

A person wearing a white shirt is seated at a wooden table, eating a salad with green leafy vegetables and cherry tomatoes. A silver fork is held up with a tomato. To the left is a tall glass of green smoothie. To the right is a blue alarm clock showing approximately 10:10. In the background, a purple cake is visible. A semi-transparent grey banner with white text is overlaid across the middle of the image.

# **14 10 Intermittent Fasting: Everything You Need and Should Know**

# Fasting Everything You Want To Know About

**Krista Varady**



## **Fasting Everything You Want To Know About:**

Everything You Want to Know about TM -- Including How to Do It John White, 2004-01-01 Wildly popular in the 1970s and 80s Transcendental Meditation TM continues to be one of the most accessible forms of Eastern spiritual practice in the West But does it live up to its hype In this objective exploration of TM consciousness researcher John White looks at what s billed as a simple natural and effortless mental technique practiced twenty minutes a day and takes on its critics as well as its cheerleaders

**Everything You Want to Know about Jesus** Peter Douglas Downey, Ben James Shaw, 2009-05-26 Jesus is the most influential person who ever lived But for many of us he has ceased to be a real person We ve sanitised him with pious jargon framed him in stained glass and reduced him to a religious puppet who floats through biblical landscapes dispensing Christian cliches and nice advice It s time for a fresh look at the man this book describes as a square peg in a society of round holes Whether you re new to Jesus or just want to rediscover him with fresh eyes this is the book for you No dry theological treatise it s written in an engaging sometimes even humorous style In short readable chapters you ll get a tour of important background info and fascinating history that will bring to life the era in which Jesus lived Then you ll read about his birth his adult ministry and teaching and the crucial last week of his life on earth You ll catch a glimpse of the impact and excitement as news of Jesus spread around the world And finally you ll be inspired to think about what Jesus means for us today

The Complete Idiot's Guide to Fasting Eve Adamson, Linda Horning, 2002 Un pirata inform tico irrumpe clandestinamente en el ordenador personal del Papa mientras en Sevilla una iglesia barroca se ve obligada a defenderse matando a quienes est n dispuestos a demolerla El Vaticano env a un agente sacerdote especializado en asuntos sucios el astuto y apuesto padre Lorenzo Quart quien en el curso de sus investigaciones ver quebrantarse sus convicciones y hasta peligrar sus votos de castidad ante una bella arist crata andaluza que fascina a la sociedad Sevillana Cerca merodean tres pintorescos malvados aspiran a mantener viva la copla espa ola Un banquero celoso y su secretario lud pata Una septuagenaria que bebe Coca Cola La tarjeta postal de una mujer muerta un siglo atr s Y el misterioso legado del capit n Xaloc ltimo corsario espa ol desaparecido frente a las costas de Cuba en 1898

**The Publishers Weekly**, 1972 **Mock fasting: How mimicking fasting works, why it works and what you should know about it. Lose weight, achieve your goals!** Jessica Polly Mason, 2023-06-16

Would you like to maintain a healthy lifestyle and change your eating habits at the same time Then mock fasting is the right thing for you In this book you will learn everything you need to know about mock fasting Discover the origin and meaning of mock fasting and the differences between mock fasting and real fasting Learn about the different interpretations of mock fasting in different cultures and how it plays out in the context of modern dietary trends Controversial opinions and critical voices are also highlighted Learn more about the health effects of mock fasting on metabolism hormones and immune system as well as possible risks and side effects You will also learn how mock fasting can help you lose weight and how it affects your physique and metabolism Detailed instructions and tips on how to perform mock

fasts will help you meet your individual needs and goals Discover how mock fasting affects your psyche from mood to eating behaviour to cognitive and motivational effects Learn how mock fasting can help you make lasting changes to your habits and improve your well being In this book you will find answers to all your questions about mock fasting How does it affect your body and your health How can mock fasting help you break unhealthy eating habits and build a healthy relationship with food and your own body How can it improve stress management and promote mental clarity and focus With this book you will get a comprehensive guide to mock fasting that will help you change your habits and live a healthier life What are you waiting for Start mock fasting today and improve your well being Order now

