
Baixar 50 Receitas Para Emagrecer De Vez

Preventing and Managing the Global Epidemic

The Dukan Diet

Nourishing Body and Soul

The Grain Brain Whole Life Plan

I Can Make You Happy

The Watercress Soup Diet

The Dukan Diet Recipe Book

Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects

The Salt Fix

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Being, Essence and Substance in Plato and Aristotle

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Basics

The 30-day Guide to Total Health and Food Freedom

Be a true friend to yourself - with mindful self-compassion

The Whole30

The Juicing Bible

Mastering the Inner Game of Wealth

Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

The 4 Day Diet

Racing Weight

Fast, Fresh and Full-on Flavours from Street Foods to the Spectacular

Mighty Spice Express Cookbook

Uma Casa Portuguesa

Healthy Weight Loss - Burn Fat in 21 Days

Why the Experts Got It All Wrong--And How Eating More Might Save Your Life

Ball Lightning

A Revolutionary Plan for Managing IBS and Other Digestive Disorders

Jejum Intermitente: Receitas De Baixa Caloria Para Perder Peso E Emagrecer

The Paleo Diet

Building APIs with Node.js

Keto Air Fryer

2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever

Always Hungry?
Secrets of the Millionaire Mind
The Diet Trap Solution
Guia 101 Receitas Para Emagrecer
Wheat Belly
The Fat Smash Diet

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Emagrecer De Vez *by guest*

HOWE KRUEGER

Preventing and Managing the Global Epidemic HarperCollins
The Irish Times top 10 bestseller. Do you criticise yourself on a daily basis? Are you always comparing yourself to others? Kindfulness is there for you. This practical, uplifting guide combines the two hot topics of the moment: mindfulness and self-compassion. From

the author of *Mindfulness on the Go* and *Mindfulness for Worriers*, this book teaches you how to make mindfulness your ally in everyday life, ways to accept who you are and how to lower anxiety and stress levels through a range of simple exercises. In today's chaotic world, it seems that everyone could benefit from joining the kindness movement. Psychotherapist Pdraig O'Morain believes that through the art of self-care and ensuring that you are living in the present, you can dispel the

negativity in your life. As a result of loving and accepting yourself a little bit more, you will improve your relationships with others and become a more compassionate and happier human being. 'Psychologists agree that there are many real benefits - kindness can reduce depression and anxiety, improve relationships and leave you able to pursue your goals.' - Stella Magazine, The Telegraph 'Being kind to yourself is therapy for the soul.' - The Independent *The Dukan Diet* Guia 101 Receitas Para Emagrecer

What if everything you know about salt is wrong? A leading cardiovascular research scientist explains how this vital crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. The

Salt Fix is essential reading for everyone on the keto diet! We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom that your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but "heart-healthy" dinners as a result. What if the low-salt dogma is wrong? Dr. James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling conclusion: The vast majority of us don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition--especially for those of us on the keto diet, as keto

depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized--a never-before-told drama of competing egos and interests--and took the fall for another white crystal: sugar. According to The Salt Fix, too little salt can: * Make you crave sugar and refined carbs * Send the body into semistarvation mode * Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate But eating the salt you desire can improve everything, from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The Salt Fix shows the

best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt dogma, and so should you--your life may depend on it.

Nourishing Body and Soul Editora Melhoramentos

Packed with ways to liven up your meals whilst sticking to the Dukan diet and reaching your goal, these recipes feature a range of dressings, sauces and desserts.

The Grain Brain Whole Life Plan Harper Collins

Paul Ricoeur (1913-2005) was one of the outstanding French philosophers of the 20th century and his work is widely read in the English-speaking world. This

unique volume comprises the lectures that Ricoeur gave on Plato and Aristotle at the University of Strasbourg in 1953-54. The aim of these lectures is to analyse the metaphysics of Plato and Aristotle and to discern in their work the ontological foundations of Western philosophy. The relation between Plato and Aristotle is commonly portrayed as a contrast between a philosophy of essence and a philosophy of substance, but Ricoeur shows that this opposition is too simple. Aristotelian ontology is not a simple antithesis to Platonism: the radical ontology of Aristotle stands in a far more subtle relation of continuity and opposition to that of Plato and it is this relation we have to reconstruct and understand. Ricoeur's lectures offer a brilliant analysis of the great works of

Plato and Aristotle which has withstood the test of time. They also provide a unique insight into the development of Ricoeur's thinking in the early 1950s, revealing that, even at this early stage of his work, Ricoeur was focused sharply on issues of language and the text.

