

Annette Jünemann · Nicolas Fromm  
Nikolas Scherer *Editors*

# Fortress Europe?

Challenges and Failures  
of Migration and Asylum Policies



Springer VS

# Fortreb Europe

**LP Steffe**



**Fortreb Europe:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Fortreb Europe** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

[http://www.pet-memorial-markers.com/public/browse/fetch.php/Fire\\_Fire\\_The\\_Headway\\_Program.pdf](http://www.pet-memorial-markers.com/public/browse/fetch.php/Fire_Fire_The_Headway_Program.pdf)

## **Table of Contents Fortreb Europe**

1. Understanding the eBook Fortreb Europe
  - The Rise of Digital Reading Fortreb Europe
  - Advantages of eBooks Over Traditional Books
2. Identifying Fortreb Europe
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Fortreb Europe
  - User-Friendly Interface
4. Exploring eBook Recommendations from Fortreb Europe
  - Personalized Recommendations
  - Fortreb Europe User Reviews and Ratings
  - Fortreb Europe and Bestseller Lists
5. Accessing Fortreb Europe Free and Paid eBooks
  - Fortreb Europe Public Domain eBooks
  - Fortreb Europe eBook Subscription Services
  - Fortreb Europe Budget-Friendly Options
6. Navigating Fortreb Europe eBook Formats

- ePub, PDF, MOBI, and More
- Fortreb Europe Compatibility with Devices
- Fortreb Europe Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Fortreb Europe
  - Highlighting and Note-Taking Fortreb Europe
  - Interactive Elements Fortreb Europe
- 8. Staying Engaged with Fortreb Europe
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Fortreb Europe
- 9. Balancing eBooks and Physical Books Fortreb Europe
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Fortreb Europe
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Fortreb Europe
  - Setting Reading Goals Fortreb Europe
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fortreb Europe
  - Fact-Checking eBook Content of Fortreb Europe
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

## Fortreb Europe Introduction

Fortreb Europe Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Fortreb Europe Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Fortreb Europe : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Fortreb Europe : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Fortreb Europe Offers a diverse range of free eBooks across various genres. Fortreb Europe Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Fortreb Europe Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Fortreb Europe, especially related to Fortreb Europe, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Fortreb Europe, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Fortreb Europe books or magazines might include. Look for these in online stores or libraries. Remember that while Fortreb Europe, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Fortreb Europe eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Fortreb Europe full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Fortreb Europe eBooks, including some popular titles.

## FAQs About Fortreb Europe Books

**What is a Fortreb Europe PDF?** A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Fortreb Europe PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems

have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Fortreb Europe PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Fortreb Europe PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Fortreb Europe PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

## Find Fortreb Europe :

*fire fire the headway program*

**fingerprint of god a**

**finding shapes lets draw series**

finding god in your everyday life women purpose for everyday living

fingerstyle christmas a

finite mathematics for the managerial life and social sciences with infotrac

fireworks 3 bible chinese edition

finding god how can we experience god

find the hidden insect

*finer grain essays in honor of mihaly sz*

*finding winners among depressed and low-priced stocks*

*fingerprinting on the moon writing and*

**fire in the bay**

**finland and europe the period of autonomy & the international crises 1808-1914**

firm ambitions a rachel gold mystery

## **Fortreb Europe :**

*jung on active imagination de gruyter* - Oct 01 2022

web feb 17 2015 about this book all the creative art psychotherapies art dance music drama poetry can trace their roots to c g jung s early work on active imagination joan chodorow here offers a collection of jung s writings on active imagination gathered together for the first time

*jung on active imagination pdfdrive archive org* - Apr 26 2022

web no there wasn t enough interest yet but someday a volume of jung s papers on active imagination would be published that unique collection was for her own use her passion for active imagination impressed me deeply dr fry founding director of the c g jung educational center

**active imagination confrontation with the unconscious youtube** - Feb 22 2022

web 0 00 30 44 active imagination is a technique developed by the swiss psychologist and psychiatrist carl jung he considered it the most powerful tool to access the uncon

jung on active imagination c g jung google books - Dec 03 2022

web jul 27 1997 jung on active imagination c g jung princeton university press jul 27 1997 psychology 198 pages all the creative art psychotherapies art dance music drama poetry can trace

**understand your dreams by using jung s active imagination** - Jun 09 2023

web oct 23 2016 understand your dreams by using jung s active imagination psychology today dale m kushner transcending the past dreaming understand your dreams by using jung s active

how to use carl jung s active imagination technique to find answers - Oct 13 2023

web jul 24 2020 what is active imagination active imagination is a way of using dreams and creative thinking to unlock the unconscious mind developed by carl jung between 1913 and 1916 it uses images from vivid dreams

active imagination 4 tips on how to practice it rafal reyzer - Jul 30 2022

web oct 3 2023 according to jung active imagination is distinct from fantasy meaning that the images encountered in active



imagination have a life of their own and that the symbolic events develop according to their logic