### **Ash Wednesday: Everything You Need To Know**

**About Ash Wednesday and Starting Lent** Emma J. Lee, 2023-01-01 Deepen your spiritual journey with our guide to Ash Wednesday and the Lenten season Ash Wednesday marks the start of the Lenten season a period of spiritual reflection and renewal observed by Christians worldwide It is a day of great significance in the Christian faith as it symbolizes the beginning of a period of self examination penance and sacrifice leading up to Easter Sunday The observance of Ash Wednesday begins with the distribution of ashes on the forehead in the shape of a cross reminding individuals of their own mortality and encouraging them to contemplate their sins This powerful symbol serves as a reminder that all things come from dust and will return to dust emphasizing the importance of humility repentance and reflection In Ash Wednesday Everything You Need to Know About Ash Wednesday and Starting Lent we explore the history significance and practices associated with this holy day We delve into the spiritual practices that are often associated with Ash Wednesday such as fasting prayer and meditation and their role in fostering spiritual growth and renewal We also examine the broader significance of the Lenten season which is a time of sacrifice self discipline and spiritual growth We explore the practices and traditions associated with Lent including the giving up of worldly pleasures and the focus on prayer charity and service to others Whether you are a devout Christian seeking to deepen your faith or simply curious about the significance of this holy day Ash Wednesday Everything You Need to Know About Ash Wednesday and Lent is the perfect resource to help you understand and engage with this important observance Gain a deeper understanding of the meaning behind the ashes the liturgy of the Ash Wednesday service and the spiritual practices that can help you grow and renew your faith during this sacred season Table of Contents Introduction What is Ash Wednesday History and significance of Ash Wednesday The relationship between Ash Wednesday and Lent The Ash Wednesday Service Overview of the Ash Wednesday service The meaning behind the ashes The significance of the liturgy Ash Wednesday Practices Fasting and Abstaining Prayer and Meditation Other Spiritual Practices for Ash Wednesday D What are some things you should give up for lent The Significance of Ash Wednesday Reflection on mortality and sin The invitation to repentance The call to renew our commitment to God Ash Wednesday and Social Justice The connection between Ash Wednesday and social justice Ways to practice social justice on Ash Wednesday Reflection on the impact of our actions on the world Ash Wednesday Traditions around the World The

Observance of Ash Wednesday in Different Christian Traditions Customs and Practices in Different Cultures The Significance of Ash Wednesday in Global Christianity Frequently Asked Questions What does the Ash Wednesday symbolize What happens at Ash Wednesday Is Ash Wednesday a Catholic thing Is Ash Wednesday a day of fasting Why do we wear purple on Ash Wednesday Why is Lent 40 days What are you not supposed to do on Ash Wednesday How long do you fast after Ash Wednesday What color should I wear on Good Friday What color to wear for Lent What goes on your forehead on Ash Wednesday What are the 3 things we do during Lent Why do we silence during Lent Why do Catholics do Lent What are good things to give up for Ash Wednesday How many times can you eat on Ash Wednesday What is Ash Wednesday for dummies What do you say after receiving ashes Do I leave the ashes on all day What are the 3 pillars of Ash Wednesday Can a non Catholic get ashes on Ash Wednesday How often do you empty ashes What is the best way to impose ashes What is Lent and why is it celebrated What are the rules for Lent What do the 40 days of Lent represent What can you not eat during Lent Is Lent only a Catholic thing What 3 things do Catholics do during Lent What are the do s and don ts during Lent What we should not do in Lent What color is Lent What is the most common thing given up for Lent Why is it called Lent What did Jesus do during Lent What are the 3 Easter colors Can I drink water on Lent Can you have a cheat day during Lent Do Christians do Lent Which Christians do not celebrate Lent What do Christians do during Lent Can you do Lent if you re not religious What should you not do on Ash Wednesday What can t you do during Ash Wednesday What are 2 things Catholics are asked to do on Ash Wednesday Is it OK to wash off ashes on Ash Wednesday Why do we put ashes on your forehead What is the correct way to fast on Ash Wednesday Do you say Happy Ash Wednesday Can you eat chocolate during Lent What are the traditional Catholic rules for Lent Why is Lent so important What is the most difficult thing to give up for Lent Who should not fast for Lent Why do we fast on Fridays during Lent Do you fast on Good Friday How do you fast on Lent What is the symbol for Lent Why is the cross draped in purple during Lent Why do we wear purple during Lent What is Easter and why do we celebrate it Why is Easter all about Jesus What are 5 facts about Easter What does the Easter Bunny have to do with Jesus Do Maori celebrate Easter Why do we celebrate Good Friday Why is it called Easter Week Can you drink on Easter Sunday Why can t you buy alcohol on Easter Sunday What are 3 Easter traditions Why do we hide eggs on Easter Why is Easter celebrated with a bunny Why do we have bunny and egg for Easter What was Easter originally called What is a fun question about Easter Who invented Easter and why At what age does a child stop believing in the Easter Bunny Why is Good Friday called Good Friday Why do you have chocolate eggs at Easter Why does Easter change every year Why do we not wish Good Friday Can you wash on Good Friday Why do Catholics call it Good Friday What is the true story of Easter What did Jesus do on Monday of Holy Week What is the story of Easter Is Ash Wednesday a Christian or Catholic thing Why is Ash Wednesday important in Christianity Do Christian churches celebrate Ash Wednesday What is the tradition of Ash Wednesday What three things do Christians focus on during Ash Wednesday What is Lent in Christianity Why don t

