

Aspergers Rules How To Make Sense Of School And Friends

If you're in a relationship with someone who has Asperger's syndrome, it's likely that your partner sometimes seems cold and insensitive. Other times, he or she may have emotional outbursts for no apparent reason. And in those moments when you can't understand each other at all, you both feel fed up, frustrated, and confused. The behavior of people with Asperger's can be hard to understand and easy to misinterpret, which is why it's so important to learn more about your partner's condition. The tools presented in *Loving Someone with Asperger's Syndrome* will help you build intimacy and improve the way you and your partner communicate. Filled with assessments and exercises for both you and your partner, this book will help you forge a deeper, more fulfilling relationship. This book will teach you how to:

- Understand the effect of Asperger's syndrome on your partner
- Practice effective communication skills
- Constructively work through frustrations and fights
- Establish relationship ground rules to help you fulfill each others' needs

Being a teen or tween isn't easy for anyone but it can be especially tough for Asperkids. Jennifer O'Toole knows; she was one! This book is a top secret guide to all of the hidden social rules in life that often seem strange and confusing to young people with Asperger syndrome. *The Asperkid's (Secret) Book of Social Rules* offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls. Chock full of illustrations, logical explanations, and comic

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strip practice sessions, this is the handbook that every adult Aspie wishes they'd had growing up. Ideal for all 10-17 year olds with Asperger syndrome, this book provides inside information on over thirty social rules in bite-sized chunks that older children will enjoy, understand, and most importantly use daily to navigate the mysterious world around them.

Autistic people often live in a state of anxiety and confusion about the social world, running into misunderstandings and other barriers. This book unlocks the inner workings of neurotypical behavior, which can be mysterious to autistics. Proceeding from root concepts of language and culture through 62 behavior patterns used by neurotypical people, the book reveals how they structure a mental map of the world in symbolic webs of beliefs, how those symbols are used to filter perception, how they build and display their identity, how they compete for power, and how they socialize and develop relationships--

2017 Rainbow Award Runner Up Maxine Saddler has never been in love. She knows exactly what it looks like – she's spent years studying the phenomenon in other people, but her Asperger syndrome makes it far too anxiety-provoking to attempt such a thing in her own life. Instead, she focuses exclusively on academics. She's 23 years old, starting grad school, and perfectly content to ignore the world beyond her textbooks. That is, until she meets Ruby Satterwhite, who makes Max want to give love one more shot. Ruby is the consummate social butterfly – sorority president, extracurricular list a mile long, and stunning to boot. In short, she's way out of Max's league, and on top of it all, she kind of hates Max for how she blurts out whatever's on her mind, no matter how blunt. But when they're thrown grudgingly together for a group project in their first class, the heavens open up and the sparks begin to fly. There's only one problem – Ruby's still pining for her perfect ex-girlfriend. It's time to turn on the

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charm like never before, but can Max master the rules of love?

The warm and hilarious bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage. At some point in nearly every marriage, a wife finds herself asking, What the @#!% is wrong with my husband?! In David Finch's case, this turns out to be an apt question. Five years after he married Kristen, the love of his life, they learn that he has Asperger syndrome. The diagnosis explains David's ever-growing list of quirks and compulsions, but it doesn't make him any easier to live with. Determined to change, David sets out to understand Asperger syndrome and learn to be a better husband with an endearing yet hilarious zeal. His methods for improving his marriage involve excessive note-taking, performance reviews, and most of all, the Journal of Best Practices: a collection of hundreds of maxims and hard-won epiphanies, including "Don't change the radio station when she's singing along" and "Apologies do not count when you shout them." Over the course of two years, David transforms himself from the world's most trying husband to the husband who tries the hardest. He becomes the husband he'd always meant to be. Filled with humor and surprising wisdom, The Journal of Best Practices is a candid story of ruthless self-improvement, a unique window into living with an autism spectrum condition, and proof that a true heart can conquer all.

Introducing Adam, who has Asperger syndrome -- Reading feelings -- Tones of voice -- Playing with others -- Loud noises -- Confusing groups -- Unexpected change -- Motor skills -- Special interests -- What is Asperger syndrome? -- How to help -- How teachers can help.