**the active imagination technique a quick guide for beginners** - Nov 02 2022

web jun 22 2019 active imagination is a process in jungian psychology used to bridge the gap between the conscious and unconscious minds opening oneself to the unconscious and giving free rein to fantasy while at the same time maintaining an active attentive conscious point of view the process leads to a synthesis that contains both perspectives

**active imagination wikipedia** - Jul 10 2023

web april 2021 active imagination refers to a process or technique of engaging with the ideas or images in one's imagination and is used as a mental strategy to communicate with the subconscious mind in jungian psychology it is a method for bridging the conscious and unconscious minds

**jung on active imagination semantic scholar** - Aug 31 2022

web jan 23 1997 7 excerpts inner voices the shadow and other inner personalities r robertson psychology 2013 this article develops the concept that we each possess personified emotional components within it presents a variety of examples in order to illustrate the complexity of the issue it begins with expand 1 2 excerpts

**jung on active imagination by c g jung goodreads** - Apr 07 2023

web jan 1 2001 4 46 309 ratings 13 reviews all the creative art psychotherapies art dance music drama poetry can trace their roots to c g jung's early work on active imagination joan chodorow here offers a collection of jung's writings on active imagination gathered together for the first time

**active imagination a library guide to jung's collected works** - Jun 28 2022

web oct 7 2023 publication date 1986 jung used the term in 1935 to describe a process of dreaming with open eyes cw 6 para 723 n at the outset one concentrates on a specific point mood picture or event then allows a chain of associated fantasies to develop and gradually take on a dramatic character

**jung on active imagination apa psycnet** - Mar 06 2023

web abstract this volume introduces jung's writings on active imagination for many years people have had to search throughout the collected works and elsewhere to identify and then read and read again these papers the author's task is to present jung's ideas about active imagination as clearly as possible and set them in context

*jung on active imagination amazon com* - May 28 2022

web jul 7 1997 jung on active imagination is a compilation of c g jung's writings on the particular discipline called active imagination this book is the definitive individual work on the subject jung developed the technique during the years immediately following his split with freud

**project muse jung on active imagination** - Jan 04 2023

web jung on active imagination book edited and with an introduction by joan chodorow 2015 published by princeton university press view buy this book in print summary all the creative art psychotherapies art dance music drama poetry can trace their roots to c g jung s early work on active imagination

[active imagination international association for analytical](#) - May 08 2023

web the first step indispensable for introducing a patient to active imagination is developing what jung defined as the capacity for symbolic thinking von franz 1980 p 131 which led him to always write and speak with a double meaning jung 1951 1961 p 70

[carl jung active imagination](#) - Aug 11 2023

web active imagination is a method of assimilating unconscious contents dreams fantasies etc through some form of self expression the object of active imagination is to give a voice to sides of the personality particularly the anima animus and the shadow that are normally not heard thereby establishing a line of communication between

**a guide to active imagination lewis connolly** - Mar 26 2022

web dec 9 2021 active imagination is a technique that was developed by carl jung to access the unconscious in waking life when we consider engaging the unconscious most of us think exclusively of dream analysis the process of taking our dreams and uncovering what they re trying to teach us ideally with the assistance of a trained analyst jung

[jung on active imagination princeton university press](#) - Sep 12 2023

web jul 27 1997 overview author s all the creative art psychotherapies art dance music drama poetry can trace their roots to c g jung s early work on active imagination joan chodorow here offers a collection of jung s writings on active imagination gathered together for the first time

*jung on active imagination 1st edition joan chodorow* - Feb 05 2023

web 1st edition jung on active imagination edited by joan chodorow c g jung copyright 1997 208 pages by routledge description jung s discovery of active imagination is one of the most important milestones in his personal and professional life

**seeblick 2020 sea view broschurenkalender 30 x 60 pdf** - Jun 17 2022

web 4 seeblick 2020 sea view broschurenkalender 30 x 60 2020 06 07 the book is narratively underpinned by numerous background interviews that max dax conducted with the participants in hyper over the past thirty years berlitz pocket guide paris travel guide ebook puffin this book presents chapters written by leading coastal scientists

[seeblick 2020 sea view broschurenkalender 30 x 60 pdf](#) - Mar 27 2023

web mar 26 2023 seeblick 2020 sea view broschurenkalender 30 x 60 is available in our digital library an online access to it is set as public so you can download it instantly our digital library spans in multiple countries allowing

