

A top-down view of a white ceramic plate with a decorative orange-red sunburst pattern around the rim. The plate is filled with a salad of roasted cherry tomatoes, sliced yellow squash, and fresh green herbs. A dollop of white cheese sits in the center, and several slices of golden-brown bread are tucked on the right side. In the top left corner, a glass bowl contains more fresh, whole tomatoes.

Fall 2023

the experiment

FRONTLIST & COMPLETE BACKLIST

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This Won't Help

MODEST PROPOSALS
FOR A MORE ENJOYABLE APOCALYPSE

Eli Grober

Unravel society's great hypocrisies while laughing at their absurdity with this collection of short, satirical essays from humor writer Eli Grober

In this laugh-out-loud collection of witty observations of a world that's falling apart, Eli Grober leads readers into a comical house of horrors. With more than 75 new pieces and many of Grober's most viral *New Yorker* and *McSweeney's* humor essays, *This Won't Help* exposes society's precarious landscape of hypocritical, illogical, and dangerous leaders and ideals. Finding absurdity and toxic rhetoric everywhere he turns, Grober depicts how damaging certain mindsets and people can be as well as the dire consequences of our letting them persist. Satirizing issues of politics, economy, technology, climate, and more, Grober's biting, Swiftian wit spares no one—from the megalomaniacal billionaire abandoning our deteriorating Earth for a better life on an unlivable Mars to an out-of-ideas president begging the people to vote for change.

This Won't Help allows us to reflect upon our crazy world, laugh at its flaws, and recognize the ways we can seek truth, eschew absurdity, and call for change.

"Nonstop, guaranteed laughs."

—EMMA ALLEN, humor and cartoon editor for *The New Yorker*

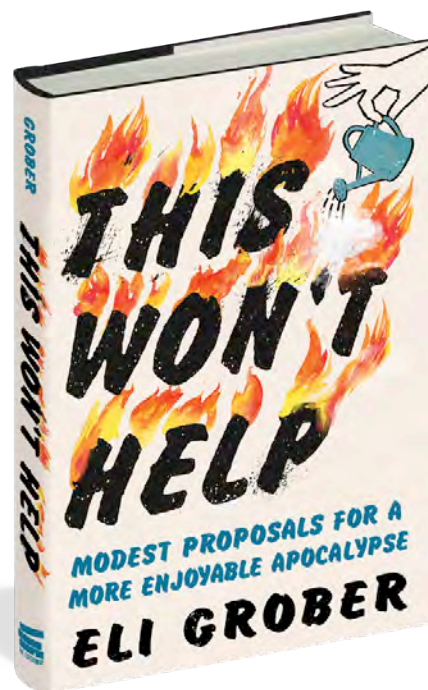
"Eli Grober never fails to hilariously deconstruct the absurdities of politics and culture. Few writers make me laugh like [he] does."

—CHRIS MONKS, editor of *McSweeney's*



ELI GROBER is a writer for *The New Yorker* and *McSweeney's* who has authored some of their most-read humor pieces. He is also a former staff writer for *The Tonight Show Starring Jimmy Fallon*.

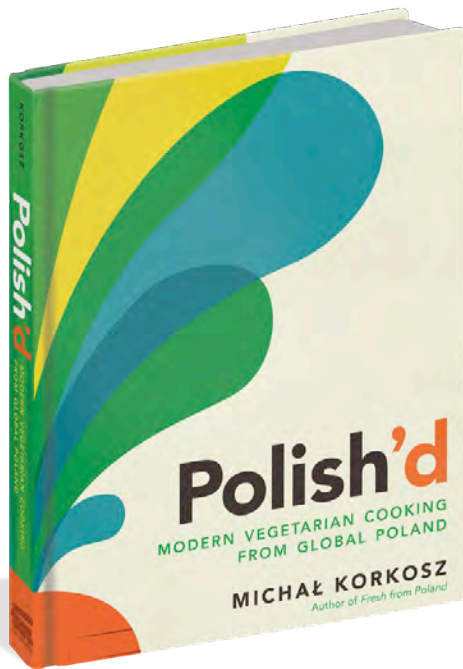
EliGrober.com   [EliGrober](https://www.instagram.com/EliGrober)



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- ▶ A hilarious collection of 97 essays that make us laugh and cry at society's senselessness
- ▶ From a humorist known for his viral pieces poking fun at topics such as constitutional originalism, voter suppression, censorship, the housing crisis, and more
- ▶ Sharp, topical wit for fans of *The New Yorker's* brand of humor—in the vein of writers like Simon Rich, Jack Handey, Cora Frazier, and Andy Borowitz



Polish'd

MODERN VEGETARIAN COOKING
FROM GLOBAL POLAND

Michał Korkosz

A wunderkind of a Polish cook and bestselling author presents his country's modern-day cuisine, featuring global flavors and award-winning photography

Michał Korkosz's first book, *Fresh from Poland*, brought a Polish vegetarian cookbook to American readers for the first time. Now, Korkosz explores Polish fare as it is today (and turns out to always have been): a culinary crossroads of delicious flavors and ingredients from all over the world.

Polish'd includes typical Polish favorites made vegetarian, and it highlights the wide array of exciting global flavors that have been brought to Poland throughout history. Its recipes showcase fresh vegetables, grains, and herbs, but also plenty of buttery, sugary, and cheesy comfort-food goodness can be found here. Readers will taste the world like never before in each plant-forward Polish dish, like Kopytka with Umami Sauce, Spinach, Hazelnuts, and Poppy Furikake; Roasted Eggplant and Sun-Dried Tomato Dip with Polish Dukkah; and Carmelized Twaróg Basque Cheesecake. Korkosz's award-winning photographs make these offerings even more mouthwatering.



MICHAŁ KORKOSZ is a food writer, recipe developer, and the creator of the food website Rozkoszny (meaning "delightful"), which earned two *Saveur* Blog Awards. He is also the author of *Fresh from Poland*, named a cookbook of the year by the *San Francisco Chronicle* and *Booklist*. He is a food columnist for *Przekrój* magazine and a contributor to the Polish edition of *Vogue*. Michał has a degree in international relations and sociology. He lives in Warsaw.

[Rozkoszny.pl/en](https://rozkoszny.pl/en)   [Rozkoszny](https://rozkoszny.pl/en)

Zucchini Carpaccio with Fried Capers, Lemon, Mint, and Parmesan

Zucchini has a bad reputation because it's made of mostly water, which means that often Lady Courgette doesn't have much taste (I'm talking to you, overgrown ones) and is impossible to make crispy. But wait! Look for young zucchini, which comes out during the summer months and has more flavor, with sweet, grassy notes. Here, it's raw and finely sliced, tossed with the sting of lemon and topped with the deep umami of Parmesan. The salty, crispy fried capers are the "it" factor, making this zucchini so delightful.

- SERVES 4**
- 1/4 cup (50 g) small capers, drained
 - 4 tablespoons olive oil
 - 2 medium zucchinis, very thinly sliced
 - Juice of 1/2 lemon
 - 1 teaspoon soy sauce
 - 1/4 cup mint leaves, plus more for garnish
 - Sea salt
 - Freshly ground black pepper
 - 1/4 cup (20 g) finely grated Parmesan, Szalki, or Dabuga cheese
1. Make sure the capers are well drained, then dry them with a paper or kitchen towel.
 2. Heat 3 tablespoons of the oil in a small pan over medium heat. Fry the capers until golden and crispy, about 3 minutes. Remove from the heat, place on a paper or kitchen towel and let cool.
 3. Toss the zucchini with the lemon juice, soy sauce, mint, and the remaining tablespoon of oil. Season with salt and pepper.
 4. Place the zucchini on a large serving plate. Sprinkle with the Parmesan, fried capers, and more mint. Serve immediately.

TIP: Don't fry this after the summer months, as older zucchini tastes better when fried or baked.



Crispy Leniwe with Asparagus, Mustard Seeds, and Lemon

Leniwe are pillow-like dumplings made with *Twaróg* (farmer cheese), which gives them a sharp flavor. When I was a kid, I'd eat them with buttery bread crumbs and cinnamon for a sweet breakfast or lunch, a popular dish among Poles. Leniwe also tastes divine when served with beans or veggies—in this case, sautéed asparagus flavored with lemon and mustard seeds. I pan-fry the dumplings to achieve a thin, crispy, golden skin. Biting into leniwe and hearing the crunch is my favorite moment.

- SERVES 2**
- 10.5 ounces (300 g) full-fat farmer cheese or Twaróg
 - 1/4 cup (45 g) grated Szalki, Pecorino Romano, or Dabuga cheese
 - 1 large egg
 - 1/4 teaspoon fine sea salt
 - 1 teaspoon lemon zest
 - 1 cup (130 g) all-purpose flour
 - 1 bunch green asparagus, trimmed and sliced
 - 1/4 cup (60 ml) olive oil
 - 2 to 3 tablespoons lemon juice
 - 1 tablespoon mustard seeds
 - 2 tablespoons dill
1. To make the leniwe, combine both cheeses, the egg, 1/4 teaspoon of the salt, and the lemon zest in a large bowl. Add the flour and mix to form a dough; it should be firm but may be a bit sticky. Place on a floured surface. Divide into two equal parts. Roll out to about 1/4 inch (2 cm) thick. Flatten with the side of a knife and then cut diagonally into pieces about 1 1/4 inch (3 cm) long.
 2. Bring a large pot of salted water to a boil. Cook the dough in batches, about 1 minute each. Drain and transfer to a plate to dry.
 3. Heat the oil in a large skillet over medium heat. Pan-fry the cooked dough until golden brown, about 2 minutes on each side. Add the asparagus and the remaining salt. Cook until tender, about 1 minute. Remove from the heat and drizzle over the lemon juice.
 4. Divide the dumplings among plates. Sprinkle over the mustard seeds and garnish with the dill.

TIP: When asparagus isn't in season, you can use baked beans, spinach, or squash instead.

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Color photographs throughout

Cooking/Regional & Ethnic
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Praise for *Fresh From Poland*

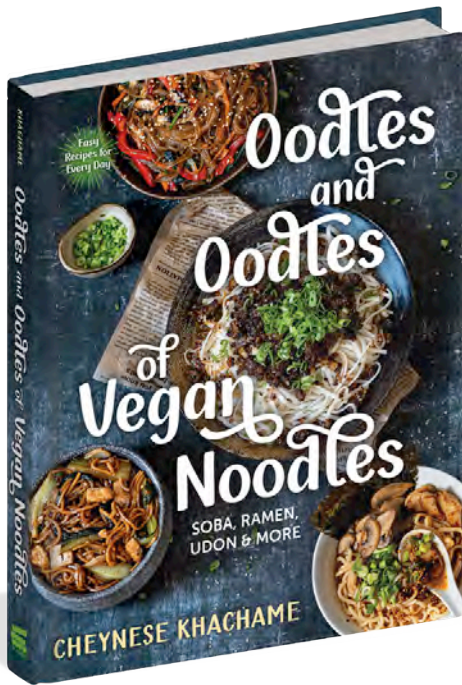
“For those who think of Polish cuisine as merely potato pancakes and cabbage rolls, this charming collection will be an eye opener and a treat to the palate.”—*The Rusa Book & Media Awards (ALA)*

“A gorgeous paean to the cooking of [Korkosz’s] home country. . . . Full of recipes that will engage everyone from beginning home cooks to experienced chefs. . . . A truly beautiful cookbook.”—*Shelf Awareness*

“Home cooks, whether vegetarian or not, will appreciate this creative take on what is traditionally meat-heavy fare.”—*Publishers Weekly*

“It makes me so happy that Michał Korkosz is bringing [Polish dishes] to us in all their glory, with subtle modern touches and beautiful photography.”—*OLIA HERCULES, author of Mamushka*

- ▶ More than 100 beautifully photographed recipes include flavors and ingredients from France, the Middle East, Japan, and more
- ▶ Korkosz’s website, Rozkoszny, won the 2017 *Saveur* Blog Award for best food blog photography
- ▶ Eastern Europe has received little attention as part of the international vegetarian cookbook trend; *Polish’d* is here to help fill that gap
- » **See also:** *Fresh From Poland*, page 31



Oodles and Oodles of Vegan Noodles

SOBA, RAMEN, UDON & MORE—
EASY RECIPES FOR EVERY DAY

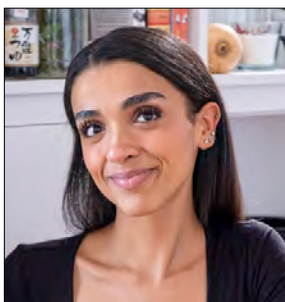
Cheynese Khachame

The first plant-based, pan-Asian noodle cookbook, featuring classics made vegan and exciting innovations

When author Cheynese Khachame became vegan, she brought her passion for Asian cuisine along for the ride. As she veganized—and improvised—her favorite recipes, TikTok followers ate it up!

Now, in *Oodles and Oodles of Vegan Noodles*, Cheynese plant-ifies popular dishes from Japan, Vietnam, Thailand, and China and offers entirely new noodle recipes. From cold to hot, soups to sauces, this cookbook fulfills all your wildest cravings—cozy up with a bowl of Vietnamese Pho, spice up your lunch with Soba Salad with Spicy Peanut Sauce, or give classic carbonara a twist with Udon Carbonara Japanese Style.

With more than fifty delicious plant-based recipes and mouthwatering photos, *Oodles and Oodles of Vegan Noodles* is your one-stop shop for meals to slurp!



CHEYNESE KHACHAME is a nineteen-year-old vegan whose love of noodles is limitless. She showcases her delicious Asian-inspired recipes on TikTok, where she has more than 350K followers, and Instagram, where she has more than 142K.

  [Chey_Nese](#)



Laksa

Laksa is a spicy coconut noodle soup that is incredibly fragrant and rich in flavor. Colorful, nutritious, tasty and hearty, it is a standard dish in Malaysia, also very popular in Singapore. Making your own laksa paste is essential, the result will be worth it and the taste will be more authentic.

1. Place all ingredients for the laksa dough in a food processor, with the exception of the dry spices and oil, and blend to a paste. Heat the oil in a frying pan and pour in the dough and fry it for 10 minutes over low heat while stirring. Add dry spices and sauté for an additional 3 minutes.
2. Add the vegetable broth to the laksa paste, bring to a boil and cook 30 minutes. Add coconut milk, brown sugar, lime juice and salt and simmer for a few minutes. Taste and adjust seasoning if necessary.
3. While the broth is simmering, steam the vegetables and cook the noodles according to the instructions of the package.
4. Add the cooked vegetables to the broth and let them cook in the broth for 5 minutes.
5. Distribute the broth and vegetables in two bowls, add cooked noodles, garnish with tofu, a few mung bean sprouts, fresh herbs and a squeeze of lime juice.