Inside Asperger's Looking Out follows in the best-selling footsteps of Kathy Hoopmann's All Cats Have Asperger Syndrome and All Dogs Have ADHD. Through engaging text and full-

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color photographs, this book shows neurotypicals how Aspies see and experience the world. Each page brings to light traits that many Aspies have in common, from sensitive hearing and an aversion to bright lights and strong smells, to literal thinking and difficulty understanding social rules and reading body language and facial expressions. At the same time, the book highlights and celebrates the unique characteristics that make those with Asperger's Syndrome special. This is the perfect introduction to the world of Aspies, told from their own perspective, for the people in their lives: including family, friends, and classmates. Those with Asperger's Syndrome will also appreciate this book for the way it shares their own singular perspectives on life.

The authors share what they have learned about social relationships over the course of years struggling with the effects of autism, identifying Ten Unwritten Rules as general guidelines for handling social situations.

Many parents are not sure of what to say and do to help their children improve their social interactions. *Social Rules for Kids - The Top 100 Social Rules Kids Need to Succeed* helps open the door of communication between parent and child by addressing 100 social rules for home, school, and the community. Using simple, easy-to-follow rules covering topics such as body language, manners, feelings and more, this book aims to make student's lives easier and more successful by outlining specific ways to interact with others on a daily basis.

For teens with Asperger's, high school can be a time of great promise an opportunity to learn more about subjects their excited about, join clubs and activities that interest them, and make new friends but it can also be uncomfortable at times. This book provides high school students with Asperger's strategies that they can use to help themselves feel more comfortable in

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school, find friends and get along with peers, work productively with their teachers, and move toward greater independence.

Designed for children with high-functioning autism or Asperger's Syndrome, this workbook offers an approach for the child to learn more about himself. Faherty asks the child to react to various subjects, offering alternatives for the child to select. Features a special binding to allow photocopying.

Offers guidance to young people with Asperger's syndrome by explaining how to understand and communicate with their peers and teachers, standing up for and taking care of themselves, setting realistic goals, and making friends.

Hawkins guides readers through the process of gaining employment, from building a supportive team, addressing workplace challenges, to securing an appropriate post. The book includes practical tips on topics such as finding potential employers and creating a dazzling CV, as well as sensitive advice on assessing when somebody is ready for work.

Tony Attwood's guide will assist parents and professionals with the identification, treatment and care of both children and adults with Asperger's Syndrome. The book provides a description and analysis of the unusual characteristics of the syndrome and practical strategies to reduce those that are most conspicuous or debilitating. Beginning with a chapter on diagnosis, including an assessment test, the book covers all aspects of the syndrome from language to social behaviour and motor clumsiness, concluding with a chapter based on the questions most frequently asked by those who come into contact with individuals with this syndrome. Covering the available literature in full, this guide brings together the most relevant and useful information on Asperger's Syndrome, incorporating case studies from the author's own

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practical experience as a Clinical Psychologist, with examples of, and numerous quotations from people with Asperger's Syndrome.

The face of autism is changing. And more often than we realize, that face is wearing lipstick. *Autism in Heels*, an intimate memoir, reveals the woman inside one of autism's most prominent figures, Jennifer O'Toole. At the age of thirty-five, Jennifer was diagnosed with Asperger's syndrome, and for the first time in her life, things made sense. Now, Jennifer exposes the constant struggle between carefully crafted persona and authentic existence, editing the autism script with wit, candor, passion, and power. Her journey is one of reverse-self-discovery not only as an Aspie but--more importantly--as a thoroughly modern woman. Beyond being a memoir, *Autism in Heels* is a love letter to all women. It's a conversation starter. A game changer. And a firsthand account of what it is to walk in Jennifer's shoes (especially those iconic red stilettos). Whether it's bad perms or body image, sexuality or self-esteem, Jennifer's is as much a human journey as one on the spectrum. Because autism "looks a bit different in pink," most girls and women who fit the profile are not identified, facing years of avoidable anxiety, eating disorders, volatile relationships, self-harm, and stunted independence. Jennifer has been there, too. *Autism in Heels* takes that message to the mainstream. From her own struggles and self-discovery, she has built an empire of empowerment, inspiring women the world over to realize they aren't mistakes. They are misunderstood miracles.

The workplace can be a difficult environment for people with Asperger's Syndrome (AS) and this often impedes their ability to make use of particular skills and sustain meaningful and fulfilling employment. This is the definitive guide to surviving and thriving in the workplace for

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people with AS. It includes everything from realistic strategies for meeting employer expectations, to how to get along with your colleagues and work as part of a team, multitask and manage projects, and handle anxiety and effectively resolve problems. Common employment challenges are illustrated through examples from the author's extensive experience coaching individuals with AS at all job levels, from entry-level to manager and professional positions. The pragmatic recommendations in the book will benefit anyone with AS who is entering the workforce, as well as those who struggle to maintain employment, or who want to improve their performance and advance their careers.

