and the power of living a colorful, intentional life.

### **Is 'My Life in Pink and Green' suitable for art enthusiasts?**

Yes, the memoir is highly suitable for art lovers as it delves into the author's artistic process, inspirations, and vibrant visual style.

### **How does Lisa Congdon incorporate nature in 'My Life in Pink and Green'?**

Lisa often discusses her appreciation for nature's colors and patterns, which inspire much of her artwork and personal philosophy shared in the book.

## Can 'My Life in Pink and Green' be considered a self-help book?

While not a traditional self-help book, it offers inspirational insights and encourages readers to embrace creativity and positivity in their lives.

## What makes 'My Life in Pink and Green' unique compared to other memoirs?

Its unique blend of colorful artwork, personal anecdotes, and motivational messages sets it apart as both a visual and literary experience.

## Where can I purchase 'My Life in Pink and Green'?

'My Life in Pink and Green' is available for purchase online through major retailers like Amazon, as well as in independent bookstores.

## Additional Resources

My Life in Pink and Green: A Reflective Exploration of Color and Identity

**my life in pink and green** is more than just a whimsical phrase; it represents a vivid metaphor for the interplay between passion and calm, vibrancy and tranquility. These two colors—pink and green—have woven themselves into the fabric of my personal and professional identity, influencing my surroundings, mood, and even my decision-making processes. This article delves into the nuanced significance of living a life painted in these hues, exploring the psychological, cultural, and aesthetic dimensions that make pink and green a compelling duo.

## The Symbolism Behind Pink and Green

Colors have long held symbolic meanings across cultures and contexts, and pink and green are no exceptions. Pink, often associated with warmth, compassion, and nurturing, evokes feelings of comfort and tenderness. It is a color frequently linked to femininity, softness, and creativity. In contrast, green symbolizes growth, renewal, and balance, often connected to nature, health, and stability.

In analyzing my life in pink and green, it becomes clear that these colors represent dual aspects of existence: emotional vibrancy and groundedness. Pink's energetic and affectionate qualities complement green's calming and restorative nature. This duality reflects a balanced lifestyle, where emotional expression coexists with mental and physical well-being.

# Psychological Impact of Pink and Green

Research in color psychology supports the idea that colors influence mood and behavior. Studies indicate that exposure to pink can reduce feelings of anger and anxiety, offering a soothing effect that promotes emotional healing. This is particularly relevant in therapeutic environments, where pink is used to create a sense of safety and acceptance.

Green, on the other hand, is associated with increased concentration and a decrease in stress levels. Environments abundant in green—such as parks or rooms decorated with plants—are shown to enhance cognitive function and promote relaxation. Integrating these colors into daily life can therefore contribute to a holistic sense of wellness.

## Integrating Pink and Green into Daily Life

Living a life characterized by pink and green involves more than just aesthetic choices; it is an intentional embrace of the qualities these colors embody. From interior design to wardrobe selection, the presence of pink and green influences environments and interactions.

## Interior Design: Creating Spaces that Reflect My Life in Pink and Green

In interior design, pink and green can be combined to create spaces that are both inviting and refreshing. Soft pink walls paired with green plants or accents can infuse a room with warmth and vitality. The balance between these hues prevents the space from feeling either too overwhelming or too subdued.

Pros of incorporating pink and green into living spaces include:

- Enhanced mood through color psychology
- Promotion of creativity and relaxation
- Visual appeal that combines softness with natural elements

However, there are potential drawbacks to consider, such as the risk of clashing tones if the shades are not carefully selected. For instance, neon greens paired with bright pinks can create a jarring effect, whereas pastel variants tend to harmonize more effectively.

# **Fashion and Personal Expression**

The color palette of pink and green also manifests in fashion choices that communicate personality and mood. Wearing pink can signal openness and approachability, while green can express balance and a connection to nature. The combination can be striking when done thoughtfully, adding depth to one's personal style.

From a practical perspective, incorporating pink and green into a wardrobe requires attention to color theory. Complementary shades—such as a blush pink with olive green—offer a sophisticated look, while brighter hues can convey boldness.