SERVES 2 FOR THE LAKSA PASTE

- 2 medium shallots, chopped
- 4 cloves of garlic, chopped
- 1 stalk of lemongrass, chopped
- 2 cm fresh turmeric, chopped (or 1 tsp. ground turmeric)
- 4 cm fresh ginger, chopped
- 3 fresh red chillies, chopped
- 2 tbsp. chopped nori seaweed
- 70 g cashews
- 1 handful of fresh coriander
- 1 tbsp. ground coriander seeds
- 1 tbsp. ground cumin
- 2 tbsp. sweet paprika
- 2 to 3 tbsp. neutral oil

FOR THE BROTH

- 500 ml vegetable stock
- 200 ml coconut milk
- 1 tbsp. salt
- juice of 1 lime
- 1 tbsp. brown sugar

FOR THE GARNISH

- 5 broccoli florets
- 1/2 carrot, coarsely chopped
- 5 brown mushrooms

"Chicken" Pad Thai

Pad Thai is a traditional dish of fried noodles served in Thailand. It is commonly served on the street or in canteens. The key to a good pad thai recipe is the right balance of sweet, salty, sour and spicy flavors. You will achieve this balance by using soy sauce, coconut sugar and lime juice.

1. Cook the rice noodles in a pot of boiling water until tender, but not too soft: they should still be slightly undercook at this stage of the recipe. Drain, rinse and set aside.
2. Heat the oil in a frying pan and add the seitan (or tofu) and let it cook for a few minutes until that it is golden.
3. Spread the tofu on the side of the pan, add noodles, soy sauce, coconut sugar and a dash of lime juice.
4. Pour water into pan to prevent noodles from sticking and cook until the liquid is absorbed, then add the bean sprouts, carrot, garlic and green onion and sauté.
5. Serve with crushed peanuts, coriander, tomato and cucumber chunks, a lime wedge and some lemon juice. chopped spring onion.

Tip: Pad Thai tastes better if you eat it immediately after cooking!

SERVES 2

- 200 g rice noodles
- 4 tbsp. neutral oil
- 10 strips of seitan (or 1/2 block of sliced firm tofu)
- 5 tbsp. salted soy sauce
- 2 tbsp. coconut sugar (or maple syrup)
- juice of 1 lime
- 60 ml of water
- 200 g of bean sprouts
- 1/2 carrot cut into thin julienne strips
- 1 clove of garlic, chopped
- 1 small bunch of chopped green onions (or spring onions)

FOR THE FINISHING

- 3 tbsp. crushed peanuts
- A few sprigs of coriander
- 1/2 tomato cut into quarters
- A few pieces (or slices) of cucumber
- 1 lime wedge
- 1 chopped spring onion



Spring Rolls with Spicy Noodles

These rolls are a combination of my two favorite recipes: spring rolls and spicy noodles! One day, I simply assembled some leftover spicy noodles in a rice paper with some raw vegetables, and since then it has become an obsession!

1. Cook the noodles according to the instructions on the package, then drain them, rinse them in cold water and set them aside.
2. Gather all sauce ingredients (except oil) in a bowl. Heat the neutral oil and pour it into the bowl over the ingredients. Everything will crackle, that's normal. Mix well.
3. Add the noodles to the sauce and stir until the noodles are well absorbed.
4. Soak the rice cakes very quickly (a few seconds) in warm water and place them one by one without overlap them on a damp cloth to prevent them from sticking or tearing.
5. Making the rolls spring by garnishing rice cakes with a leaf of lettuce, avocado, carrot and a fork of spicy noodles.
6. Roll up the bottom first, then both sides, and roll until you have a tight roll.
7. Sprinkle with sesame seeds and enjoy.

Tip: If you are preparing your rolls in advance, place them on the paper so they don't stick and cover with a damp cloth.

SERVES 2

- 200 g ramen noodles
- 30 rice cakes
- 30 lettuce leaves
- 1 avocado, sliced
- 1 small carrot, cut in matches
- Sesame seeds

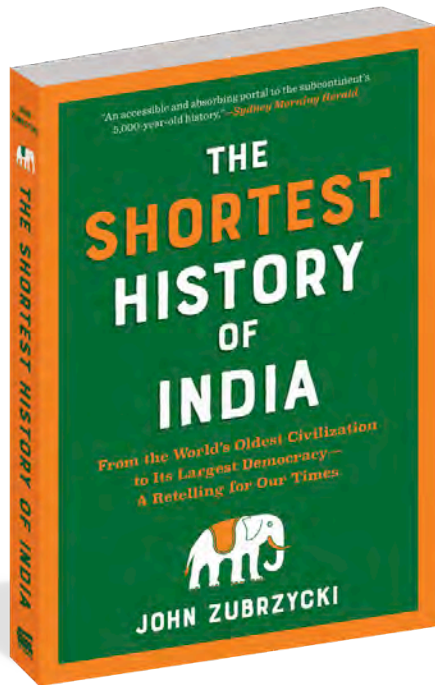
FOR THE SPICY SAUCE

- 3 tbsp. neutral oil
- 3 tbsp. gochujang (Korean chili powder or paste)
- 1 tbsp. gochujang (Korean chili paste)
- 1 tsp. sesame seeds
- 1 tsp. coarse salt
- 4 cloves of garlic, minced
- 3 chopped chives (or green onion or spring onion)

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7 x 9 | 128 pages
51 color photographs

Cooking/Regional & Ethnic
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- ▶ From an impressive young creator with more than 350K Tik Tok followers and 142K Instagram followers
- ▶ The first cookbook of its kind for plant-based noodle lovers
- ▶ Fifty beautifully photographed vegan recipes for noodles hot and cold, stir-fried or in soup, and more



The Shortest History of India

FROM THE WORLD'S OLDEST CIVILIZATION
TO ITS LARGEST DEMOCRACY—
A RETELLING FOR OUR TIMES

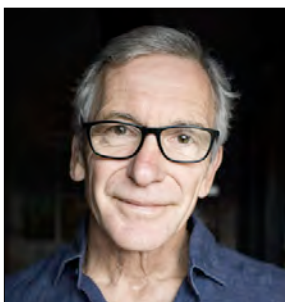
John Zubrzycki

Five millennia of civilization masterfully condensed into an absorbing, fast-paced narrative of how India became the world's largest democracy and a rising global power

India is an amalgam of customs, races, castes, languages, and spiritual beliefs—woven together throughout the ages into a colossal history. From ancient migrations and the Harappān civilization to Muslim invaders, the Great Mughals, British rule, hard-fought independence, and present-day hopes and challenges, John Zubrzycki fashions a riveting narrative that helps readers make sense of the country behind today's headlines.

Zubrzycki brings the complex and contrasting layers of Indian history to life through a well-known cast of characters—Buddha, Alexander the Great, Akbar, Clive, Tipu Sultan, Lakshmi Bai, Curzon, Jinnah, and Mahatma Gandhi—against a backdrop of the mystical Ganges, the desert forts of Rajasthan, the snow-covered Himalayas, and the ruins of India's fabled civilizations.

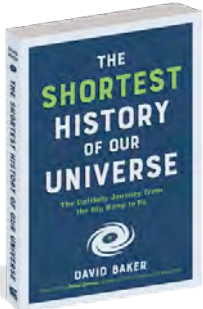
From Buddhism to Bollywood, India has made its mark on Asia and the world. Only time will tell if India—whose population will soon surpass China's—can overcome its political, social, and religious tensions to become the next global superpower.



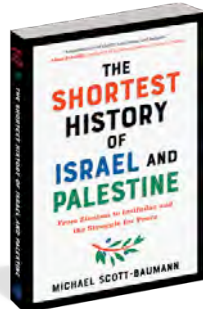
JOHN ZUBRZYCKI has a PhD in Indian history from the University of New South Wales. A former foreign news editor with *The Australian*, he has worked as a correspondent in India and a diplomat in New Delhi and Jakarta. He is the author of five books on India, most recently *House of Jaipur: The Inside Story of India's Most Glamorous Royal Family*.

JohnZubrzycki.com  [JohnZubrzycki](https://twitter.com/JohnZubrzycki)

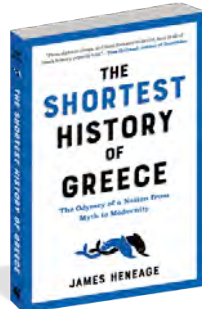
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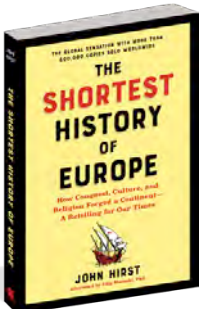
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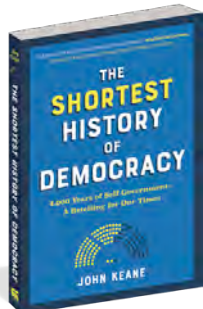
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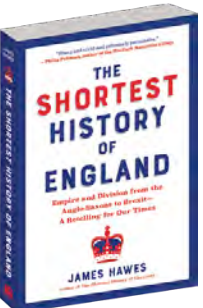
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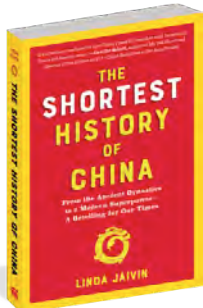
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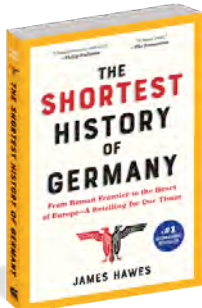
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Advance praise for the Australian edition

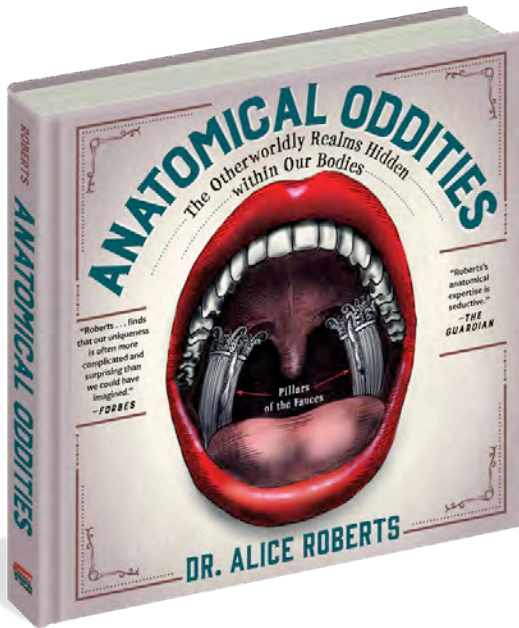
“The best short history of India yet produced.”—*Australian Book Review*

“John Zubrzycki has fashioned an accessible and absorbing portal to the subcontinent’s 5,000-year-old history.”—*Sydney Morning Herald*

“The author’s willingness to engage in historical debate is crucial because it means shortness doesn’t equate to shallowness.”

—*The Saturday Paper*

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- ▶ Spotlights the world’s soon-to-be largest population and fastest-growing democracy—one challenged by inequality, climate change, and populist leadership
- ▶ Appeals to Indian Americans (nearly 4.5 million, part of the world’s largest diaspora), travelers to South Asia, and students of Asian studies



Anatomical Oddities

THE OTHERWORLDLY REALMS
HIDDEN WITHIN OUR BODIES

Dr. Alice Roberts

From acclaimed science writer, presenter, and illustrator Alice Roberts, a visual and linguistic adventure through the strange, astonishing worlds within our anatomy

Every part of the human body has a name—and story. But how familiar are you with your *arachnoid mater* or your *Haversian canals*?

Anatomical Oddities explores the less-familiar realms of the body, unveiling the mysteries etched into the most outlandish landscapes hidden inside all of us: our crypts and caverns, gorges, islets, and mountains. Along the way, it dips into the history of our relationship with our physical form and the discoveries that paved the way for modern anatomy and medicine.

Quirky, bizarre, and beautiful, these pages feature original artworks by Alice Roberts. The stunning, full-color illustrations lay bare the intricate details of the human body, the stories of people who unearthed its secrets, and the meanings of the words we use to describe it.



ALICE ROBERTS is an academic, author, and broadcaster. Alice has written and presented many shows, including *The Incredible Human Journey*, *Origins of Us*, *Ice Age Giants*, and *Digging for Britain*. Alice has been a Professor of Public Engagement with Science at the University of Birmingham since 2012.

Alice-Roberts.co.uk  [TheAliceRoberts](https://www.instagram.com/TheAliceRoberts)  [Prof_Alice_Roberts](https://www.instagram.com/Prof_Alice_Roberts)
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ACROMION

This prong of bone juts out over the shoulder, just as the acropolis is the 'upper city' towering over the rest of Athens, the acromion is the highest point of the shoulder blade—from the Greek akros, meaning 'high, and ómos, meaning 'shoulder'. We first learn this term from the collection of medical texts from the fourth century BCE, attributed to Hippocrates (but actually representing a collective body of work). An old word for the scapula ('shoulder-blade' in Latin) was the Greek-derived 'omoplate', with plate meaning 'flat' or 'broad'.



The acromion is a continuation of the spine of the scapula, which you can feel quite easily, if you place one hand up and over the opposite shoulder. A sharp bar of bone runs diagonally, and as you trace it laterally or outwards, it ends in a broader wedge—the acromion. You should also be able to feel the joint where the front of the acromion articulates with the lateral end of your clavicle or collar bone. (Clavicle itself coming from the Latin for 'little key'). The acromion isn't officially part of the shoulder joint—the glenohumeral joint—but it offers a stabilising presence to it. The shoulder joint is the most mobile joint in the body—and therefore the most prone to dislocation. When it dislocates, the humeral head moves downward; the acromion stops it

displacing upwards. The acromion also provides an opportunity for muscle attachment; the middle-fibres of the triangular muscle deltoid (from the Greek for 'delta-shaped') are anchored on it. But the acromion can be a pain as well. Between the undersurface of the acromion and the top of the humeral head, there's a fairly narrow gap—which accommodates the tendon of the long head of biceps muscle, the shoulder capsule itself, the fleshy tendon of supraspinatus, and a little pocket of lubricating fluid called the subacromial bursa. The narrowness of the subacromial space means that the structures occupying it can be subject to impingement. The bursa may become inflamed. Supraspinatus and the biceps tendon may become frayed and even tear; problems like these are often lumped together under the term 'rotator cuff syndrome', which is very common. I did a PhD on just this pattern of pathology, looking at evidence for it in ancient bones and other apes, and somewhat predictably, have noticed my own shoulders starting to show signs of this degenerative disease. If I keep my muscles in good shape, it's not too troublesome—and that of course applies to any joint, as we get older. Use it or lose it, my friends. Now stop reading and do ten press ups!