I Can Make You Happy Polity

This report issues a call for urgent action to combat the growing epidemic of obesity, which now affects developing and industrialized countries alike. Adopting a public health approach, the report responds to both the enormity of health problems associated with obesity and the notorious difficulty of treating this complex, multifactorial disease. With these problems in mind, the report aims to help policy-makers introduce strategies for prevention and

management that have the greatest chance of success. The importance of prevention as the most sensible strategy in developing countries, where obesity coexists with undernutrition, is repeatedly emphasized. Recommended lines of action, which reflect the consensus reached by 25 leading authorities, are based on a critical review of current scientific knowledge about the causes of obesity in both individuals and populations. While all causes are considered, major attention is given to behavioural and societal changes that have increased the energy density of diets, overwhelmed sophisticated regulatory systems that control appetite and maintain energy balance, and reduced physical activity. Specific topics discussed range from the

importance of fat content in the food supply as a cause of population-wide obesity, through misconceptions about obesity held by both the medical profession and the public, to strategies for dealing with the alarming prevalence of obesity in children. The report has eleven chapters presented in five parts. Part one, which assesses the magnitude of the problem, explains the system for classifying overweight and obesity based on the body mass index, considers the importance of fat distribution, and provides an overview of trends in all regions of the world, concluding that obesity is increasing worldwide at an alarming rate. Chapters in part two evaluate the true costs of obesity in terms of physical and mental ill health, and the human and financial resources

diverted to deal with these problems. Specific health consequences discussed include increased risk of cardiovascular disease, cancer, and other noncommunicable diseases, endocrine and metabolic disturbances, debilitating health problems, and psychological problems. The health benefits and risks of weight loss are also assessed. Part three draws on the latest research findings to consider specific factors involved in the development of overweight and obesity. Discussion centres on factors, such as high intakes of fat, that may disrupt normal physiological regulation of appetite and energy balance, and the role of dietary factors and levels of physical activity. In terms of opportunities for prevention, particular attention is given to the

multitude of environmental and societal forces that adversely affect food intake and physical activity and may thus overwhelm the physiological regulatory systems that keep weight stable in the long term. The possible role of genetic and biological susceptibility is also briefly considered. Against this background, the fourth and most extensive part maps out strategies for prevention and management at both the population and individual levels. Separate chapters address the need to develop population-based strategies that tackle the environmental and societal factors implicated in the development of obesity, and compare the effectiveness of current options for managing overweight or obese individuals. Specific strategies discussed include dietary

management, physical activity and exercise programmes, behaviour modification, drug treatment, and gastric surgery. While noting striking recent progress in the development of drug treatments, the report concludes that gastric surgery continues to show the best long-term success in treating the severely obese. The final part sets out key conclusions and recommendations for responding to the global obesity epidemic and identifies priority areas where more research is urgently needed. "... the volume is clearly written, and carries a wealth of summary information that is likely to be invaluable for anyone interested in the public health aspects of obesity and fatness, be they students, practitioner or researcher." - Journal of Biosocial Science

The Watercress Soup Diet Saunders
"Sports nutritionist Matt Fitzgerald lets us in on his no-diet secrets that can help endurance athletes get leaner, stronger, and faster." — Men's Fitness Revealing new research and drawing from the best practices of elite athletes, *Racing Weight* is a proven weight-management program designed specifically for endurance athletes. Coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. His comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The *Racing Weight* program helps athletes:
Improve diet quality
Manage appetite

Balance energy sources Easily monitor weight and performance Time nutrition throughout the day Train to get—and stay—lean Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race

course and the scale.