Christians celebrate Ash Wednesday What are the rules for Ash Wednesday What are the do s and don ts of Ash Wednesday What do Christians give up on Ash Wednesday Do Christians not eat meat on Ash Wednesday Why do they put a cross on your forehead on Ash Wednesday What are the 3 main points of Lent Can Christians drink during Lent What is a sin during Lent Do Christians practice Lent Is Ash Wednesday just a Catholic tradition What religions don t celebrate Ash Wednesday What Cannot be eaten during Lent Is Lent in the Bible How long do you fast on Ash Wednesday What do you traditionally eat on Ash Wednesday Why is fish not considered meat Do Catholics eat fish on Ash Wednesday Is Lent over on Good Friday How long do you keep Ash Wednesday ashes on your head Can you receive ashes without confession What does priest say when putting ashes on forehead Do babies get ashes on Ash Wednesday What is the Lenten season Why do we celebrate Lenten season What is the difference between Lent and Lenten What are the 3 things during Lent What are the rules of Lent What do Christians do during Lent What three things do Christians do in Lent Is Lent only a Catholic thing What not to do during Lent At what age can you stop following Lent What is a sin during Lent When can you cheat during Lent What is the most difficult thing to give up for Lent Is it OK to get married during Lent Can you do Lent if you re not religious Is Friday a cheat day for Lent What did Jesus do during Lent What does the Bible say about Lent What is the purpose of Lent Why is Jesus covered up during Lent Who started Lent What are the 3 types of fasting What are the symbols for Lent What is the original meaning of Lent What are the Catholic rules for Lent Why do we sacrifice on Lent What color is Lent What do Christians do during Lent What three things do Christians do in Lent Is Lent only a Catholic thing What not to do during Lent At what age can you stop following Lent What is a sin during Lent When can you cheat during Lent     **everything you hoped you'd never need to know about colorectal cancer** Anisha Patel,2023-09-05 1 in 15 men 1 in 18 women Every year in the UK 43 000 people are newly diagnosed with colorectal cancer Dr Anisha Patel is one of them Young fit and married to a consultant gastroenterologist and bowel cancer screening specialist in 2018 she was diagnosed with Stage 3 colorectal cancer Despite being a family doctor Anisha had no idea what would come next With the benefit of hindsight and after first hand experience she understands now that the diagnosis is just the beginning that treatment can be physically and mentally overwhelming and that the hard work really starts when the treatment ends Drawing on her own experience and her medical expertise as well as that of specialists in the field Anisha s book is an essential companion for anyone facing a cancer diagnosis She outlines what to expect at each stage from diagnosis through treatment and into the new normal that awaits with practical advice and emotional guidance for every step of the way Hers is not the only voice here you will find a chorus of individuals who share their own lived experiences of colorectal cancer and its aftermath in the hope that they too can navigate you through the eye of the cancer storm to thrive in the life beyond Powerful and personal this is a life saving book for a life changing diagnosis and a testament to human resilience and the enduring power of hope     Fast Diets For Dummies Kellyann Petrucci,Patrick Flynn,2013-12-04 Lose weight with the Fast Diets Easy Over the last few decades food fads have