ANATOMICAL ODDITIES
24



ARBOR VITAE CEREBELLI

When you slice a brain in half, down the midline—something I have done many times—you don't have too much to cut through, as the cerebrum is organised into two hemispheres connected by a narrower bit of nervous tissue—very much like a walnut. But the smaller cerebellum—the 'little brain'—which sits underneath the occipital lobes of the cerebrum, at the back, is only slightly indented in the middle. The brain knife—sharp as flint—slices through a thick, bun-like mass, and as it falls into two halves, you see an astonishing pattern inside: the white matter forms a tree with trunk, branches and twigs, with the grey matter arranged around that structure like foliage. It's known as the arbor vitae.



Outside anatomy, 'arborvitae' is also the name used for an evergreen tree from North America, also known as a white cedar (though no relation of true cedars). When French explorer Jacques Cartier

and his crew found themselves sick with scurvy in Canada, in 1536, indigenous people offered them life-saving tea made from this conifer. A frond of arborvitae looks very much like the pattern hidden away inside the cerebellum.

Once thought of as one of the 'silent areas' of the brain (which truly exist nowhere), the cerebellum plays a crucial role in controlling physical movement, helping you to balance, to move in a co-ordinated way, to learn new motor skills like riding a bicycle or playing an instrument. Medieval anatomists knew nothing of these functions, but wondered at that little tree drawn into the structure of the cerebellum, and called it the arbor vitae, the 'tree of life', the seat of the soul.

As well as this hidden arborescent pattern in the brain, there's another anatomical arbor vitae, inside the cervix of the uterus, where fern-like folds are known as the plicae palmatae ('palm-like folds') or, collectively, as the arbor vitae uteri.

ANATOMICAL ODDITIES
47



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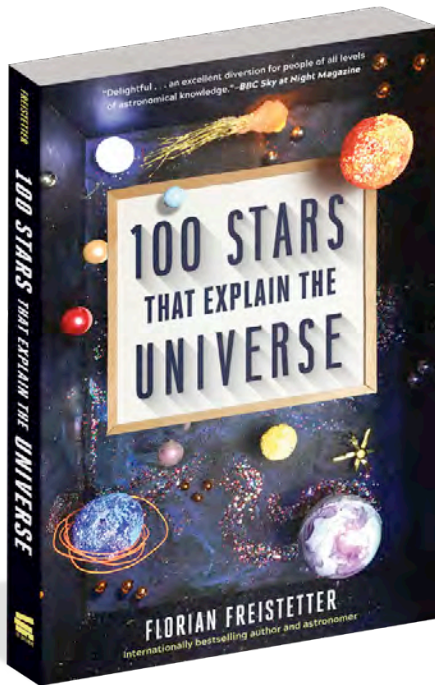
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FLORIAN FREISTETTER, PhD, is a freelance science journalist and the author of several books, including *Isaac Newton*, *The Asshole Who Reinvented the Universe*. His blog, *Astrodicticum Simplex*, is one of the most-read German-language science blogs. He also writes a weekly column about mathematics for *spektrum.de*. He lives in Germany.

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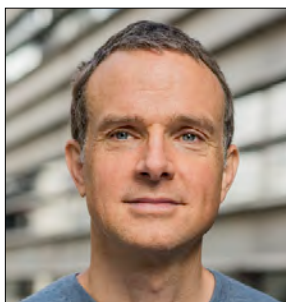
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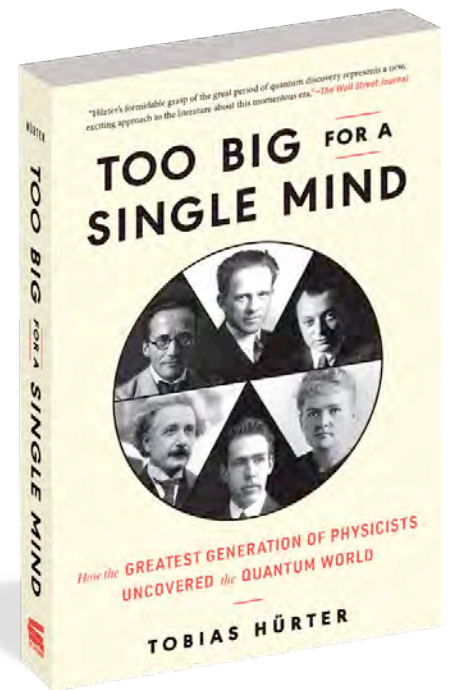
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TOBIAS HÜRTER studied mathematics and philosophy in Munich and Berkeley. He has written about science and philosophy for magazines and newspapers since 2000, including as an editor at *MIT Technology Review* and as cofounder of the philosophy magazine *Hohe Luft*. Now a permanent freelance editor at *Die Zeit Magazin Wissen*, he lives in Munich.



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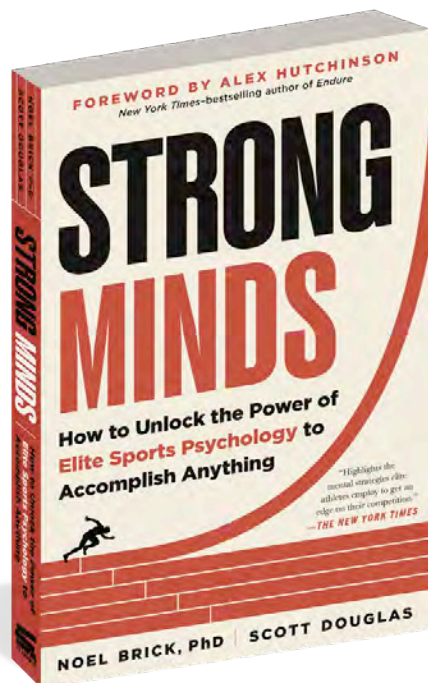
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NOEL BRICK, PhD, is a British Psychological Society–chartered psychologist, a lecturer in sport and exercise psychology at Ulster University, and a researcher on the psychology of endurance performance.

SCOTT DOUGLAS is the author or coauthor of several books, including *Running Is My Therapy*, *Advanced Marathon*, and the *New York Times* bestsellers *Meb for Mortals* and *26 Marathons*.

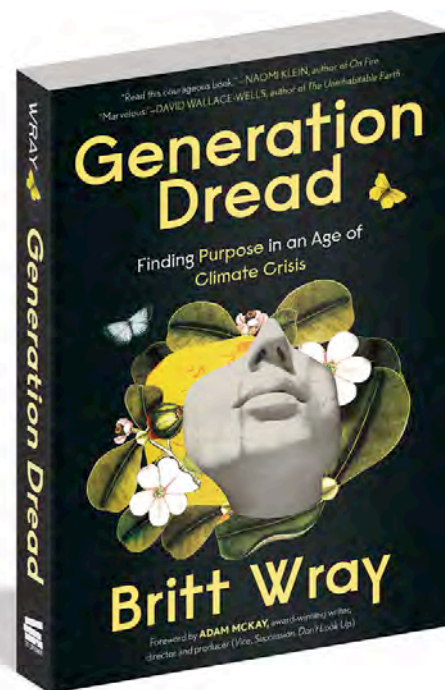
ALEX HUTCHINSON is the *New York Times*–bestselling author of *Endure* and a National Magazine Award–winning journalist whose work appears in *Outside*, *The Globe and Mail*, *The New York Times*, and *The New Yorker*.

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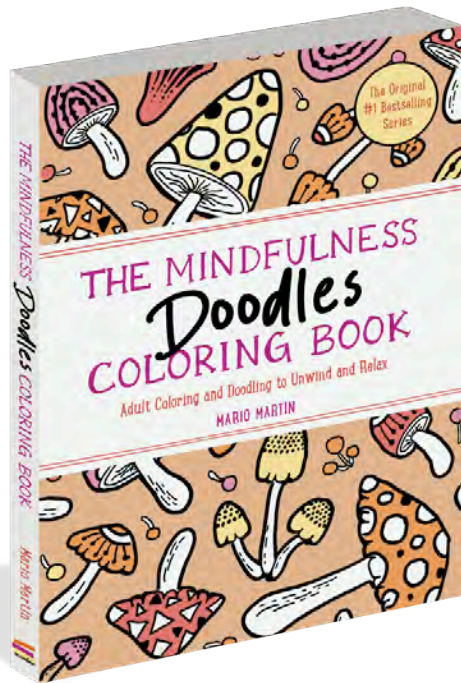
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BRITT WRAY, PhD, leads research on the emotional and psychological impacts of climate change. She is a postdoctoral fellow at Stanford University and the London School of Hygiene & Tropical Medicine, where she investigates the mental health consequences of ecological disruption.

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ADAM MCKAY is an award-winning director, producer, screenwriter, comedian, and climate advocate with credits including *Don't Look Up*, *Vice*, *The Big Short*, and *Succession*.



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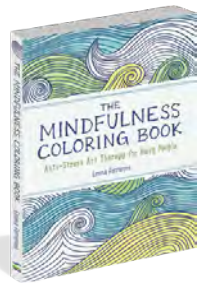
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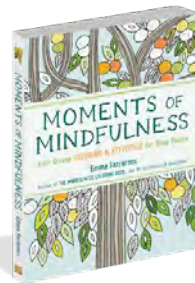
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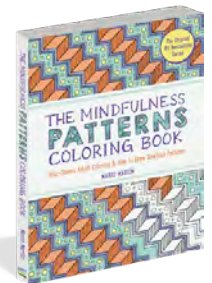
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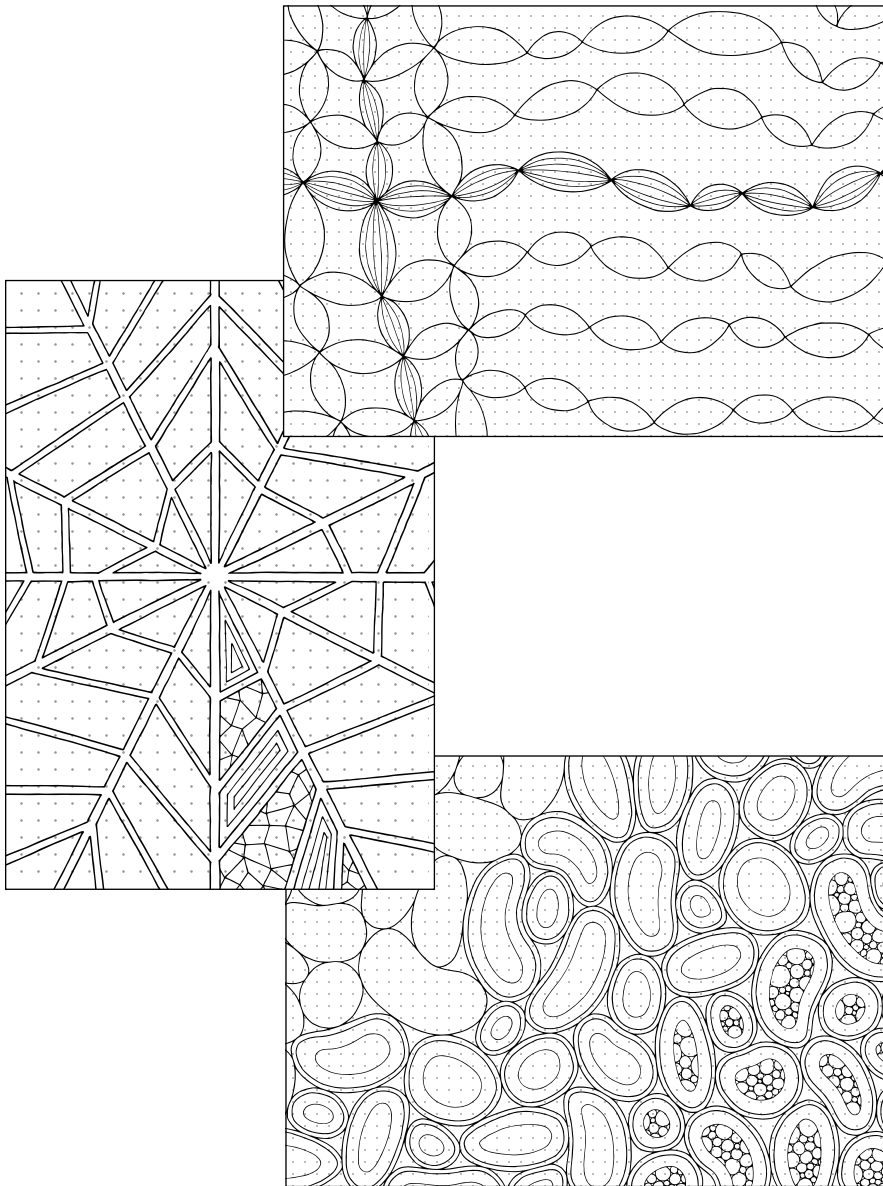