## **Comparing Pink and Green with Other Color Pairings**

To understand the uniqueness of my life in pink and green, it is helpful to compare this pairing with other common color combinations. For example, blue and yellow often represent optimism and calm but lack the intimate warmth found in pink and green. Similarly, red and black convey intensity and power but can feel more aggressive.

Pink and green strike a balance that is both energizing and soothing, a combination less frequently explored but rich in emotional and aesthetic potential.

## **Environmental and Cultural Associations**

Green's association with the environment and sustainability highlights another dimension of its significance. In contemporary culture, green often symbolizes eco-consciousness and health, aligning with a lifestyle that values natural living and environmental responsibility.

Pink's cultural significance varies globally—while Western cultures associate it with femininity, other cultures imbue it with meanings ranging from celebration to spirituality. This cultural richness adds layers to the experience of living a life in pink and green, reflecting both universal and personal narratives.

## **Challenges and Opportunities in Embracing My Life in Pink and Green**

Adopting pink and green as central themes in life entails both opportunities

and challenges. On the one hand, this color pairing encourages emotional openness and environmental mindfulness. It fosters spaces and styles that nourish both mind and body.

On the other hand, societal perceptions of these colors can sometimes limit their expression. Pink, for instance, may be stereotyped or dismissed in certain professional contexts, while green's association with nature might be overlooked in urban settings.

Navigating these perceptions requires intentionality and confidence, turning potential constraints into opportunities for redefining norms.

## Practical Tips for Embracing Pink and Green in Everyday Life

- **Start small:** Incorporate pink and green through accessories, such as scarves, jewelry, or stationery.
- **Use natural elements:** Introduce greenery with houseplants and complement with pink flowers or decor.
- **Balance tones:** Choose muted or pastel shades to create harmony and avoid visual fatigue.
- **Context matters:** Adapt the intensity of these colors depending on the setting—softer for workspaces, brighter for social environments.

Exploring my life in pink and green reveals a narrative that blends emotional richness with a grounded sense of purpose. This duality, expressed through color, offers a lens through which to view personal growth, aesthetic preferences, and cultural engagement. It illustrates how the simple act of embracing certain colors can profoundly influence the texture and quality of everyday life.

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**my life in pink and green: My Life in Pink & Green** Lisa Greenwald, 2011-08-26  
Twelve-year-old Lucy Desberg is a natural problem-solver. At her family's struggling pharmacy, she

has a line of makeover customers for every school dance and bat mitzvah. But all the makeup tips in the world won't help save the business. If only she could find a way to make it the center of town again—a place where people want to spend time, like in the old days. Lucy dreams up a solution that could resuscitate the family business and help the environment, too. But will Lucy's family stop fighting long enough to listen to a seventh-grader? In a starred review, Kirkus said this novel "successfully delivers an authentic and endearing portrait of the not-quite-teen experience," and Booklist called it "a warm, uplifting debut." Readers everywhere have responded to Lucy's independence and initiative—not to mention her great style. F&P level: T F&P genre: RF

**my life in pink and green: My Summer of Pink & Green** Lisa Greenwald, 2013-03-19 DIV /div At the end of *My Life in Pink & Green*, Lucy Desberg had just won the grant that would save her family's pharmacy—and turn it into a modern eco-spa. Now it's summer, and the work has begun in earnest. Lucy figures that with the spa opening and her sister, Claudia, home, she'll have a great summer. But her sister brings a new boyfriend, and their investor brings his extremely irritating daughter, Bevin. Plus there's a new spa coordinator in charge of the plans, and so Lucy finds herself at loose ends. What's a girl to do? A makeover, of course. But this time Lucy's makeover skills might not smooth over the cracks in her happy family . . . UPraise for *My Summer of Pink & Green*/u Through Lucy's perseverance and entrepreneurial spirit, Greenwald reminds readers that dreams are worth pursuing. —Kirkus Reviews Lucy charms readers once again with her positive attitude and dedication to beauty, make-up, and environmental well-being. —School Library Journal *My Summer of Pink and Green* is a relaxing, quick-paced read... Young girls will enjoy this story filled with a strong protagonist, likeable characters, and themes of friendship. —VOYA Magazine UAward:/u Spring 2013 Kids' Indie Next List