Based on academic research, experiences as a counselor specializing in this area and personal relationship experiences, the author uses quotations and real-life examples to illustrate her points with a compassionate understanding. Practical everyday topics include living and coping with AS, anger and AS, getting the message across, sex and AS, parenting, staying together, and "AS cannot be blamed for everything."

Asperger's Syndrome, often characterized as a form of "high-functioning autism," is a poorly defined and little-understood neurological disorder. The people who suffer from the condition are usually highly intelligent, and as often as not capable of extraordinary feats of memory, calculation, and musicianship. In this wide-ranging report on Asperger's, Lawrence Osborne introduces us to those who suffer from the syndrome and to those who care for them as patients and as

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family. And, more importantly, he speculates on how, with our need to medicate and categorize every conceivable mental state, we are perhaps adding to their isolation, their sense of alienation from the "normal." -This is a book about the condition, and the culture surrounding Asperger's Syndrome as opposed to a guide about how to care for your child with Aspergers. -Examines American culture and the positive and negative perspectives on the condition. Some parents hope their child will be the next Glenn Gould or Bill Gates, others worry that their child is abnormal and overreact.

Whether kids find socializing as natural as smiling or as hard as learning a foreign language, this book can help them improve their social skills so they can better enjoy the benefits of friendship. Practical advice covers everything from breaking the ice to developing friendships to overcoming problems. True-to-life vignettes, "what would you do?" scenarios, voluminous examples, quizzes to test learning, "Try This" assignments for practicing techniques, and advice from real kids make this an accessible life-skills handbook.

Asperger's Syndrome For Dummies covers everything that both people living with the condition and their families need to know. From explaining symptoms and getting a diagnosis, through to overcoming bullying in schools and choosing between the therapy and medical treatments available, this is a complete guide

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to surviving and thriving with the condition. Asperger's Syndrome For Dummies includes: Part I: Understanding Asperger's syndrome (AS) Chapter 1: Introducing Asperger's syndrome Chapter 2: Discovering the causes of Asperger's syndrome Chapter 3: Diagnosing Asperger's syndrome Part II: Living with Asperger's syndrome Chapter 4: Enjoying Life with Asperger's Chapter 5: Getting the most out of education and the workplace Chapter 6: Finding independence and advocating for your rights Part III: Supporting people with Asperger's syndrome Chapter 7: Parenting and Asperger's syndrome Chapter 8: Relating to adults with Asperger's syndrome Chapter 9: Creating an AS friendly environment Part IV: Discovering therapies, medication, diet and environments for AS Chapter 10: Navigating Behavioural Therapies for Asperger's Syndrome Chapter 11: Understanding medication and diet in Asperger's syndrome Part V: Part of Tens Chapter 12: Ten Organisations to go for help and information Chapter 13: Ten positives about living with Asperger's Chapter 14: Ten famous people who probably had Asperger's

Cynthia Kim explores all the quirkyess of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of being autistic. Her own life presents many rich examples. From being labelled nerdy and shy as an

undiagnosed child to redefining herself when diagnosed with Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with the results of extensive research to explore the 'why' of ASD traits. She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism. Well known in the autism community and beyond for her popular blog, Musings of an Aspie, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.

"Dating is difficult for everyone. For a teen with Asperger Syndrome, it can be overwhelming. Special education teacher Jeannie Uhlenkamp tackles some of the specific issues facing teens with AS. Written in a question-and-answer format, this much-needed book offers insight and practical advice on dating challenges. Each topic is followed by Discussion Questions (to get the conversation flowing between teens and parents/teachers) and a Main Idea (which succinctly wraps up the main point). Also included are special notes to

define the more illusive vocabulary and concepts of today's dating world."--Provided by publisher.

Alice doesn't like noise, smells or strangers. She does like rules. Lots of rules. Nobody at her new school knows she has Asperger's, so it doesn't take long for her odd behavior to get her into trouble. When she meets Megan in detention, she doesn't know what to make of her. Megan doesn't smell, she's not terribly noisy, and she's not exactly a stranger, but is she a friend? Megan seems fearless to Alice—but also angry or maybe sad. Alice isn't sure which. When Megan decides to run away, Alice resolves to help her friend, no matter how many rules she has to break or how bad it makes her feel.

World-renowned experts join those with Asperger's Syndrome to resolve issues that girls and women face every day!