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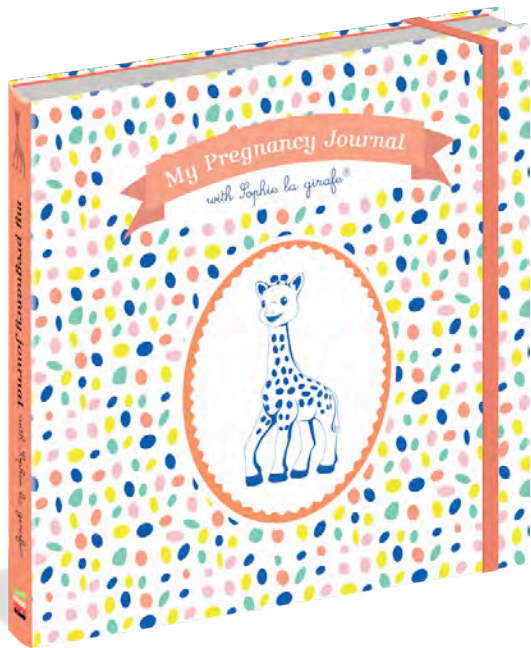
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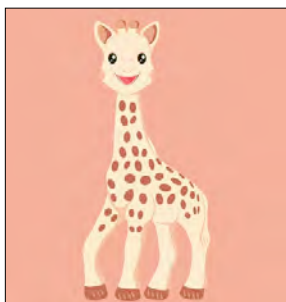
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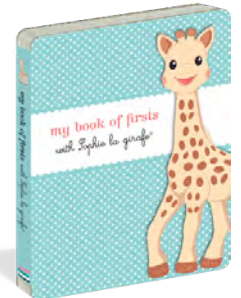
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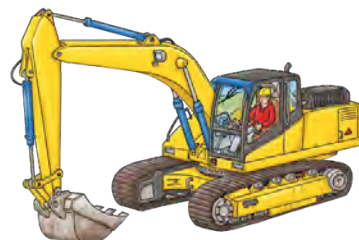
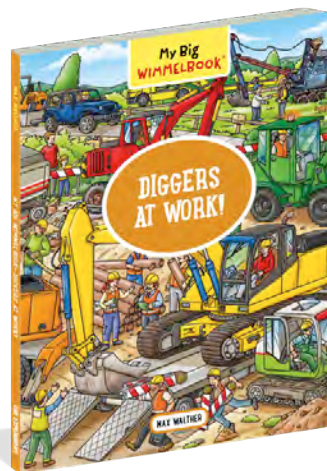
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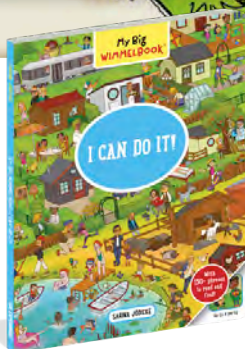
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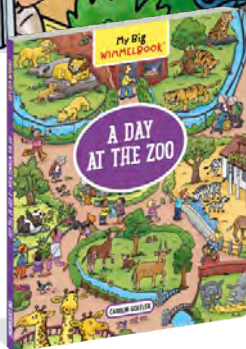
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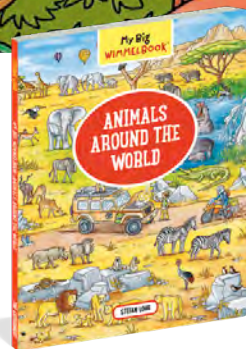
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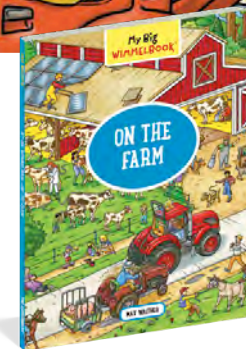
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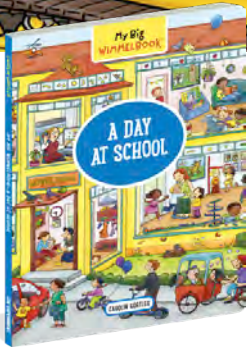
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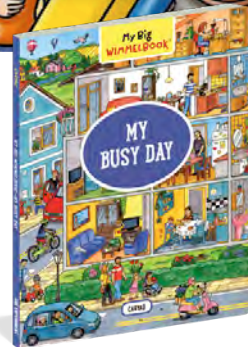
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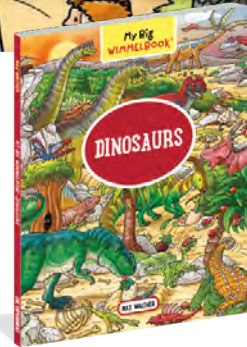
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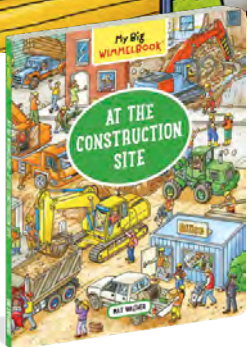
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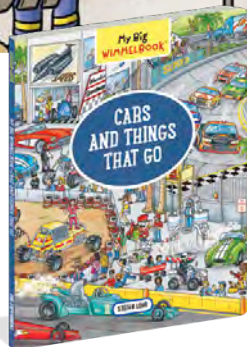
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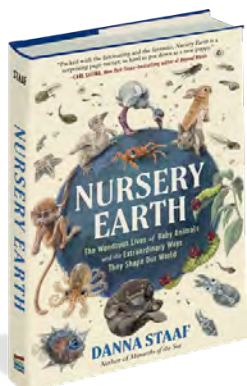


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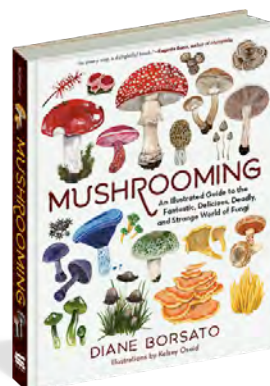


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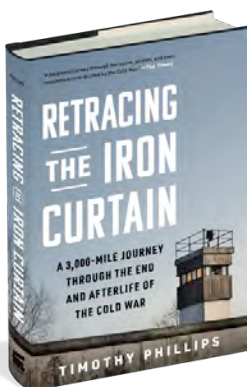


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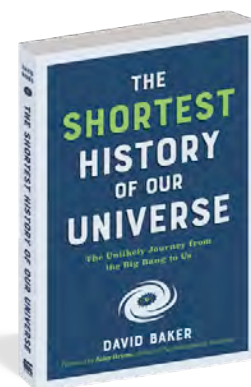


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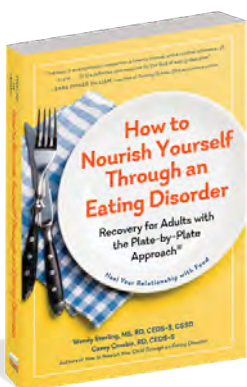


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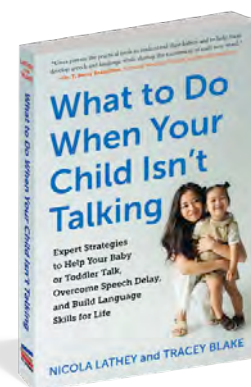


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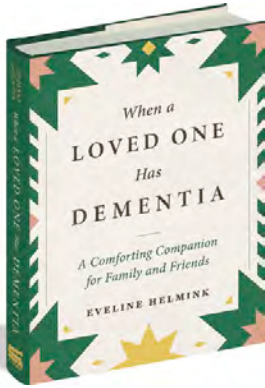


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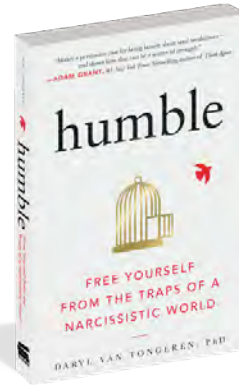
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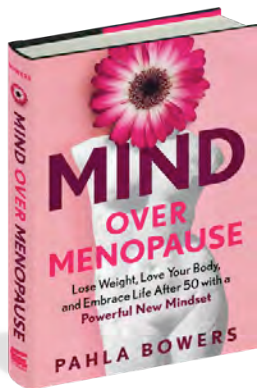
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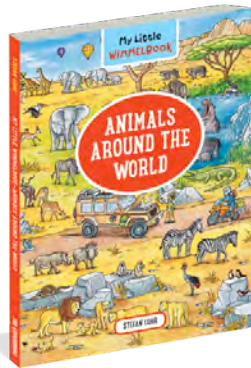
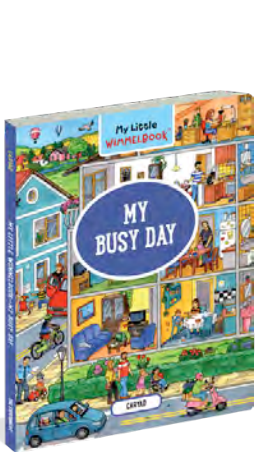
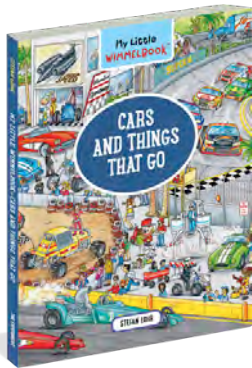
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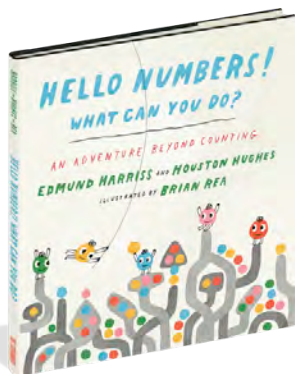
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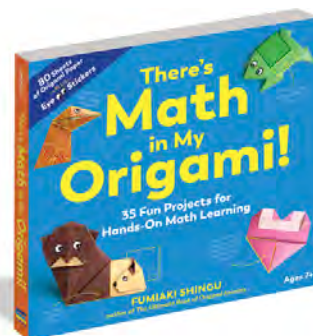
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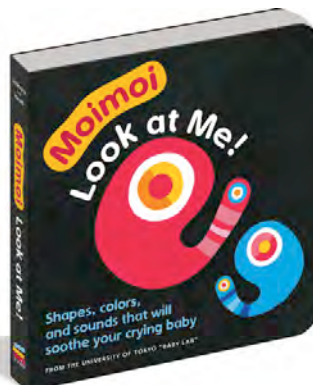
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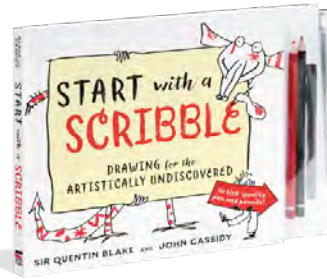


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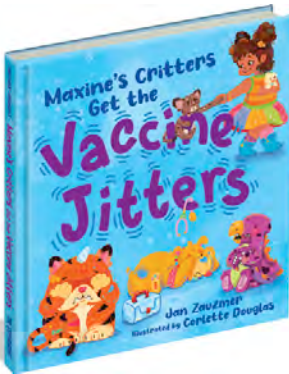


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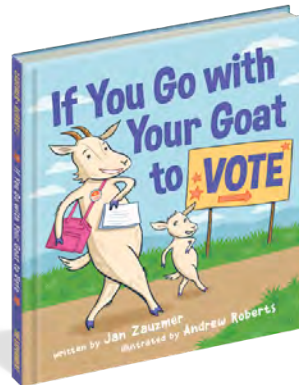


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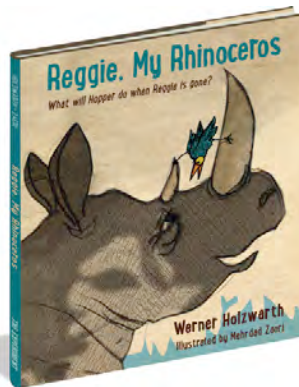


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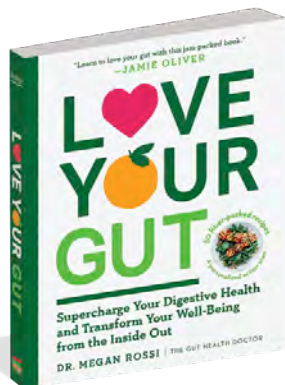


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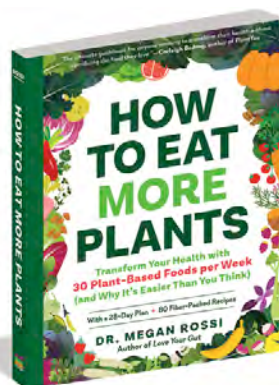
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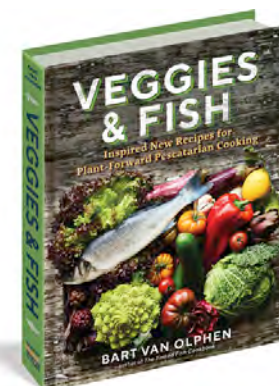
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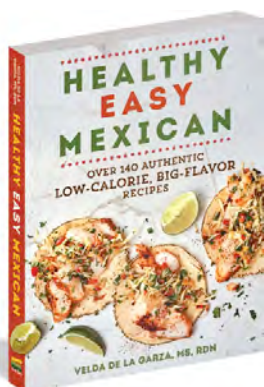
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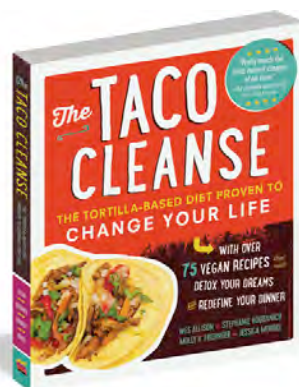
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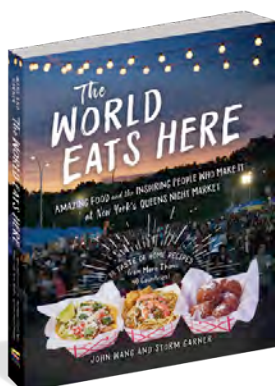
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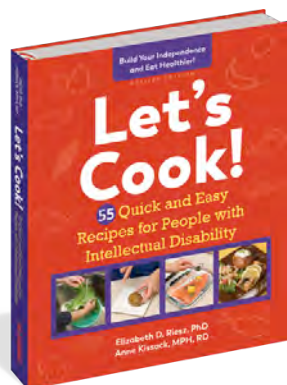
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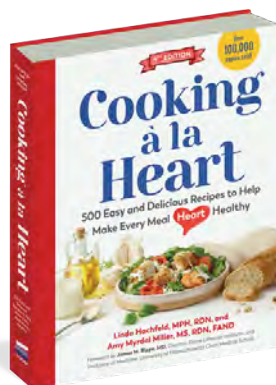
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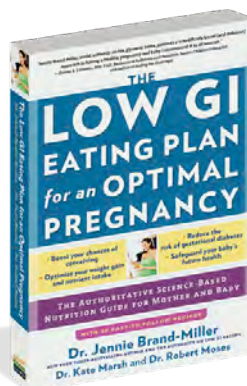
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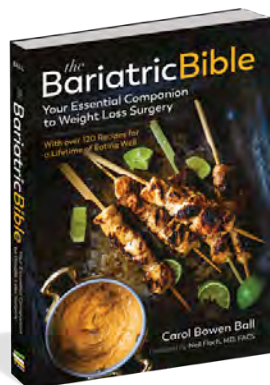
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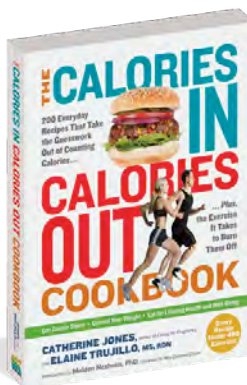
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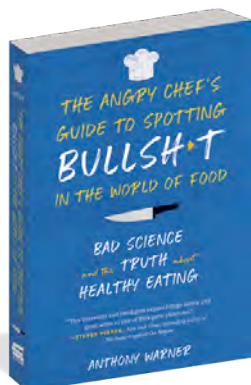
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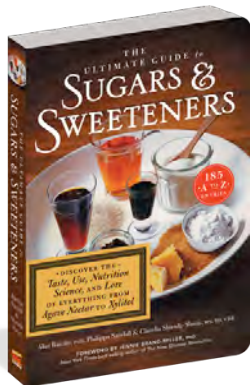
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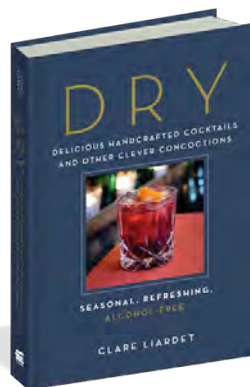
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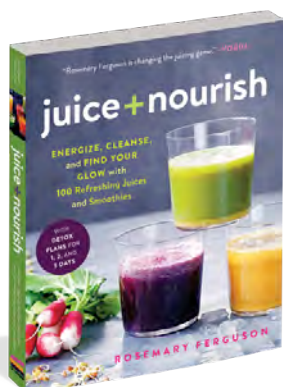
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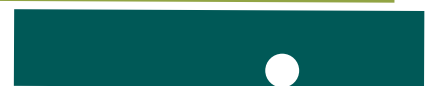
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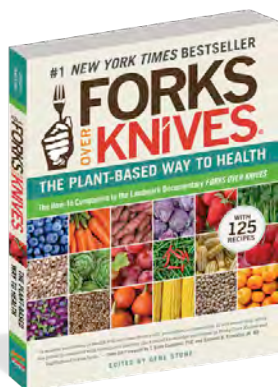
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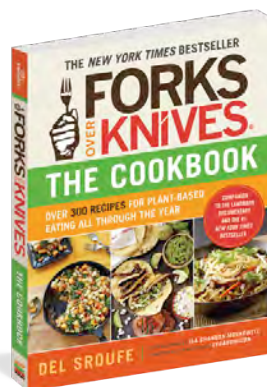