**my life in pink and green: Dog Beach Unleashed (The Seagate Summers #2)** Lisa Greenwald, 2015-05-12 Remy can't wait for another summer on Seagate Island. It's time to bring back her successful dog-sitting business on Dog Beach and see her favorite friends. But instead of sunny days and fun in the sand, the summer is off to a rainy start. Remy and the dogs have cabin fever, and, to make matters worse, her friendship with her longtime pal, Bennett, is starting to feel complicated. What can one twelve-year-old do to create summer magic when the summer doesn't seem to be showing up?

**my life in pink and green: My Life in Colors** Martin Brudnizki, 2025-10-14 Martin Brudnizki's maximalist style and ability to transform high-profile venues into iconic spaces have earned him a prestigious reputation internationally. This debut book explores how the celebrated designer uses the language of color to create glamorous interiors that are both opulent and deeply resonant, where every shade tells a singular story. For Brudnizki, color is an essential ingredient for storytelling and conjuring atmosphere. Color is a force that brings his spaces to life, defining them, and enhancing the experience within them; it is a character in itself and Brudnizki uses it to blur the lines between eras and styles, to marry heritage with modern luxury. From the fantasy-full and decadent rococo interiors of London members club Annabel's to the soft, muted palette of the Splendido's Baronessa Suite and the Parisian spirit of the restaurant at New York's outpost of Fouquet's, Brudnizki's signature paintbrush imbues his interiors with idiosyncrasy and flair. In this enchanting volume, the designer draws inspiration from nature, art, fashion, and history to show us how color influences his life and work. The charming design of the book brings the magic of his world to life: classical busts are unmoored from their pedestals, silky peonies embellish texts, candelabras glow, and birds flutter free from their frescoes and travel with us for pages. Each chapter is devoted to a single color, illuminating how Brudnizki leverages the emotional power of color to enhance the overwhelmingly beautiful and luxurious spaces he creates.

**my life in pink and green: Change Your Home, Change Your Life with Color** Moll Anderson, 2017-03-14 Our feelings about color are deeply rooted, and the powerful effect of color is most evident in our homes, where it impacts our moods, behaviors, and emotions. Understanding why you love and dislike certain colors is key to exploring your own personal color story, opening you up to embracing the colors that will renew, revamp, and revitalize your home and life. Life stylist

and interior designer Moll Anderson helps you discover the transformation that color can make in your home and life. Thirteen colors are featured in individual chapters, and each includes simple color solutions, Pop of Color additions, and Moll's personal color lessons and stories from her designs and life. Guided journal pages will lead you on a journey to explore your own personal connections to color.

**my life in pink and green:** The British National Bibliography Arthur James Wells, 2009

**my life in pink and green:** My Life in a Blog Bob Adams, 2011

**my life in pink and green:** **At Speed** Mark Cavendish, 2013-12-13 Written off as fat and useless in his youth, Mark Cavendish has sprinted to the front of the Tour de France peloton to become cycling's brightest star--and its most outspoken. Following his debut book *Boy Racer*, Cavendish has truly come of age as one of the best cycling sprinters of all time. In *At Speed*, the Manx Missile details what it took to become the winningest Tour sprinter ever, examines the plan that led to his world championship victory, reveals the personal toll of his sacrifice that helped teammate Bradley Wiggins become the UK's first-ever Tour de France winner, and confesses his bitter disappointment at the London Olympic Games. Screaming fights with teammates, rancorous contract negotiations, crushing disappointments--for Mark Cavendish, winning is always the cure. His book *At Speed* is the page-turning story of a living legend in the sport of cycling.

**my life in pink and green:** **My Life in Pink and Green** Lisa Greenwald, 2009 When the family's drugstore is failing, seventh-grader Lucy uses her problem solving talents to come up with solution that might resuscitate the business, along with helping the environment.