The Dukan Diet Recipe Book

Houghton Mifflin Harcourt

Leading Harvard Medical School expert and "obesity warrior" (Time magazine) Dr. David Ludwig rewrites the rules on weight loss, diet, and health in this guide to retraining your cells and reclaiming your health for life. Forget everything you've been taught about dieting. In *Always Hungry?*, renowned endocrinologist Dr. David Ludwig explains why traditional diets don't work and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great. For over two decades, Dr. Ludwig has been at the forefront of research into weight control. His groundbreaking studies show that overeating doesn't make you fat; the

process of getting fat makes you overeat. That's because fat cells play a key role in determining how much weight you gain or lose. Low-fat diets work against you by triggering fat cells to hoard more calories for themselves, leaving too few for the rest of the body. This "hungry fat" sets off a dangerous chain reaction that leaves you feeling ravenous as your metabolism slows down. Cutting calories only makes the situation worse by creating a battle between mind and metabolism that we're destined to lose. You gain more weight even as you struggle to eat less food. Always Hungry? turns dieting on its head with a three-phase program that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts

and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural carbohydrates. The result? Fat cells release their excess calories, and you lose weight - and inches - without battling cravings and constant hunger. This is dieting without deprivation. Forget calories. Forget cravings. Forget dieting. Always hungry? reveals a liberating new way to tame hunger and lose weight for good.

Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects VeloPress

Secrets of the Millionaire Mind reveals the missing link between wanting success and achieving it! Have you ever wondered why some people seem to get rich easily, while others are destined for

a life of financial struggle? Is the difference found in their education, intelligence, skills, timing, work habits, contacts, luck, or their choice of jobs, businesses, or investments? The shocking answer is: None of the above! In his groundbreaking *Secrets of the Millionaire Mind*, T. Harv Eker states: "Give me five minutes, and I can predict your financial future for the rest of your life!" Eker does this by identifying your "money and success blueprint." We all have a personal money blueprint ingrained in our subconscious minds, and it is this blueprint, more than anything, that will determine our financial lives. You can know everything about marketing, sales, negotiations, stocks, real estate, and the world of finance, but if your money blueprint is

not set for a high level of success, you will never have a lot of money—and if somehow you do, you will most likely lose it! The good news is that now you can actually reset your money blueprint to create natural and automatic success. *Secrets of the Millionaire Mind* is two books in one. Part I explains how your money blueprint works. Through Eker's rare combination of street smarts, humor, and heart, you will learn how your childhood influences have shaped your financial destiny. You will also learn how to identify your own money blueprint and "revise" it to not only create success but, more important, to keep and continually grow it. In Part II you will be introduced to seventeen "Wealth Files," which describe exactly how rich people think and act differently

than most poor and middle-class people. Each Wealth File includes action steps for you to practice in the real world in order to dramatically increase your income and accumulate wealth. If you are not doing as well financially as you would like, you will have to change your money blueprint. Unfortunately your current money blueprint will tend to stay with you for the rest of your life, unless you identify and revise it, and that's exactly what you will do with the help of this extraordinary book. According to T. Harv Eker, it's simple. If you think like rich people think and do what rich people do, chances are you'll get rich too!

The Salt Fix Houghton Mifflin Harcourt
Guia 101 Receitas Para Emagrecer
On Line Editora

Krause's Food & Nutrition Therapy

Apress

The fastest way to burn fat and lose weight is to eat the right foods, detoxify, reduce inflammation, reduce food cravings and burn calories. If you starve yourself or don't correct your metabolism, you will regain weight or feel unhealthy. Read this book and learn to lose weight in 21 days by Using fat burning foods, herbs and healthy supplements Healing your gut, inflammation and diet Detoxifying your liver and balancing hormones Reducing food cravings Increasing your metabolism, thyroid and adrenal health Voted Top 43 naturopathic doctors worldwide, bestselling author Dr. Ameet Aggarwal ND minimizes your strain of losing weight. You will find affordable

ways of reducing weight, fat, water retention and toxicity using the best foods, supplements, herbs and natural remedies. You will keep healthy and keep the weight off by learning to heal leaky gut, adrenal fatigue, liver toxicity and thyroid issues. It's time to narrow that waist, feel lighter, move without pain, regain your confidence and have more energy. Getting this book will give you access to online videos on health.drmeet.com to help you lose weight and get healthier faster.

Quem é quem na economia brasileira Harmony

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen

pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie

Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

Being, Essence and Substance in Plato and Aristotle Simon and Schuster

Good stories are those that carry flavors of pots, places, ingredients and moments. These are stories as they pervade the five chapters and the 512 recipes of Basics, fifth book by chef Ana Luiza Trajano and first of the Instituto Brasil a Gosto. A volume that invites the maintenance of the authentic Brazilian cuisine inside the houses. A volume that

makes an intimation to the affective memory so that the flames of the stoves are lit in the rescue of already forgotten dishes.