From the #1 New York Times bestselling author of *Small Great Things* and the modern classics *My Sister's Keeper*, *The Storyteller*, and more, comes a “complex, compassionate, and smart” (The Washington Post) novel about a family torn apart by a murder accusation. When your son can't look you in the eye...does that mean he's guilty? Jacob Hunt is a teen with Asperger's syndrome. He's hopeless at reading social cues or expressing himself well to others, though he is brilliant in many ways. He has a special focus on one subject—forensic analysis. A police scanner in his room

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clues him in to crime scenes, and he's always showing up and telling the cops what to do. And he's usually right. But when Jacob's small hometown is rocked by a terrible murder, law enforcement comes to him. Jacob's behaviors are hallmark Asperger's, but they look a lot like guilt to the local police. Suddenly the Hunt family, who only want to fit in, are thrust directly in the spotlight. For Jacob's mother, it's a brutal reminder of the intolerance and misunderstanding that always threaten her family. For his brother, it's another indication why nothing is normal because of Jacob. And for the frightened small town, the soul-searing question looms: Did Jacob commit murder? *House Rules* is "a provocative story in which [Picoult] explores the pain of trying to comprehend the people we love—and reminds us that the truth often travels in disguise" (People).

Kenneth Hall was diagnosed with Asperger's Syndrome at the age of eight. Here he describes some of the inner experiences and perceptions of autism in childhood. He has a warm and positive attitude which other children will find inspiring. Insights, struggles and joys are recounted vividly in a frank and humorous way.

Offers ways to engage with children with Asperger syndrome like concentrating on their need for concrete forms of communication.

Up to 85% of the Asperger's population are without full-time employment, though many have above-average intelligence. Rudy Simone, an adult with Asperger's Syndrome and an accomplished author, consultant, and musician, created this insightful resource to help employers, educators, and therapists accommodate this growing population,

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and to help people with Asperger's find and keep gainful employment. Rudy's candid advice is based on her personal experiences and the experiences of over fifty adults with Asperger's from all over the world, in addition to their employers and numerous experts in the field. Detailed lists provide balanced guidelines for success, while Rudy's "Interview Tips" and "Personal Job Map" tools will help Aspergians, young or old, find their employment niche. There is more to a job than what the tasks are: from social blunders, to sensory issues, to bullying by coworkers, Simone presents solutions to difficult challenges. Readers will be enriched, enlightened, and ready to work--together! All Cats Have Asperger Syndrome takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked, and particular eating habits. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with AS. This engaging book is an ideal, gentle introduction to the world of AS. `There is a great deal of truth in humour. If you have only just begun to discover why someone with Asperger's syndrome is different, this book will inform and entertain you. The descriptions provide an accurate balance between the qualities and difficulties associated with Asperger's syndrome, while the photographs will make the journey of discovery enjoyable and remarkable.' -

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Tony Attwood, author of *Asperger's Syndrome* and *The Complete Guide to Asperger's Syndrome*

A little boy with Asperger's syndrome celebrates his differences while explaining how he often has more energy than other kids, has very acute senses, and says things that may be blunt but are never intended to be mean.

Child psychologist Susan Ashley answers three hundred of the most frequently asked questions parents have about Asperger's disorder, covering evaluation, social skills, thinking patterns, school success, and other topics, and includes questionnaires and checklists.

This New York Times–bestselling book upends conventional thinking about autism and suggests a broader model for acceptance, understanding, and full participation in society for people who think differently. What is autism? A lifelong disability, or a naturally occurring form of cognitive difference akin to certain forms of genius? In truth, it is all of these things and more—and the future of our society depends on our understanding it. Wired reporter Steve Silberman unearths the secret history of autism, long suppressed by the same clinicians who became famous for discovering it, and finds surprising answers to the crucial question of why the number of diagnoses has soared in recent years. Going back to the earliest days of autism research, Silberman offers a gripping narrative of Leo Kanner and Hans Asperger, the research pioneers who defined the scope of autism in profoundly different ways; he then goes on to

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explore the game-changing concept of neurodiversity. NeuroTribes considers the idea that neurological differences such as autism, dyslexia, and ADHD are not errors of nature or products of the toxic modern world, but the result of natural variations in the human genome. This groundbreaking book will reshape our understanding of the history, meaning, function, and implications of neurodiversity in our world.

Includes bibliographical references and index.