**my life in pink and green:** **My Life in Doha** Rachel Hajar, Rachel Hajar M D, 2011-11-01 A Catholic Pilipino woman marries an Islamic Arab. She then must wear a hijab and learn the intricacies of Muslim pray and culture.

**my life in pink and green:** **Teen Chick Lit** Christine Meloni, 2010 A guide to teen chick lit for school and public librarians. Categorizes and describes more than 500 titles in 6 subgenres. Includes age recommendations, book awards, media connections, keywords, and an annotation.

**my life in pink and green:** **My Life as Kelsey** Victoria Anders, 2020-06-14 What if everything a sheltered girl's mother kept her from are the very things that could make her happy? My life is a carousel. I work at the local amusement park. I study even though it's summer. And I wonder why my mom doesn't love me. Then I wake up the next day and do it all again. The comforts of my merry-go-round world are left behind and I take a ride on the tallest roller coaster. Because of him. The private-school bad boy who storms into my life, stealing my first kiss and making my mind wander to impossible possibilities. But I know better than to get involved. There's no way a popular musician like Stone Maverick Avery could ever like a yawntastic girl like me. Even if he did, my mom would put an end to it in a heartbeat. Tragedy turns my life upside down, and secrets my mom's hidden from me come to light, pushing me to question everything I've ever believed. For some reason, Stone is with me every step of the way. It is possible there's more to him than designer sunglasses and a rock star attitude? Looks like I'm about to find out. My name is Kelsey. And this is my life. *My Life as Kelsey* is a laughable coming of age about firsts, family, and finding your place in the world of growing up. Read it today! If you're looking for a fun, fast-paced, laughable but also kicks you in your feels kinda read, this book is for you. Goodreads Reviewer Victoria Anders' satisfying debut novel is laugh-out-loud, emotional, real, intense, and passionate; it's a positive story about being a teen.

**my life in pink and green:** **Witness to My Life** Jean-Paul Sartre, 1992

**my life in pink and green:** Dazed in Pink Tunics Oshiomowe Momodu, 2009-06-12 It is a chronicle of a young girls' days in a Nigerian Boarding school

**my life in pink and green:** Come In Pink Martyn Bey, 2025-08-01 Some secrets can't be buried. Others won't die. And some are too fabulous not to wear like a feathered cloak. Clare and Kate are cultural commentators, reluctant icons, and possible intelligence assets... but mostly, they just want a decent flat white, a bit of clarity, and a world less cruel. Between surreal dreams and cryptic dossiers, they are swept into a kaleidoscopic landscape of shadow diplomacy, whispered

revolutions, and charmingly unhinged brunches. Think le Carré in a velvet smoking jacket with a dash of Lynch and a spritz of RuPaul. When a Friday forum turns into a labyrinth of coded messages and flirtatious double-crosses, Clare and Kate are forced to reckon with everything: the meaning of truth, the price of intimacy, and why the really dangerous meetings always seem to involve tapas. As global threats swirl with suspicious ease—from suspicious suicides to suspiciously good cocktails—Karen moves between dream logic and hard reality, uncovering betrayals that span continents and centuries. In a world where even memory feels curated and performative, Becci must decide: is she the observer, the pawn... or the unexpected queen? Blending magical realism, camp satire, espionage thrills, and raw emotional truth, *Come In Pink* is a dazzling genre-defying novel where nothing is as it seems—except the style.