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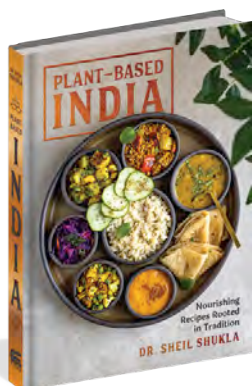
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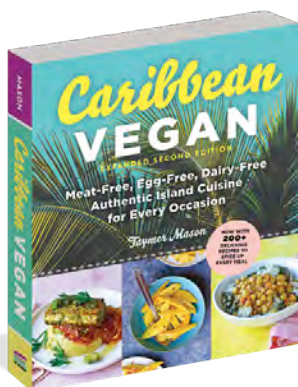
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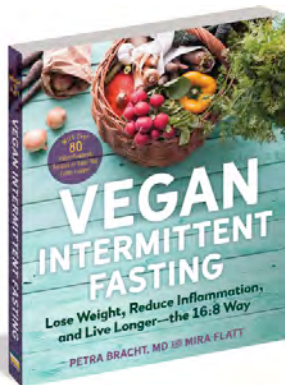
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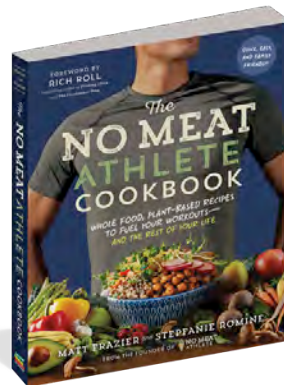
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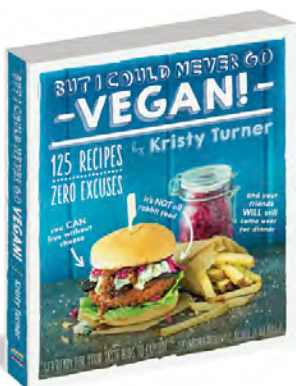
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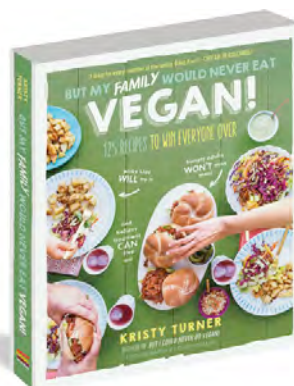
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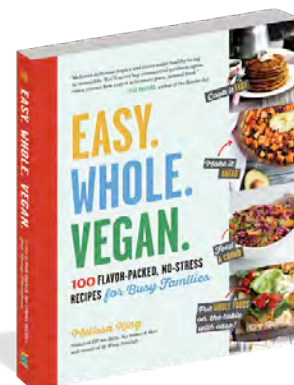
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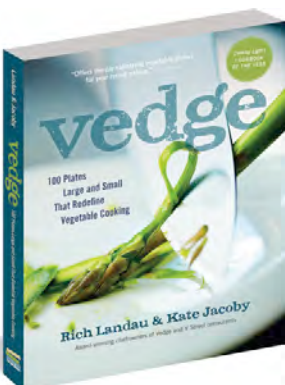
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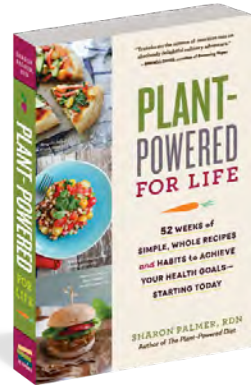


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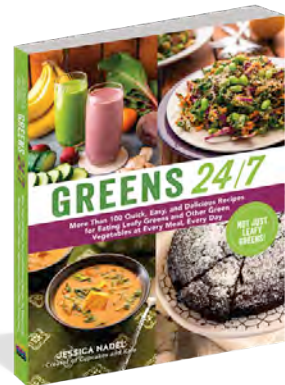


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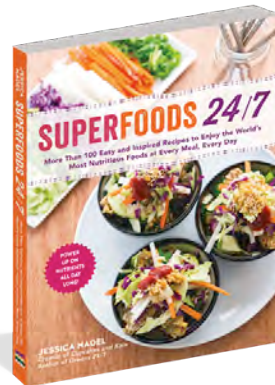


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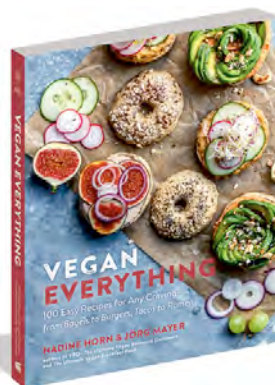


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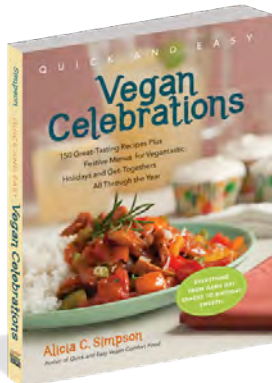
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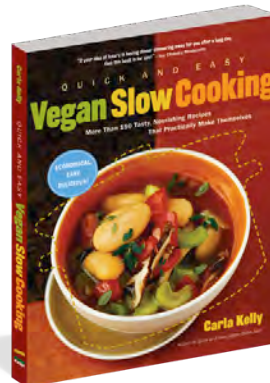
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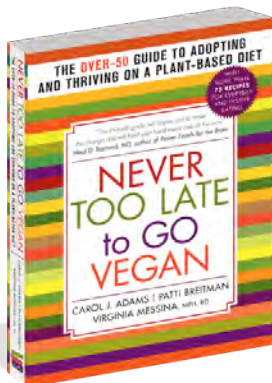
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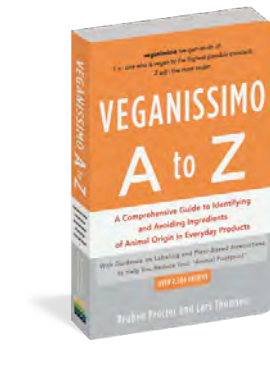
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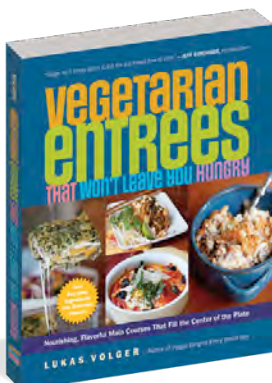
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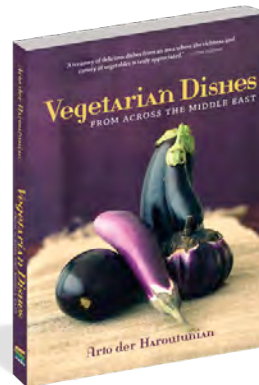
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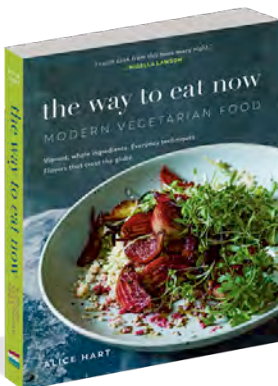
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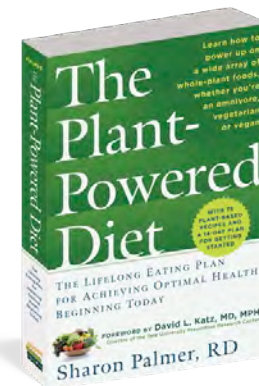
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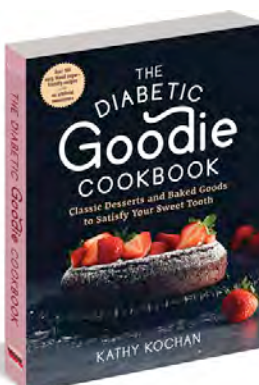
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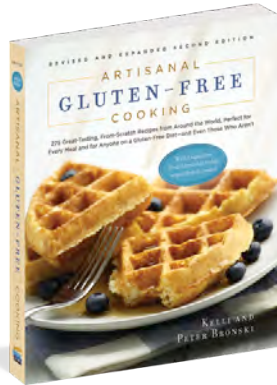
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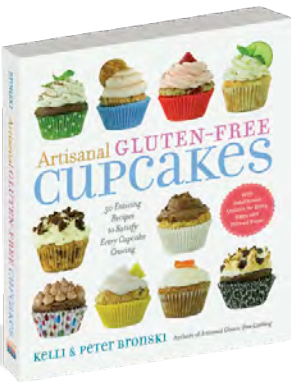
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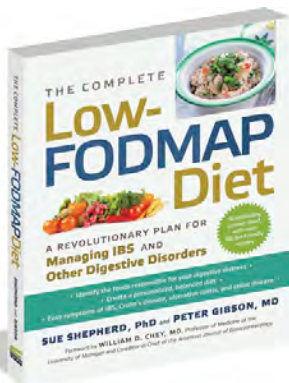
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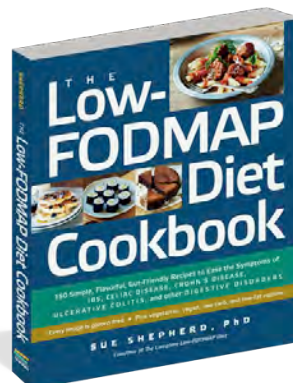


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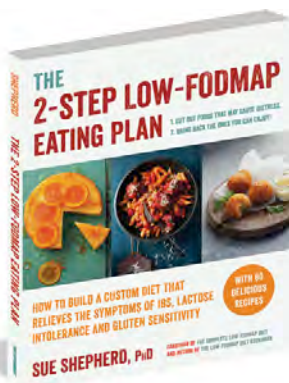


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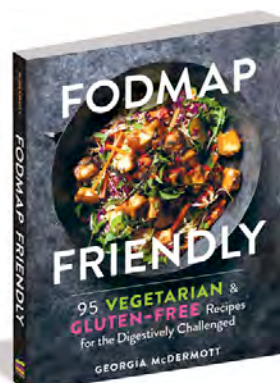


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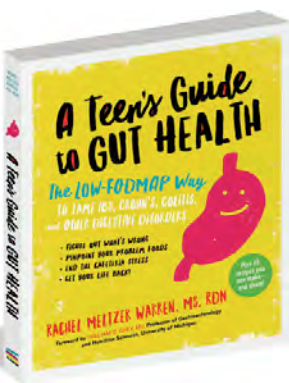


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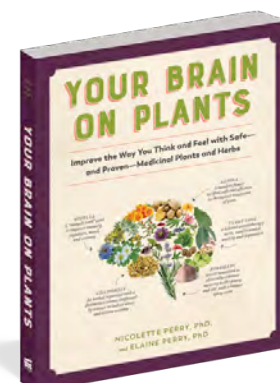


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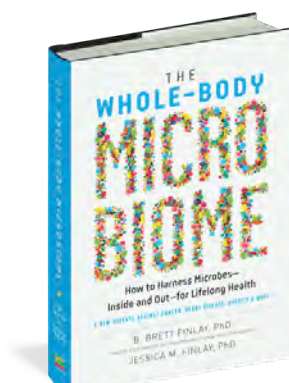


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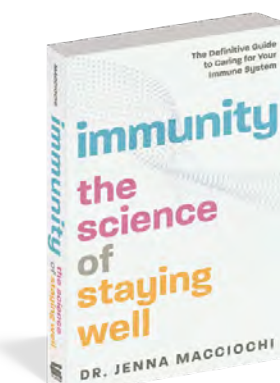


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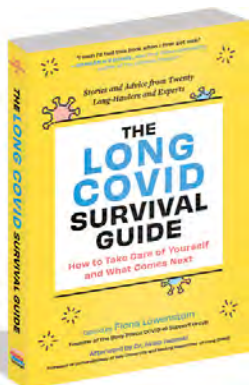