The Last Diet You'll Ever Need Grand Central Life & Style

Este es un paquete de 3 libros, que aborda varios subtemas, incluidos, entre otros, los siguientes: Libro 1: desde que llegó a esta página, probablemente se haya estado preguntando qué es el ayuno intermitente o por qué tantas personas han utilizado este estilo de vida para volverse más saludables. Bueno ... estás en el lugar correcto, ¡porque este libro te lo contará todo! Los temas de este libro incluyen tendencias, la elección entre una dieta baja en carbohidratos y una dieta baja en grasas, ejercicio durante períodos de

ayuno, métodos de desintoxicación del cerebro, adicciones a la comida chatarra y por qué es tan irresistible, control de porciones y mucho, mucho, mucho más . Hágase un favor y conozca todos estos datos de salud, para que usted también pueda disfrutar de los beneficios de estas grandes verdades. Libro 2: ¿Vale la pena hacer un ayuno intermitente para limpiar tu cuerpo o perder grasa abdominal? Sí lo es. ¿Pero por qué? Esa es solo una de las muchas cosas que se explicarán en este libro. Puede encaminarlo hacia un mejor sueño, autofagia (ese término se aclarará) y una nutrición más saludable. Aparte de esto, discutiremos los muchos errores que cometen las personas cuando comienzan una dieta o comienzan su período de ayuno, así como otros

consejos que debe conocer. No espere. ¡Obtenga esta valiosa información ahora! Libro 3: ¿Cuáles son los beneficios reales del ayuno intermitente? La respuesta podría sorprenderlo, ya que se extiende mucho más allá de los aspectos biológicos de permitir que sus intestinos se reinicien. Existe un factor psicológico que también ayuda a las personas a perder peso más rápido. Otro aspecto es la alimentación limpia, que es un concepto que ayuda a las personas a mejorar su nutrición y ser más saludables en general. Además, cada persona es diferente y, por esta razón, experimentará los efectos del ayuno intermitente de manera diferente. Si tiene curiosidad sobre estos efectos y otras variables que hacen del ayuno intermitente un método tan prometedor,

le animo a que lea este libro ahora.

Basics St. Martin's Griffin

Eat for better health and weight loss the Paleo way with this revised edition of the bestselling guide-over 100,000 copies sold to date! Healthy, delicious, and simple, the Paleo Diet is the diet we were designed to eat. If you want to lose weight-up to 75 pounds in six months-or if you want to attain optimal health, The Paleo Diet will work wonders. Dr. Loren Cordain demonstrates how, by eating your fill of satisfying and delicious lean meats and fish, fresh fruits, snacks, and non-starchy vegetables, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, metabolic syndrome, and many other illnesses. Breakthrough nutrition program based on eating the foods we were genetically

designed to eat-lean meats and fish and other foods that made up the diet of our Paleolithic ancestors This revised edition features new weight-loss material and recipes plus the latest information drawn from breaking Paleolithic research Six weeks of Paleo meal plans to jumpstart a healthy and enjoyable new way of eating as well as dozens of recipes This bestselling guide written by the world's leading expert on Paleolithic eating has been adopted as a bible of the CrossFit movement The Paleo Diet is the only diet proven by nature to fight disease, provide maximum energy, and keep you naturally thin, strong, and active-while enjoying every satisfying and delicious bite.

The 30-day Guide to Total Health and Food Freedom Publications International,

Limited

The food at the world-famous Chopra Center for Well Being is designed to delight the senses, enliven vitality, and tap into the joy of being alive. Now, Deepak Chopra, David Simon, and Leanne Backer offer you marvelous recipes from this extraordinary place of healing—showing how nature provides us with all the nutrients we need to create meals that are delicious as well as nutritious. Combining modern nutritional science and Ayurveda, the most ancient healing system on the planet, The Chopra Center Cookbook features more than 200 appetizing, easy-to-prepare recipes and 30 days of balanced meal plans. You'll discover a new world of flavor and enjoyment with these low-fat dishes as the authors show you how to

eat food that is good for you, re-establish the mind-body connection, and reverse the aging process. ZUCCHINI PECAN BREAD * THAI NOODLES * BRAISED SALMON WITH MANGO TOMATO SALSA * EGGPLANT CAULIFLOWER CURRY * VEGETARIAN PAELLA * ROSEMARY WHITE BEAN SOUP * MOTHER EARTH'S APPLE PIE * RAINBOW RISOTTO * GREEK GODDESS SALAD * MOROCCAN VEGETABLES * SPICY MEXICAN RICE * VEGETABLE HUMMUS WRAP * APPLE LEEK CHUTNEY * MANDARIN TOMATO SALSA * PEANUT BUTTER COOKIES * NUTTY FRENCH TOAST * HOMEMADE ALMOND BUTTER * BREAKFAST BURRITOS * MEDITERRANEAN PASTA * SPINACH POLENTA * UNBELIEVABLE DOUBLE CHOCOLATE CAKE