come and gone but the standard medical advice on what constitutes a healthy lifestyle has stayed much the same eat low fat foods exercise more and never ever skip meals Yet over that same period levels of obesity worldwide have soared So is there a different evidence based approach Yes Fast Diets are the revolutionary part time weight loss programs with lifelong health and anti aging results Fast Diets For Dummies is your hands on friendly guide to achieving weight loss without having to endlessly deprive yourself Inside you ll get the lowdown on easily incorporating one or all of these unique dietary programs into your busy life You will get the lowdown on tackling the most popular fasting diets such as The Fast Diet 5 2 Diet Intermittent Fasting Micro Fasting and One Meal a Day Warrior Diet It offers you information and tips on how to incorporate these unique and popular dietary programs into your busy daily life How and why the benefits of these fasting diets go well beyond weight loss Fast diets dos and don ts How to get started and everything you need to know to help you along the way Over fifty 500 and 600 calorie meals that are quick and easy to make

**What You Need to Know About Spiritual Growth in 12 Lessons** Max Anders,2012-09-10 Discover the exciting growth plan for your life Find out how God can use anything in your life to help you become more like His Son Jesus Christ Explore God s abundant resources that nourish you His Spirit the Bible the church time and challenges and the spiritual disciplines proven paths to a fruitful life Learn how God speaks to believers and empowers them to overcome entrenched sins What You Need to Know about Spiritual Growth will help you grow in Christ secure in His love strong in His grace and seasoned to persevere for daily victories and joyful service to others Features include 12 lessons you can complete in under 1 hour each Real life application of biblical truth Explanations of prominent Christian views on the topic Easy to teach resources including previews and summary features Questions for discussion Core teachings on Christianity that will challenge any seeker new believer or veteran believer looking for a stronger foundation What You Need to Know About study guides sold to date More than 200 000

*The Every-Other-Day Diet* Krista Varady,2025-05-01 The Every Other Day Diet is the perfect diet for me That s the satisfied declaration of a dieter who lost 41 pounds on the Every Other Day Diet And kept it off You too can expect dramatic results with this revolutionary approach to weight loss that is incredibly simple easy and effective Created by Dr Krista Varady an associate professor of nutrition at the University of Illinois the Every Other Day Diet will change the way you think of dieting forever Among its many benefits It s science tested science proven Dr Varady has conducted many scientific studies on the Every Other Day Diet involving hundreds of people with consistently positive results published in top medical journals such as the American Journal of Clinical Nutrition and Obesity Unlike most other diets the Every Other Day Diet is proven to work It s remarkably simple and effective On Diet Day you limit calories On Feast Day you eat anything you want and as much as you want You alternate Diet Day and Feast Day And you lose weight steadily and reliably There s no constant deprivation The Every Other Day Diet doesn t involve day after day of dietary deprivation because you can still indulge every other day It s easy to keep the weight off With other diets you lose weight only to regain it the frustrating fate of most dieters But The

Every Other Day Diet includes the Every Other Day Success Plan an approach to weight maintenance proven to work in a study sponsored by the National Institutes of Health This book offers all of the research strategies tips and tools you need to believe in the Every Other Day Diet and easily implement it in your life It also includes more than 80 quick and delicious recipes for Diet Day as well as a list of tasty prepared foods that make meals as easy as 1 2 3 The Every Other Day Diet is perfect for anyone who wants to shed pounds and feel great without hunger and defeat [Intermittent Fasting: The Complete Guide To Weight Loss Burn Fat & Build Muscle Healthy Diet: Learn Everything You Need About Intermittent Fasting](#) Charlie Mason ,2021-02-18 If you need to lose weight look great reduce inflammation boost your immunity or a myriad of other benefits then you should consider one of the various intermittent fasting methods There are different forms of intermittent fasting so if you want to fast responsibly then you should find the type of fasting that suits you best For instance there is the 16 8 fasting where you fast for 16 hours and then eat your meals within the remaining 8 hours Then there is the alternate day fast where you fast on one day and eat normally the next You may also choose the extended fast where you fast for a longer period of time such as 8 days or more Traditional fasting has proven to be ineffective with many people unable to cope with the tough requirements Ordinarily people would fast from dawn to dusk for probably an entire month having to endure days on end without proper meals Then once the benefits of fasting are achieved they would resume normal life only for the problems to creep back again This can be very frustrating Fortunately intermittent fasting solves this challenge Rather than go through lengthy periods of fasting all you need to do is identify the most suitable intermittent type of fasting For instance you may choose the 16 8 format where you go for 16 hours without eating anything and only eat within an 8 hour window in any given day Fortunately the 16 hours of fasting include your sleeping time so you will be asleep for about half of that time Intermittent fasting has gained popularity because it offers choice is easy to handle and has a lot of benefits but without the rigors and disadvantages of traditional ways of fasting If you need to lose weight look great reduce inflammation boost your immunity or a myriad of other benefits then you should consider one of the various intermittent fasting methods **What You Thought You Knew About Prayer and Fasting , NIV, Clear Focus Bible**