*seeblick 2023 broschürenkalender 30x30 cm 30x60 geöffnet amazon de* - Nov 22 2022

web seeblick 2023 broschürenkalender 30x30 cm 30x60 geöffnet kalender mit platz für notizen sea view bildkalender wandplaner wandkalender alpha edition isbn 4251732328955 kostenloser versand für alle bücher

**seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet** - Sep 01 2023

web seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste alpha edition isbn 9783840701177 kostenloser versand für alle bücher

**seeblick 2020 sea view brochurenkalender 30 x 60 pdf pdf** - Sep 20 2022

web seeblick 2020 sea view brochurenkalender 30 x 60 pdf introduction seeblick 2020 sea view brochurenkalender 30 x 60 pdf pdf unterwasserwelten monatsplaner 2020 30x42cm 2019 san francisco monatsplaner 2020 30x42cm 2019 seeblick 2020 sea view bildkalender 33 x 33 natur strand meer küste wandkalender alpha

9783840701177 seeblick 2020 sea view broschürenkalender 30 x 60 - Jun 29 2023

web seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste neuware versandkosten innerhalb eu schweiz und liechtenstein sofern lieferung möglich versandfertig in 1 2 werktagen die angegebenen versandkosten können von den

seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet - Apr 27 2023

web bücher frei seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender bücher kaufen online seeblick

**seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet** - Aug 20 2022

web sep 18 2023 seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste by alpha edition keywords seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste by alpha edition created date 9 18 2023 3 21 59 am

**seeblick 2020 sea view brochurenkalender 30 x 60 pdf** - Jul 19 2022

web 30 x 60 1 seeblick 2020 sea view brochurenkalender 30 x 60 getting the books seeblick 2020 sea view brochurenkalender 30 x 60 now is not type of inspiring means you could not lonely going gone ebook increase or library or borrowing from your friends to gain access to them this is an totally easy means to specifically get guide by on line

**seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet** - Jul 31 2023

web seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste von alpha edition isbn 9783840701177

amazon de kundenrezensionen seeblick 2020 sea view - Dec 24 2022

web finde hilfreiche kundenrezensionen und rezensionsbewertungen für seeblick 2020 sea view broschürenkalender 30 x 60

geöffnet strand und meer wandkalender landschaftskalender wandplaner küste auf amazon de

**seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet** - Apr 15 2022

web jun 5 2023 you could buy tutorial seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste by alpha edition or get it as soon as viable it will undoubtedly lose the time it will not agree many times as we inform before browse the seeblick 2020 sea view broschürenkalender 30

**seeblick 2020 sea view broschürenkalender 30 x 60 copy** - Feb 11 2022

web writers artists yearbook 2020 pirate polly s potty seeblick 2020 sea view broschürenkalender 30 x 60 downloaded from renewalcc com by guest mooney hezekiah carl warner s food landscapes ladybird unterm birnbaumtheodor fontane provence puffin after dark the night bear goes on the hunt for his favorite snack

**seeblick 2020 sea view broschürenkalender 30 x 60 copy** - May 17 2022

web seeblick 2020 sea view broschürenkalender 30 x 60 carl warner s food landscapes carl warner 2010 10 01 presents a collection of imaginative landscapes and photographic art using food items including a red cabbage sea a landscape of salami and a stilton cheese cottage provence christian freigang 2010 07 10 a

**seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet** - Jan 25 2023

web seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste von alpha edition kalender

**seeblick 2020 sea view bildkalender 33 x 33 natur strand** - Feb 23 2023

web seeblick 2020 sea view bildkalender 33 x 33 natur strand meer küste wandkalender alpha edition amazon com tr kitap

**seeblick Übersetzung englisch deutsch dict cc** - Mar 15 2022

web dict cc Übersetzungen für seeblick im englisch deutsch wörterbuch mit echten sprachaufnahmen illustrationen beugungsformen

**seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet** - May 29 2023

web jun 6 2023 seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste by alpha edition keywords wandkalender by broschürenkalender geöffnet landschaftskalender edition 60 alpha küste wandplaner meer sea view x 30 seeblick 2020 strand und created date 6 6 2023 5 01 12 am

seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet - Oct 02 2023

web seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste by alpha edition author albrecht kluckhohn from housing gov mv subject seeblick 2020 sea view broschürenkalender 30 x 60 geöffnet strand und meer wandkalender landschaftskalender wandplaner küste

**seeblick 2020 sea view broschurenkalender 30 x 60 full pdf** - Oct 22 2022

web seeblick 2020 sea view broschurenkalender 30 x 60 3 3 appealing artwork this is a lovely addition to any nursery bookshelf winnie the pooh hide seek lift the flap is perfect for children aged 10 months to 4 years it s a great introduction to winnie the pooh and his friends and children will love reading it again and again pirate polly