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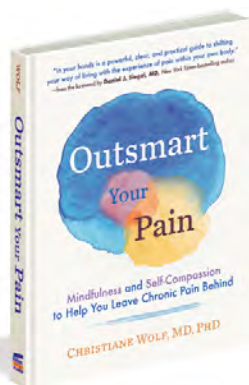
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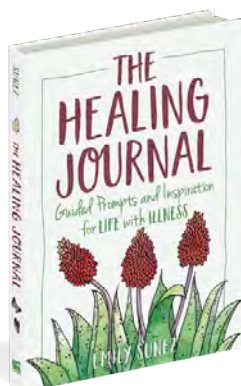
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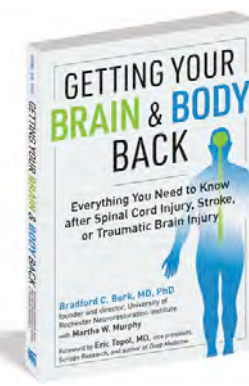
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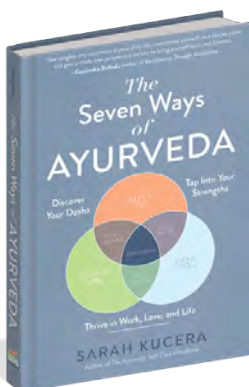
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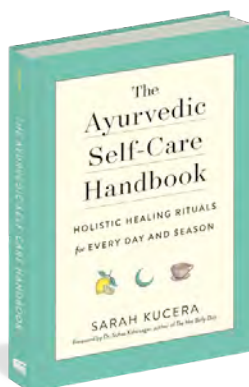
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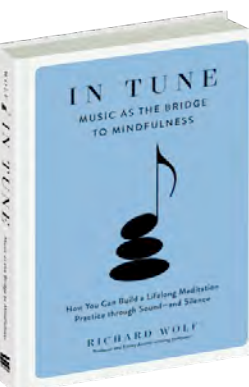
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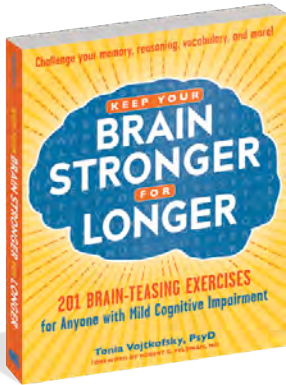
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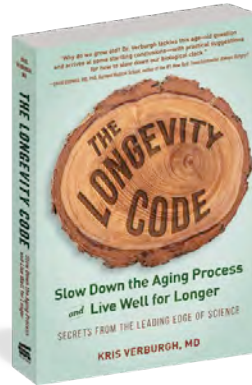
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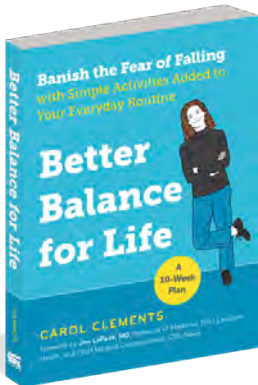
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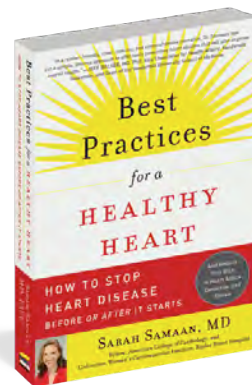
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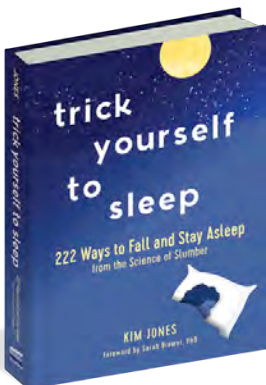
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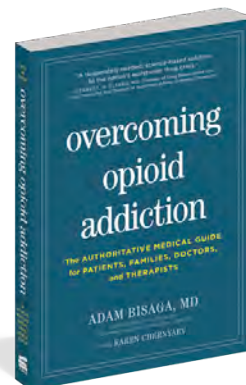
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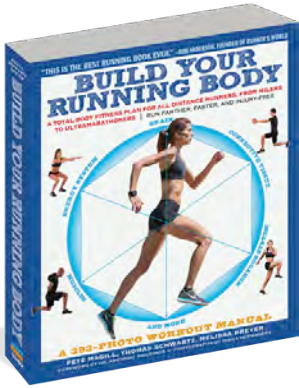
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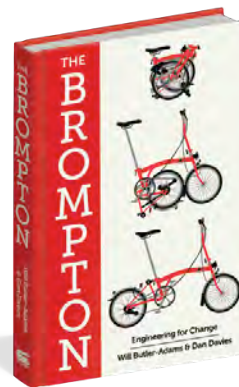
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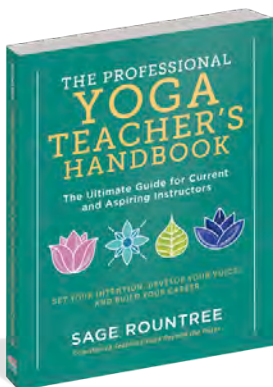
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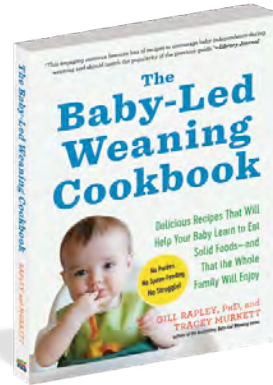




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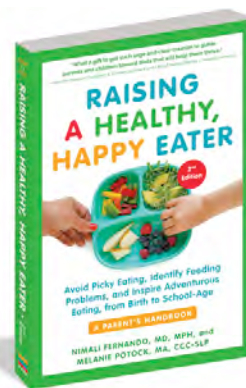
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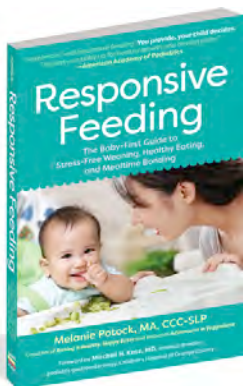
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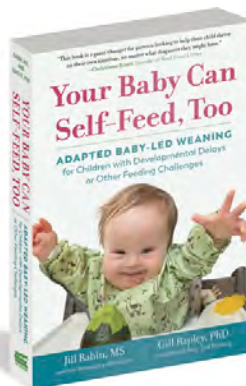
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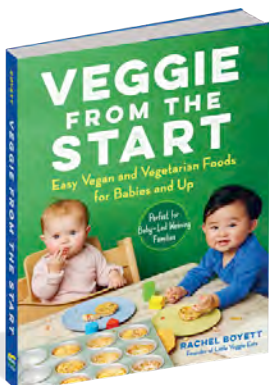
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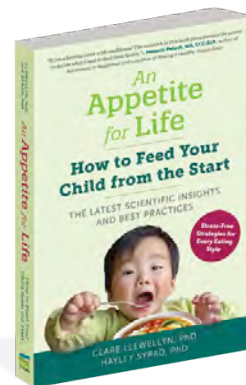
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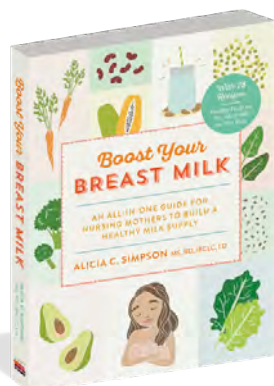
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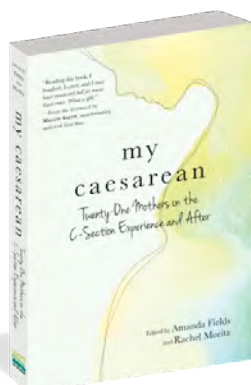
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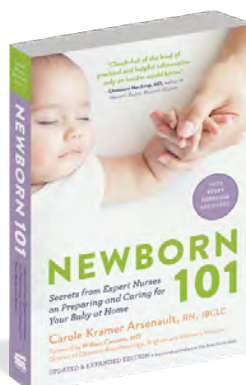
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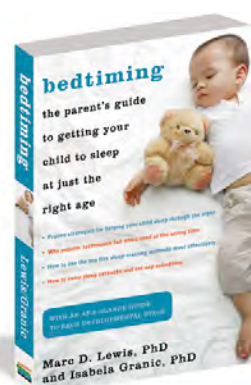
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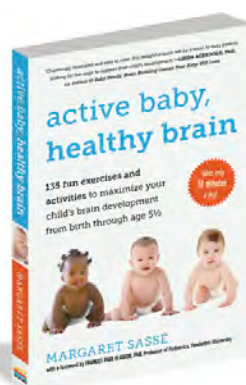
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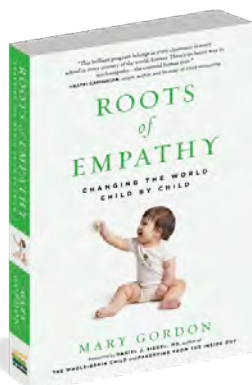
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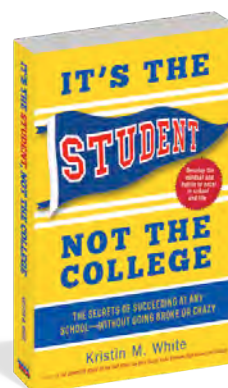


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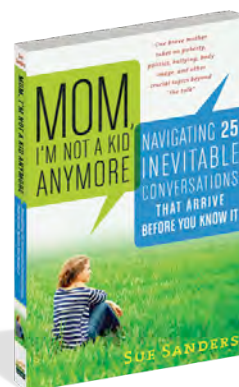


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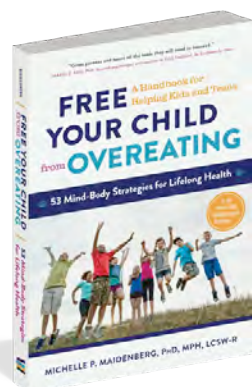


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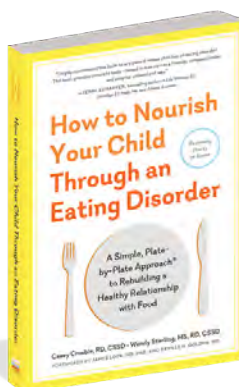


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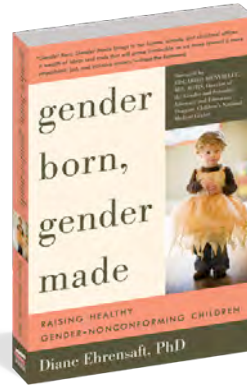
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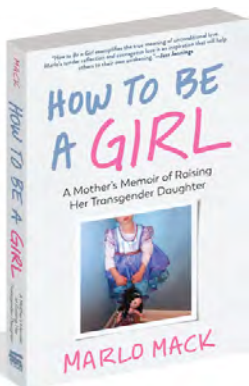
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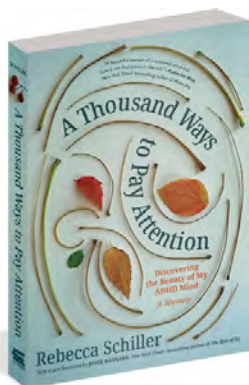
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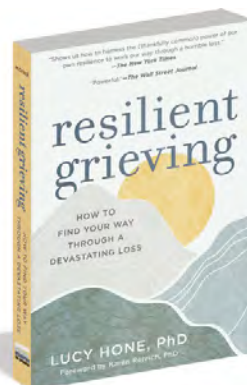
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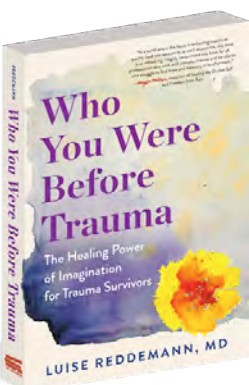
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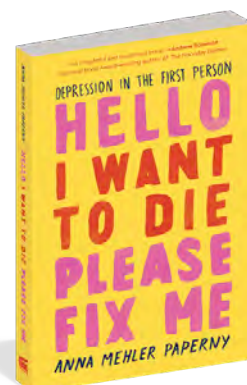
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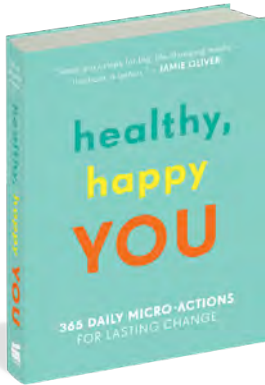
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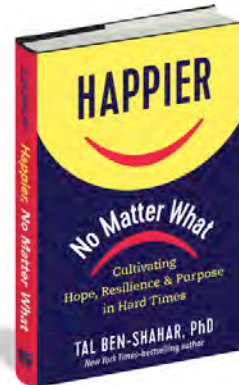
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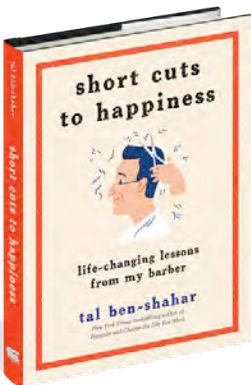
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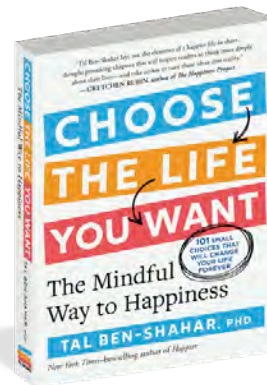
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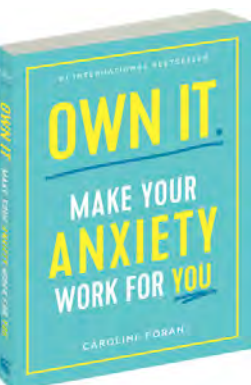
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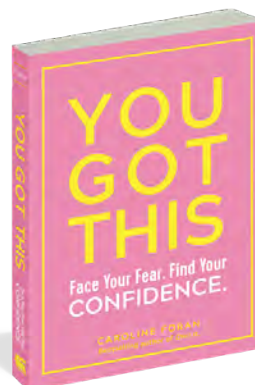
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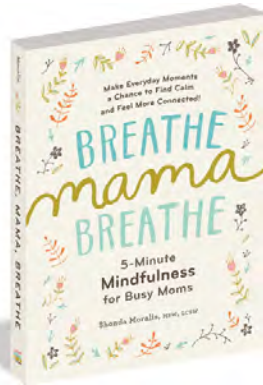
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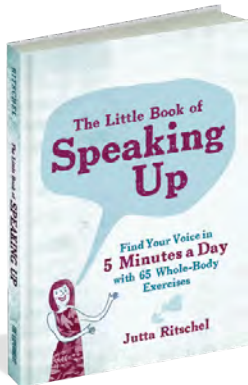
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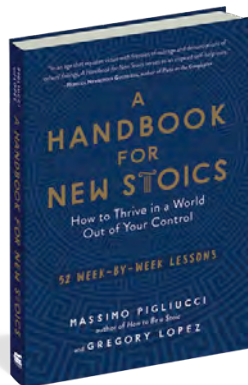
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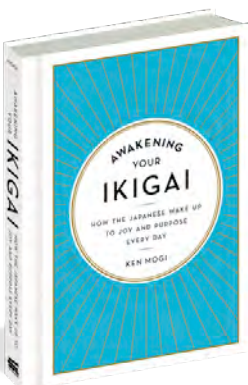
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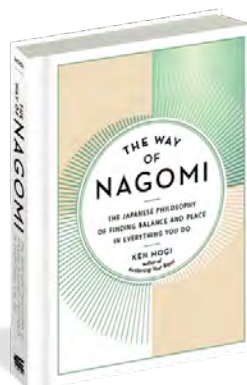
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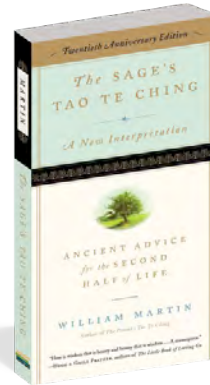
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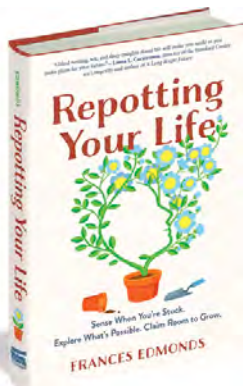
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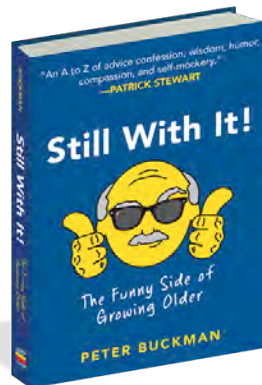
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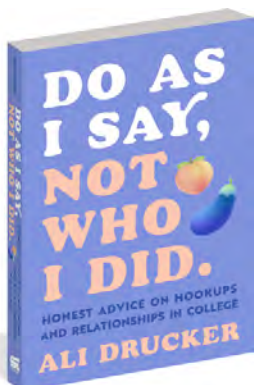
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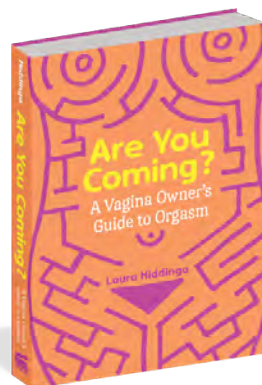
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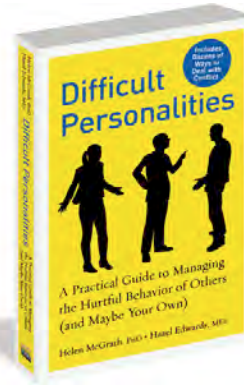