Sex. Slang. Slumber parties. The preoccupations of adolescents with Asperger syndrome are no different than those of other teens, but they can be much more confusing. The lack of social skills and ability to grasp conversational nuances that characterize AS make adolescence the most difficult life stage. Asperger Syndrome is characterized by a reliance on clear guidelines, and in adolescence the social guidelines become murky and confusing. In *Asperger Syndrome and Adolescence*, child psychologist Teresa Bolick presents strategies for helping the ten-to-eighteen-year-old achieve happiness and success by maximizing the benefits of AS and minimizing the drawbacks.

Compelling and witty, Liane Holliday Willey's account of growing to adulthood as an undiagnosed 'Aspie' has been read by thousands of people on and off the autism spectrum since it was first published in 1999. Bringing her story up to date, including her diagnosis as an adult, and reflecting on the changes in attitude over 15 years, this expanded edition will continue to entertain (and inform) all those who would like to know a little more about how it feels to spend your life 'pretending to be normal'.

Hard-won insights on transitioning into adulthood Author, speaker, and autism advocate Jesse

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A. Saperstein knows a lot about living with Asperger's. Diagnosed at the age of 14, Jesse has struggled, triumphed, flubbed, soared, educated, and inspired. Along the road to adulthood, he has learned many lessons the hard way. In this honest and engaging book, he offers a guided tour of what he's learned about getting along with others, managing emotions, succeeding in school and work, building relationships, and more. Among his Asperger's Rules are: Clean Up Your Own Mess (including but not limited to credit card debt, out-of-control collections, and your cesspool of a room) You Can't Bail Out the Titanic with a Wine Glass (or change the world of online dating) Serving as a Role Model to the Next Generation of Asperger's Syndrome Navigating the challenges of college and the unrelenting storm of transition. The Road to Catastrophe is Paved with Good Intentions (understanding how others perceive you, even if they're wrong) WIN (Work Is Necessary) You are talented enough to maintain employment even if your options are not ideal Confronting Memories of Bullying and Showing Mercy toward Yourself Heartfelt, insightful, and generous, this book will enlighten and inform readers, whether they are on the autism spectrum or not.

A bestselling modern classic—both poignant and funny—about a boy with autism who sets out to solve the murder of a neighbor's dog and discovers unexpected truths about himself and the world. Nominated as one of America's best-loved novels by PBS's The Great American Read Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent

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years.

Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Winner of the NASEN & TES Special Educational Needs Children's Book Award 2003 Have you ever been called a freak or a geek? Have you ever felt like one? Luke Jackson is 13 years old and has Asperger Syndrome. Over the years Luke has learned to laugh at such names but there are other aspects of life which are more difficult. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive. Luke has three sisters and one brother in various stages of their adolescent and teenage years but he is acutely aware of just how different he is and how little information is available for adolescents like himself. Drawing from his own experiences and gaining information from his teenage brother and sisters, he wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about AS, school problems, dating and relationships, and morality. Luke writes briefly about his younger autistic and AD/HD brothers, providing amusing insights into the antics of his younger years and advice for parents, carers and teachers of younger AS children. However, his main reason for writing was because "so many books are written about us, but none are written directly to adolescents with Asperger Syndrome. I thought I would write one in the hope that we could all learn together".

NEW YORK TIMES BESTSELLER • "As sweet and funny and sad and true and heartfelt a memoir as one could find." —from the foreword by Augusten Burroughs Ever since he was

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young, John Robison longed to connect with other people, but by the time he was a teenager, his odd habits—an inclination to blurt out non sequiturs, avoid eye contact, dismantle radios, and dig five-foot holes (and stick his younger brother, Augusten Burroughs, in them)—had earned him the label “social deviant.” It was not until he was forty that he was diagnosed with a form of autism called Asperger’s syndrome. That understanding transformed the way he saw himself—and the world. A born storyteller, Robison has written a moving, darkly funny memoir about a life that has taken him from developing exploding guitars for KISS to building a family of his own. It’s a strange, sly, indelible account—sometimes alien yet always deeply human. Dealing with the everyday realities facing teens with Asperger Syndrome, this book presents a toolkit of tried-and-trusted ideas to help them work through difficulties and find the solutions that work best for them. This book covers everything they need to know to thrive in their adolescent years, including how to hack your own internal alarm system to overcome anxiety and other difficult emotions. It also arms teenagers with everything they need to navigate sexuality and relationships, develop a healthy self-image, deal with bullies, be smart with money and stay savvy online... In short, no issue is left unexplored. Fun and informative, this is a must-read for teens with high-functioning autism, and for those who want to understand what adolescence is like on the spectrum.

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