Be a true friend to yourself - with mindful self-compassion Harmony

Learn how to build scalable APIs using the Node.js platform and ES6 (EcmaScript 2015) with this quick, informative guide. Developing systems for the wide range of devices available in the modern world requires the construction of APIs designed to work only with data in a centralized manner, allowing client-side applications to be developed separately and have a unique interface for the final user. Node.js has proven itself to be an excellent platform for building REST APIs because of its single-thread architecture. It has a low learning curve and can be understood by anyone who has a basic understanding of the JavaScript language. Use Building APIs with Node.js today to understand

how Node.js APIs work, and how you can build your own. What You Will Learn Build scalable APIs using the Node.js platform Use ES6, Express, Passport, ApiDoc, Mocha, Helmet and more Integrate an SQL database through Sequelize.js and build a single page application using Vanilla.js Who This Book Is For Ideal for developers who have a basic understanding of JavaScript and Node.js.

The Whole30 The Experiment

Take weight off fast with Dr. Ian Smith's Customized 4 Day Diet Modules! You can follow The 4 Day Diet straight through for a month with stunning results. But only you know how you eat—and how you diet. Customize your own program in whatever order works best for you—or just repeat the modules you like best.

Only the first two are doctor's orders: Induction (detox/cleansing) Transition (to reintroduce food groups) Protein Stretch (to avoid plateaus) Smooth (eat pizza or even French fries!) Push (the sprint—you're almost there) Pace (catch your breath and keep going) Vigorous (lose those last few pounds—for good!) Dr. Ian Smith's diets really work. And his motivating tips and tricks will help you stay on the program, enjoy your progress, and feel your success from day one. Features more than 60 recipes for meals and snacks—food that will make you forget you're on a diet!

The Juicing Bible St. Martin's Press
Drawing from the lessons and insights of his breakout website, Fit2Fat2Fit.com, personal trainer Drew Manning delivers the story of his quest to go from fit to fat

to fit again in one year in order to better understand the weight-loss struggles of his clients and the online community. Drew embarked on this journey to prove to clients, website followers, and people across the country that it is possible to get back into shape—and his bottomless desire to kindle a new hope for his readers comes through on every page of Fit2Fat2Fit. With before and after (and after...) photos to that tell their own striking story, and intimate reflections from Drew's wife Lynn, Fit2Fat2Fit is more than a spectacle or a gimmick; it's an inspiring story, and sound proof that anyone can reach the level of fitness they desire to make themselves happy. *Mastering the Inner Game of Wealth* John Blake
Most diet programmes work at first. We

lose a few pounds in a few weeks, but then life happens and the bad habits and the weight return. In this invaluable book, Judith Beck PhD offers the solution to break free from these common diet traps and keep the weight off for life. Judith Beck explains that when it comes to losing weight, it's not just about what we eat - it's also about how we think. To consistently eat differently, we must learn to think differently. Diets fail us because they don't offer effective strategies for overcoming the common traps - emotional eating, social pressure, dining out - that can derail us. Now, she and her daughter, Deborah Beck Busis, share the techniques they have successfully used with thousands of clients, revealing exactly how to overcome the thoughts and behaviours

that have been holding you back. With *The Diet Trap Solution*, readers on any diet can learn to identify their specific diet traps, prepare for their personal triggers and create action plans to strengthen their 'resistance muscle' - making losing weight easy, sustainable and enjoyable.

Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently
HarperCollins

This is the new dieting craze that the celebrities swear by, and which is taking the country by storm. You don't have to starve yourself, you don't feel deprived, and you don't feel inclined to binge. It's the perfect diet—not only are you guaranteed to lose up to 10 pounds in a week, but it's also completely hunger-proof, easy, low in fat, high in fiber, and

completely safe. In addition, The Watercress Soup Diet contains hundreds of tips, recipes, and exercise ideas to help you keep weight off.

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