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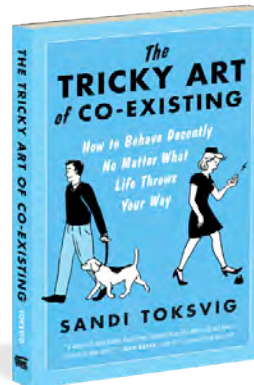


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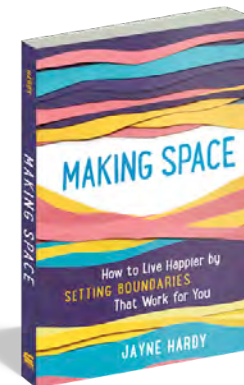


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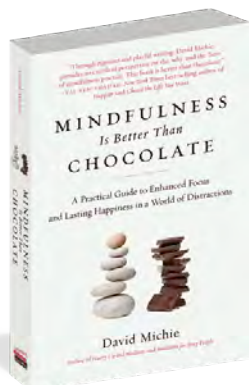


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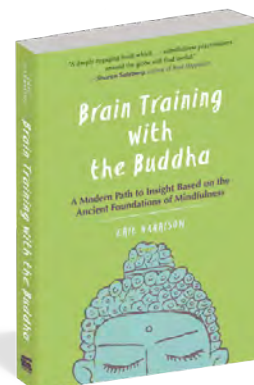


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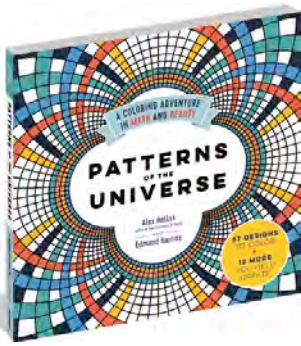


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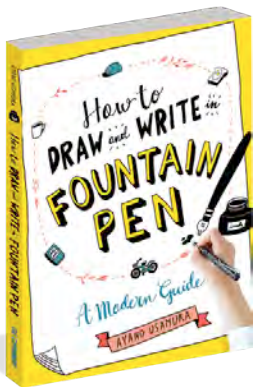
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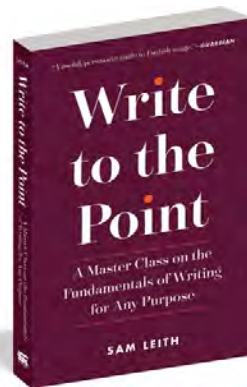
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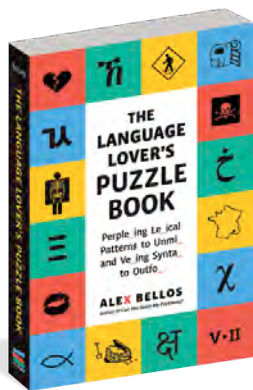
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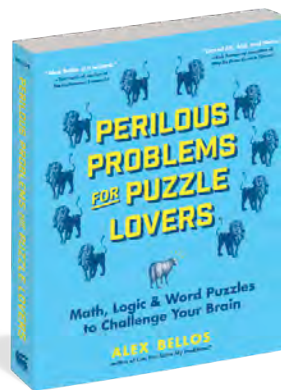
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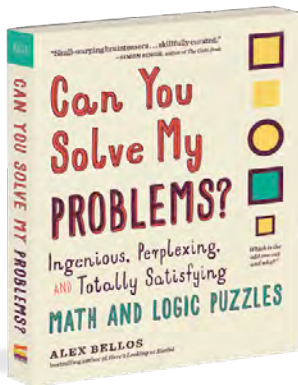
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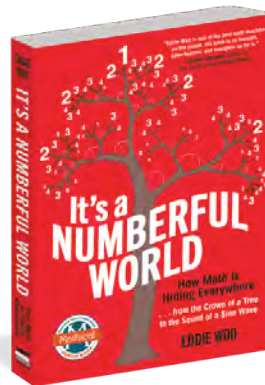
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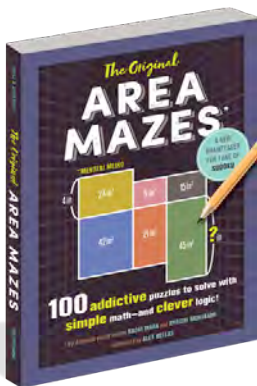
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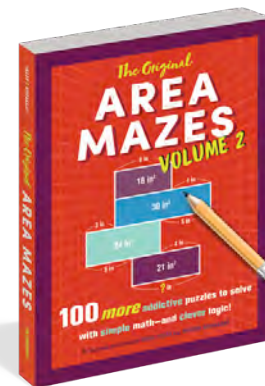
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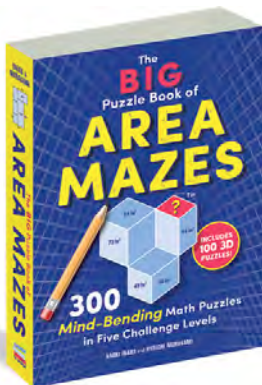
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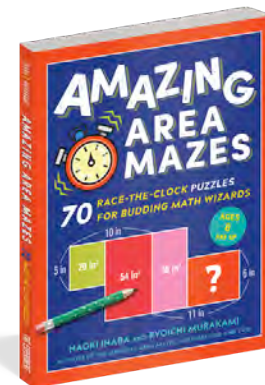
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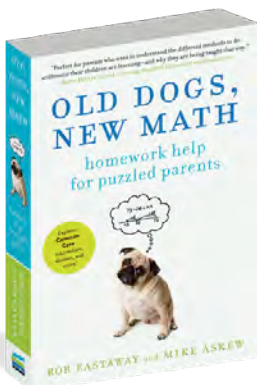
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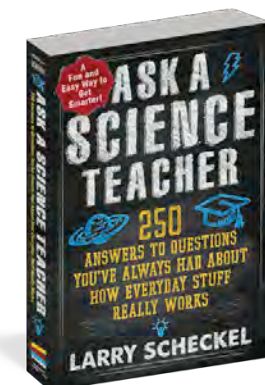
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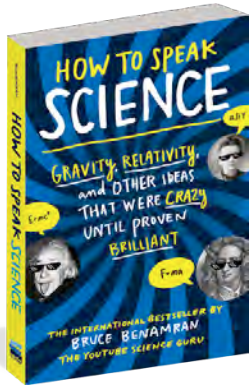
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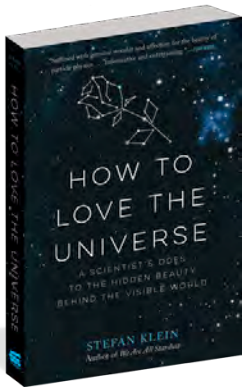
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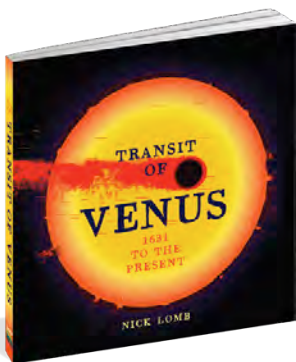
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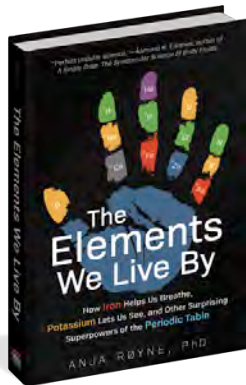
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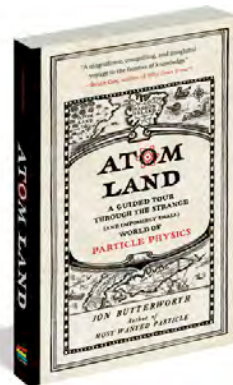
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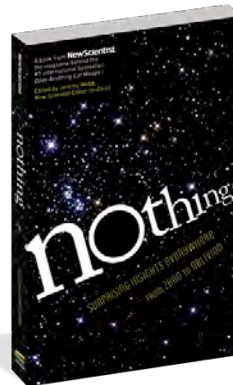
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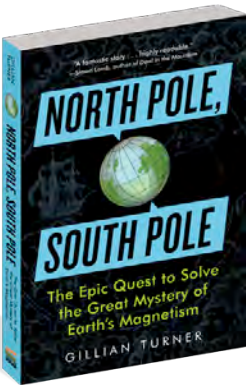
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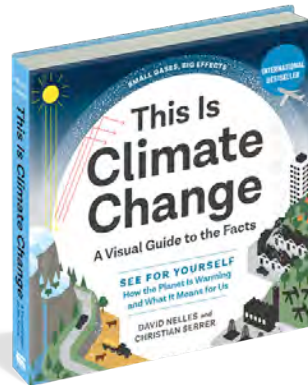
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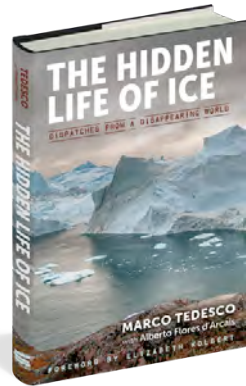
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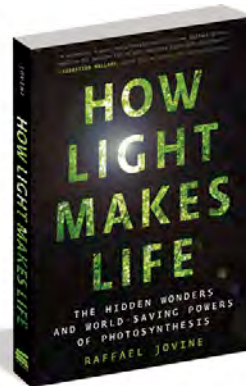
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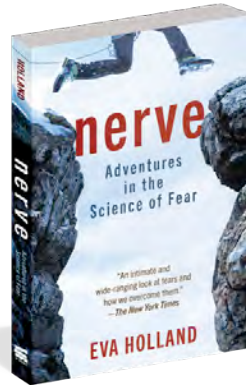
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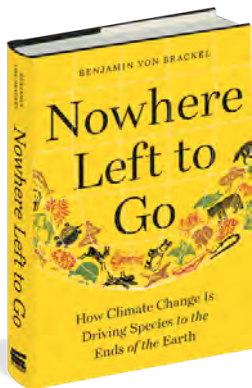
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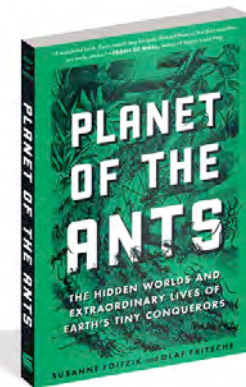
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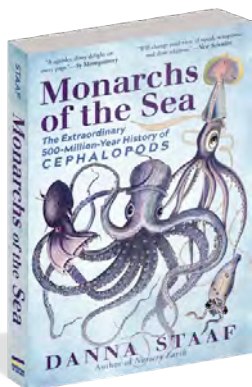
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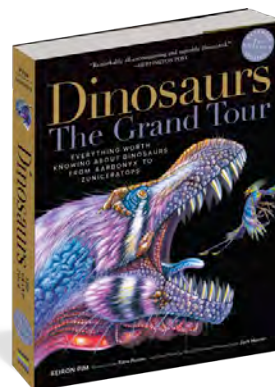
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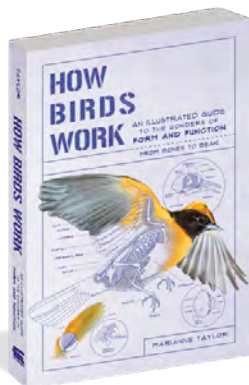
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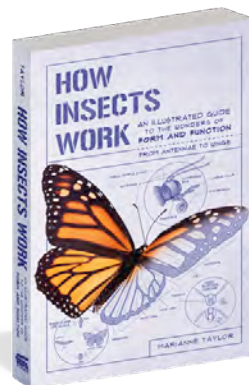
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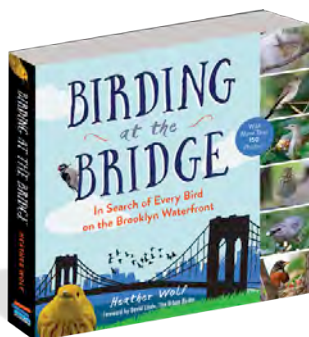
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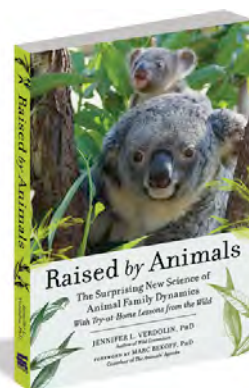
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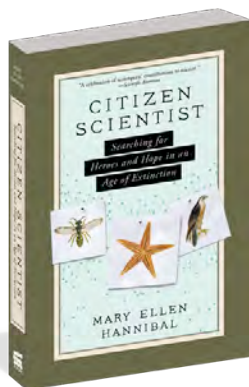
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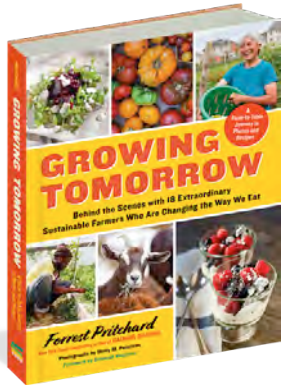
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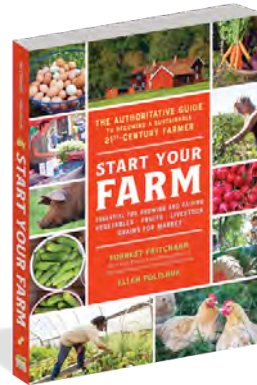
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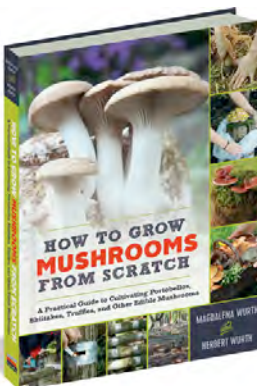
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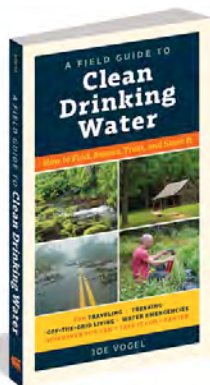
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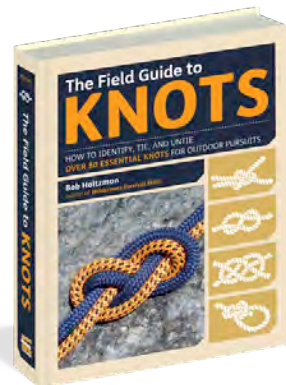
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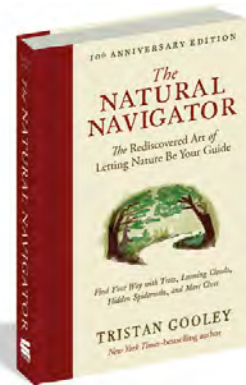
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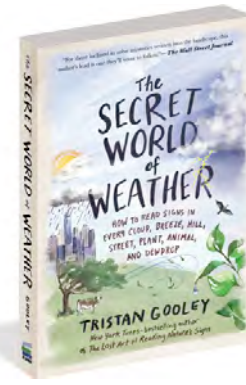
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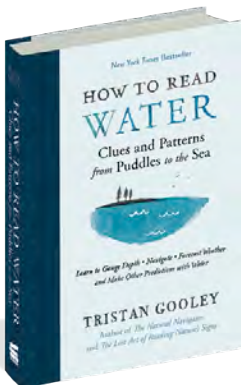
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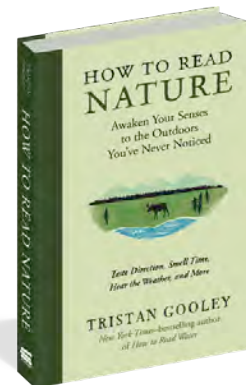
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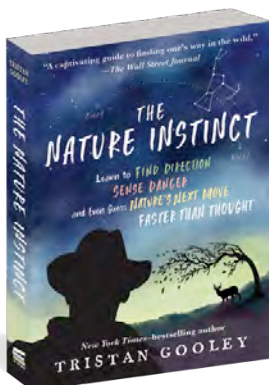
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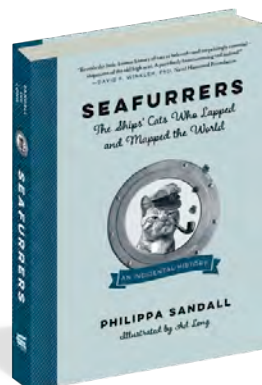
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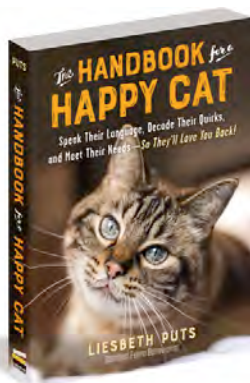