Zondervan,2025-08-12 Finally a resource to keep your mind from wandering while reading the Bible Have you ever realized you've read a passage multiple times in a row and still can't recall what it says The NIV Clear Focus Bible uses Bionic Reading which enables you to read more and with greater comprehension Developed by Swiss scientists Bionic Reading bolds the portion of each word most critical for comprehension and guides the eye from word to word over the text This allows the brain to stay engaged identify previously learned words and absorb information without losing focus In a world dominated by shallow forms of reading the NIV Clear Focus Bible is the first ever Bible available with Bionic Reading and encourages more in depth understanding of written content Imagine a quiet time where you read longer read with more clarity and give Scripture the undivided attention it deserves Features Full text of the New International Reader's Version



NIRV Based on the bestselling NIV the NIRV is written for a third grade reading level making it ideal for those just learning to read or learning English as second language Application of the award winning Bionic Reading text method enabling you to read more and with greater comprehension in a hectic and noisy world Reading plans     **NIRV, Kids' Devotional Bible, Hardcover** Zondervan,2016-09-06 With a year s worth of devotions the Kid s Devotional Bible will help children develop a habit they ll keep Engaging questions two color illustrations fun weekend activities and a dictionary make this a Bible they ll want to read and apply to their lives It also includes the New International Reader s Version NIRV the NIV for Kids™

**How Prayer and Fasting Can Change Your Life** Larry Allen,2019-01-23 After finishing a twenty two day fast God inspired me to write this book I know it will change your life Experience the miracle of prayer and fasting You are about to enter into a new level of living Somewhere in the pages of this book it will suddenly happen to you Prayer and fasting will become more than a phrase It will become a never ending source of spiritual power and personal communication with God Discover it for yourself as you begin to apply these inspiring principles to every area of your life In this book you ll learn how to solve your greatest problem how to say good bye to failure how prayer and fasting conquer fear how to know God hears your prayer the powerful principles of fasting and how to become a grand new you And more of the concepts you are about to read have been tested They work If you want to enter a new dimension of God s blessing read on Bishop Larry Earl Allen is the founder and director of the Rod of God Ministries in Charlotte North Carolina He is an author doctor pastor and international evangelist Trained as a navy fighter pilot he is now fighting the good fight With a vision of Reaching the World for Jesus Bishop Allen ministers to millions through radio television and rallies He is a frequent guest on national TV programs Bishop Larry Allen s Winners in Jesus Conferences are currently being conducted in New Zealand Australia Israel Paris France India Africa America and around the world     What You Need to Know about Diabetes Tish

Davidson,2020-06-26 This accessibly written book provides a broad introduction to diabetes its signs symptoms and effects on the body how it can be managed and prevented and the issues and controversies that surround this all too common condition Today nearly one in 10 Americans has diabetes and complications from diabetes are now the seventh leading cause of death in the United States Rates of type 2 diabetes are on the rise despite the fact that it s considered a highly preventable condition What You Need to Know about Diabetes is a part of Greenwood s Inside Diseases and Disorders series This series profiles a variety of physical and psychological conditions distilling and consolidating vast collections of scientific knowledge into concise readable volumes A list of top 10 essential questions begins each book providing quick access answers to readers most pressing concerns The text follows a standardized easy to navigate structure with each chapter exploring a particular facet of the topic In addition to covering basics such as causes signs and symptoms diagnosis and management options books in this series delve into issues that are less commonly addressed but still critically important such as effects on loved ones and caregivers Case illustrations highlight key themes discussed in the book and are accompanied by insightful