**my life in pink and green: Only One Alice: The Teaching Life of Alice King Ebey** Janice Shull, 2024-09-25 “I would rather teach than eat,” Alice King Ebey once commented. She began teaching in 1890 at age eighteen in a one-room Wabash County (Indiana) schoolhouse, then attended Mount Morris College in Illinois and later became an instructor in the Bible School at Manchester College in her hometown of North Manchester, Indiana. But Alice could not ignore the call of her Christian faith to teach the Gospel message of hope to those who had never heard of Jesus. In 1900, Alice and her husband, Adam, sailed to Bombay, India, where they served as Church of the Brethren missionaries in the villages and towns of western India until 1931. Together they raised two daughters there and made their home at seven different mission stations. Mastering both Marathi and Gujarati, they worked together to improve living conditions and health care in areas of great need. Adam built orphanages and schools and alleviated the suffering of sick people who lacked access to medical care due to caste restrictions. Alice worked with women and children, teaching them to read and work together as a Christian community. After retirement to North Manchester and following Adam’s death in 1939, Alice returned to India for another term as missionary in 1945-1947. Adapting to a very different way of life, Alice and Adam lived through turbulent times of personal tragedies, hardship and social change. Yet Alice vowed to “teach and teach and teach with love, and pray with confidence,” trusting God to guide them through grief and discouragement. Returning to North Manchester, where she lived until her death in 1960, she spoke and wrote about her experiences and told marvelous stories to her grandchildren. Her words taught many others of the wonders of India, the kindness of its people, and our common humanity. When Alice died, she left a trunk full of diaries, letters and other documents containing her private thoughts and public writing for her granddaughter, Janice Shull, to discover. From this treasure, the author reveals Alice’s story of faith, courage, and hope, a story that continues to teach a message of service and compassion today.

**my life in pink and green: The Routledge Handbook of Pink Floyd** Chris Hart, Simon A. Morrison, 2022-09-20 The Routledge Handbook of Pink Floyd is intended for scholars and researchers of popular music, as well as music industry professionals and fans of the band. It brings together international researchers to assess, evaluate and reformulate approaches to the critical study and interpretation of one of the world’s most important and successful bands. For the first time, this Handbook will ‘tear down the wall,’ examining the band’s collective artistic creations and the influence of social, technological, commercial and political environments over several decades on their work. Divided into five parts, the book provides a thoroughly contextualised overview of the musical works of Pink Floyd, including coverage of performance and sound; media, reception and fandom; genre; periods of Pink Floyd’s work; and aesthetics and subjectivity. Drawing on art, design, performance, culture and counterculture, emergent theoretical resources and analytical frames are evaluated and discussed from across the social sciences, humanities and creative arts. The Handbook is intended for scholars and researchers of popular music, as well as music industry professionals. It will appeal across a range of related subjects from music production to cultural studies and media/communication studies.

**my life in pink and green: The Quilt of My Life** Joan O'Brien, Alyssa O'Brien, 2010-09-10 Joan M. O'Brien, a fourteen-year breast cancer survivor, lived in New Canaan, CT with her husband of 43

years, Michael. Joan had been writing for two years since she retired as an attorney in 2007. On September 8, 2009, Joan passed away peacefully, surrounded by her family and after completing the writings for this book. Edited by Dr. Alyssa J. O'Brien. Design by Will J. O'Brien.

**my life in pink and green: Book Review Index - 2009 Cumulation** Dana Ferguson, 2009-08 Book Review Index provides quick access to reviews of books, periodicals, books on tape and electronic media representing a wide range of popular, academic and professional interests. The up-to-date coverage, wide scope and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool. More than 600 publications are indexed, including journals and national general interest publications and newspapers. Book Review Index is available in a three-issue subscription covering the current year or as an annual cumulation covering the past year.

**my life in pink and green: My Life in Plants** Katie Vaz, 2020-09-01 A "beautifully illustrated memoir, a deeply personal remembrance about the navigation into adulthood and the plants along the way. Touching and relatable." (Lori Roberts, author of A Life of Gratitude) From Katie Vaz, author of Don't Worry, Eat Cake, the beloved Make Yourself Cozy, and The Escape Manual for Introverts, comes My Life in Plants. Her newest book tells the story of her life through the thirty-nine plants that have played both leading and supporting roles, from her childhood to her wedding day. Plants include a homegrown wildflower bouquet wrapped in duct tape that she carried on stage at age three, to a fragrant basil plant that brought her and her kitchen back to life after grief. The stories are personal, poignant, heartwarming, and relatable, and will prompt readers to recall plants of their own that have been witness to both the amazing moments of life and the ordinary ones. This illustrated memoir covers the simplicity of home, the sharpness of loss, the lesson of learning to be present, and the journey of finding your way

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