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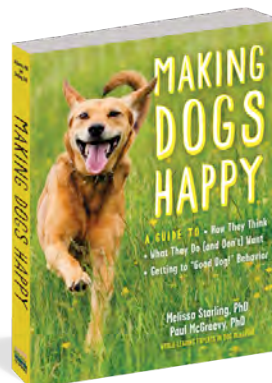
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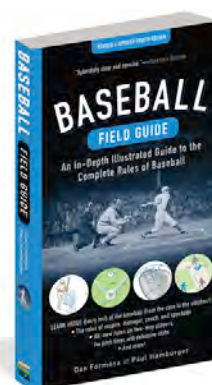
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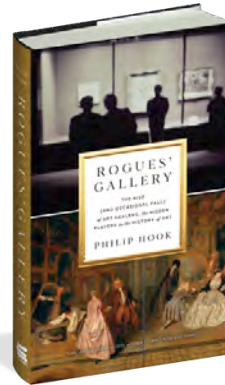
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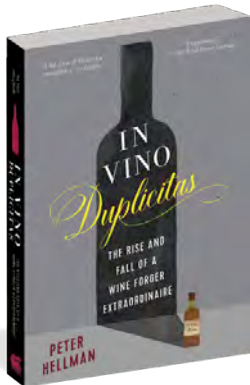
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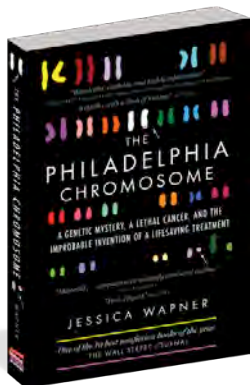
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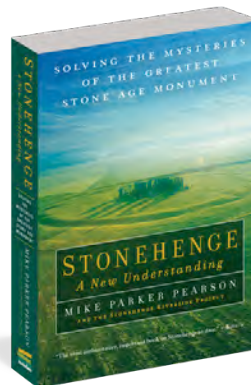
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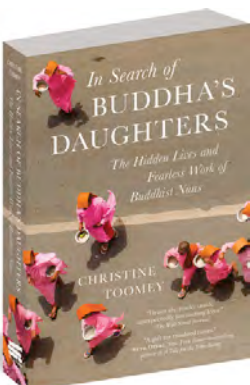
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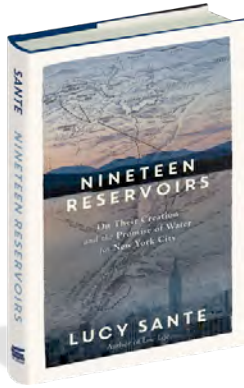
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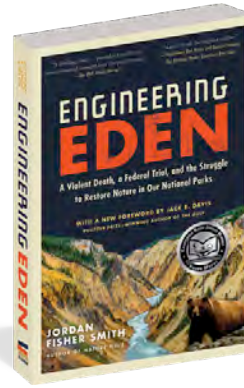


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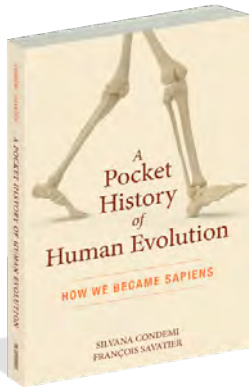


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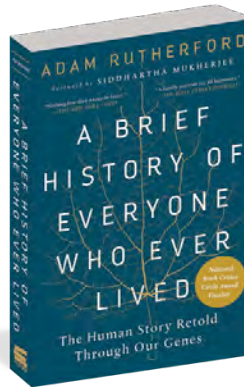


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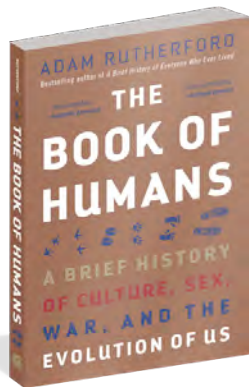


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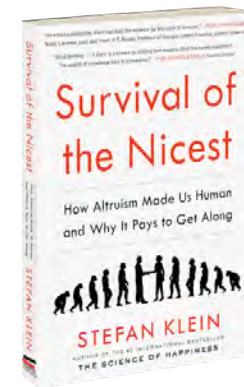


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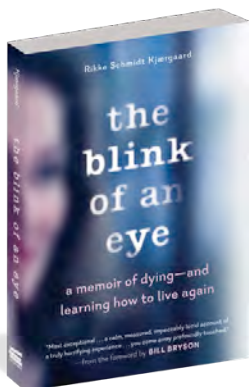


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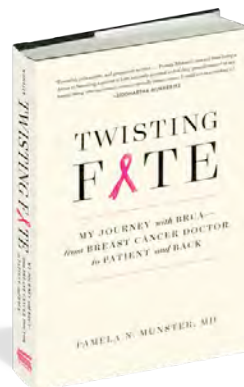


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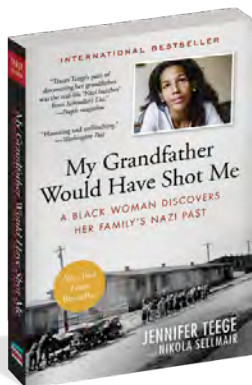


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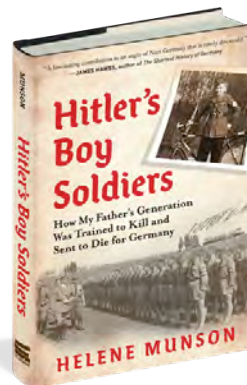
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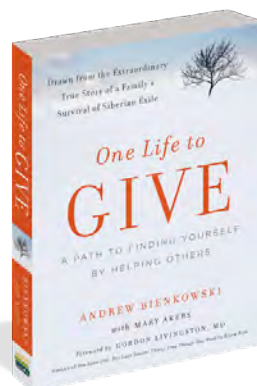
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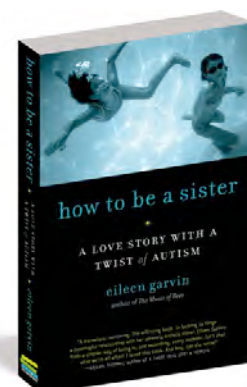
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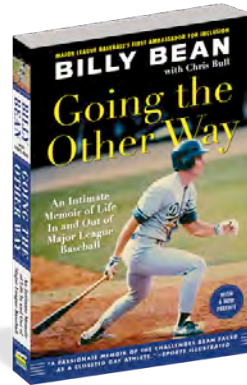
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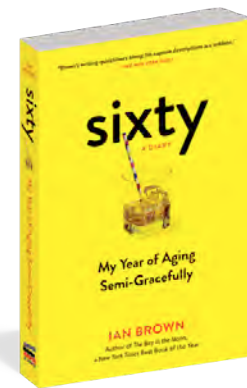
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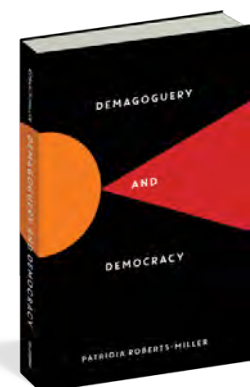
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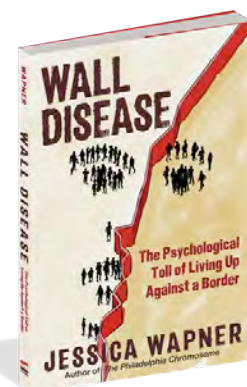
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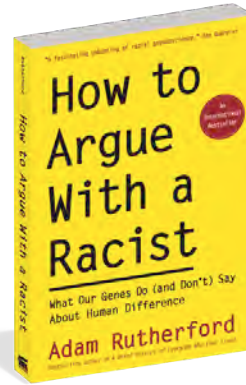
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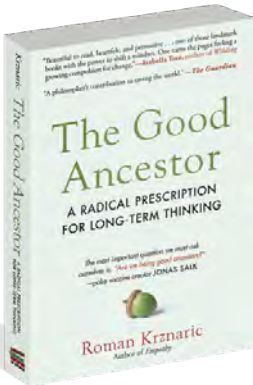
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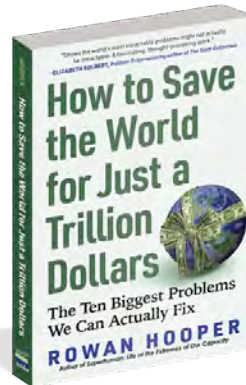
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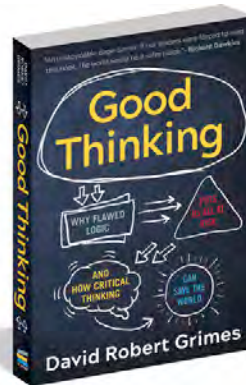
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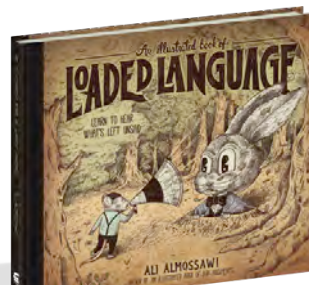
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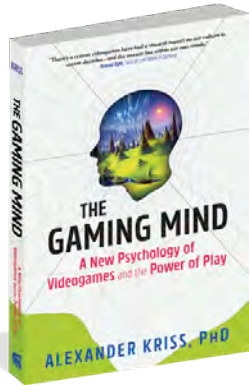
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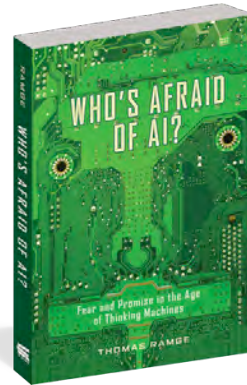


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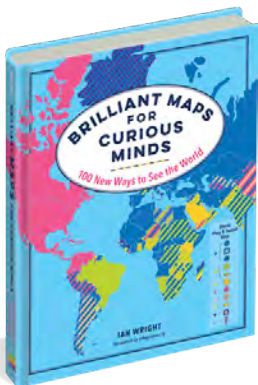


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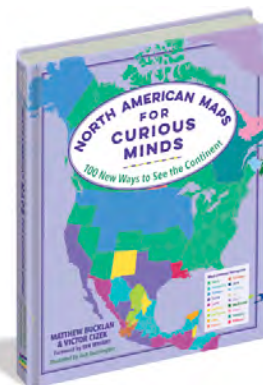


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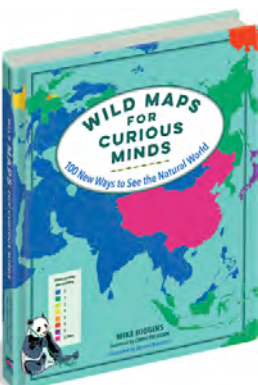


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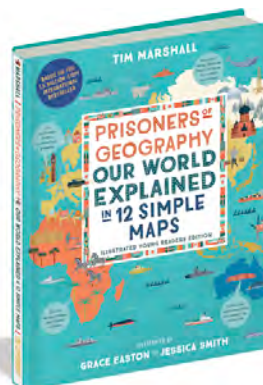


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