**seeing shelley plain memories of new york s legen pdf** - Jul 05 2022

web aug 30 2023 seeing shelley plain memories of new york s legen pdf is clear in our digital library an online admission to it is set as public thus you can download it instantly

**seeing shelley plain memories of new york s** - Mar 13 2023

web find many great new used options and get the best deals for seeing shelley plain memories of new york s legendary by robert a wilson at the best online

**seeing shelley plain memories of new york s legen download** - Jul 17 2023

web 4 seeing shelley plain memories of new york s legen 2022 08 23 science monitor an elegiac meditation on a life lived through books o the oprah magazine the great

**seeing shelley plain memories of new york s legen full pdf** - Sep 19 2023

web early memories on life writing seeing shelley plain robert duncan the ambassador from venus the papers of the bibliographical society of america possessed by memory

**seeing shelley plain memories of new york s legendary** - Jun 04 2022

web york times seeing shelley plain by wilson robert a 2001 hardcover download book seeing shelley plain memories of new york s shelley plain yeats and katharine tynan

seeing shelley plain memories of new york s legendary alibris - Aug 18 2023

web new york the memoirs of robert wilson owner of the phoenix book shop describe how between 1962 and 1968 he transformed a small obscure greenwich village book shop

**shelley wikipedia** - Jan 31 2022

web shelley look up shelley in wiktionary the free dictionary shelley most often refers to mary shelley 1797 1851 the author of frankenstein and the wife of percy shelley

**seeing shelley plain memories of new york s** - Dec 10 2022

web seeing shelley plain memories of new york s legendary phoenix book shop by robert a wilson hardcover brand new

**seeing shelley plain memories of new york s legen pdf** - Nov 09 2022

web seeing shelley plain memories of new york s legen is available in our digital library an online access to it is set as public so you can download it instantly our digital library

**seeing shelley plain memories of new york s legen** - Nov 28 2021

web seeing shelley plain memories of new york s legen 1 seeing shelley plain memories of new york s legen when somebody should go to the ebook stores search start by

**seeing shelley plain memories of new york s legen full pdf** - Apr 02 2022

web seeing shelley plain memories of new york s legen seeing shelley plain memories of new york s legen downloaded from opendoors cityandguilds com by guest

*seeing shelley plain memories of new york s legen copy ftp* - Oct 08 2022

web 4 seeing shelley plain memories of new york s legen 2021 12 13 fiction conventions author photographs novelists in old age oberlin college a year in marseille writer s

**seeing shelley plain memories of new york s legen pdf** - Mar 01 2022

web sep 13 2023 comprehending as with ease as conformity even more than new will find the money for each success neighboring to the proclamation as competently as

*seeing shelley plain memories of new york s legen* - Aug 06 2022

web seeing shelley plain memories of new york s legen 3 3 narrative of a leading productive and passionate woman artist who overcame the setbacks of disability

**seeing shelley plain memories of new york s legen** - May 03 2022

web dec 14 2022 seeing shelley plain memories of new york s legen by online you might not require more period to spend to go to the books inauguration as competently as

seeing shelley plain vqr online - Jun 16 2023

web two volumes new york alfred a knopf 12 50 the superiority of newman ivey white s monumental biography of shelley to previous studies of the poet is undeniable and the

**seeing shelley plain memories of new york s legendary** - May 15 2023

web sep 14 2023 seeing shelley plain memories of new york s legendary march 15th 2020 up to 90 off textbooks at canada plus free two day shipping for six months when you

**shelley american horror story wiki fandom** - Dec 30 2021

web shelley was a nymphomaniac and inmate at briarcliff sanitarium in 1964 dr arthur arden amputated both of her legs and continued his experiments on her over the course of

seeing shelley plain memories of new york s legendary - Oct 28 2021

web new york times seeing shelley plain memories of new york s legendary download book seeing shelley plain memories of new york s seeing shelley plain vqr online those

**seeing shelley plain memories of new york s legen pdf copy** - Sep 07 2022

web mar 11 2023 seeing shelley plain memories of new york s legen pdf recognizing the artifice ways to get this book

seeing shelley plain memories of new york s legen

*seeing shelley plain memories of new york s legen* - Apr 14 2023

web seeing shelley plain memories of new york s legen ghosts and legends of yonkers aug 03 2020 former nypd officer and current ghost hunter jason medina travels up the

seeing shelley plain memories of new york s legendary - Jan 11 2023

web seeing shelley plain memories of new york s legendary phoenix book shop by robert a wilson 9781584560500 seeing shelley plain by robert a wilson may 12th 2020

*seeing shelley plain memories of new york s legen wrbb neu* - Feb 12 2023

web seeing shelley plain memories of new york s legen 2021 08 24 micaela jordon freeman book the walter de gruyter contains contributions by padraic colum and