analyses and recommendations      **Journeying: Your Spiritual Fast: An interactive workbook for starting and those who want to learn about spiritual fast.** Sharon Clayborn, 2013-09-20 Individuals from all walks of life and denominations are turning to fasting as a common practice to listen hear obey get answers break bonds discipline and to seek a closer relationship with God through Jesus Christ Some individuals struggle with fasting because of lack of knowledge or confusion regarding what is fasting what to fast how to get started or what to do while fasting In addition not everyone is lead to fast food with or without water Journey Your Spiritual Fast is an interactive workbook journal to increase understanding putting into action the steps of traditional and alternate fasting Spiritual fasting is no exception to the benefits of fasting such as self discipline personal examination spiritual and mentally alertness and more There re reflections area for notes 21 day journal as you ignite your passion for God His Word and spiritual fasting Read interact and enjoy your spiritual fast journey      *The Transformational Power of Fasting* Stephen Harrod Buhner, 2012-02-02 Fasting practices to reconnect with the sacred regain a sense of your life s purpose and heal physically and emotionally Details what to expect during your fast physically emotionally and spiritually Provides step by step guidelines on preparing for the fast how long you should fast what you can and can t do during the fast and how to end your fast Explains how fasting can help or heal many chronic conditions such as type II diabetes hypertension cardiovascular disease arthritis psoriasis and insomnia For millennia humans have fasted for spiritual emotional and physical reasons as a way to heal their bodies reconnect to the sacred regain a sense of life s purpose and allow their souls to detoxify We are evolutionarily designed to fast and the body knows how to do it very well Fasting allows the body and all its systems to rest purify and heal During a fast the body enters the same cleansing and healing cycle it normally enters during sleep As a fast progresses the body consumes everything that is not essential to bodily functioning including bacteria viruses fibroid tumors waste products in the blood buildup around the joints and stored fat and the mind and heart release their toxic buildup as well As Stephen Harrod Buhner reveals in order to be truly transformed you must first empty yourself Offering step by step guidelines to fully prepare yourself for a deep fast Buhner explores what to expect during and after spiritual emotional and physical fasting and detoxification He details the necessary dietary and mental preparations leading up to your fast what you can and can t do during a fast and how to end your fast He also explains how to plan the length of your fast and how to choose between a water fast a juice fast or a mono diet fast Revealing how fasting can help or heal many chronic conditions such as type II diabetes childhood seizures hypertension cardiovascular disease arthritis psoriasis insomnia and fibromyalgia Buhner shows fasting as a way to truly inhabit the body to experience its sacredness and to activate its deep capabilities for self healing      **NiRV, Holy Bible, eBook** Various Authors, 2009-03-24 This Bible uses the full text of the New International Reader s Version written at the third grade reading level the youngest reading level of any translation Like the NIV on which it is based the NiRV combines great accuracy and readability It simply goes further to make the Bible understandable even to those as young as age six It s the perfect chance for beginning readers

to embark on their exploration of the Bible Special features include Book Introductions provide the main theme of the book and an outline of the contents Dictionary to key Bible words for quick reference Reading Plan 150 famous Bible stories providing a great overview of Scripture NiRV Discoverers Bible Young Readers Zonderkidz,2002 A LARGE PRINT Bible for early readers The NiRV Discoverer s Bible for Young Readers uses the full text of the New International Reader s Version NiRV the NIV for kids written at a third grade reading level It s the perfect chance for beginning readers to embark on their first exploration of the Bible on their own Also included are 30 beautiful full color illustrations of important Bible scenes to stimulate interest in the Bible For further Bible engagement a dictionary and a reading plan of 150 famous Bibles stories is included to encourage kids to read as many as they can and give them a great overview of Scripture Special features include Complete NiRV Text specifically designed to help early readers discover the Bible for themselves it s the perfect stepping stone to the NIV Large Print 12 point type for easy reading 30 full color pages featuring illustrations by Kathleen O Malley Book Introductions provide the main theme of the book and an outline of the contents Dictionary to key Bible words for quick reference Reading Plan for the great stories of the Bible Color maps for easy visualization of key Bible places Presentation page for personalization and gift giving The New International Reader s Version NiRV is a simplified version of the NIV created specifically for children It s not a Bible storybook but rather the complete Bible text written at the third grade reading level the youngest reading level of any translation Like the NIV on which it s based the NiRV combines great accuracy and readability It simply goes further to make the Bible understandable to kids even those as young as age six

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