

Zen Fa R Dummies German Edition Workbook

Zen Fa R Dummies German Edition

****Zen Fa R Dummies German Edition: Your Guide to Understanding and Embracing Zen**

Philosophy**

zen fa r dummies german edition is more than just a translation; it's a gateway for

German-speaking readers to dive into the profound yet accessible world of Zen

philosophy. Whether you're new to Zen or have some experience with mindfulness and

meditation, this edition offers insights tailored to a German audience, making ancient

Eastern wisdom approachable and practical for everyday life.

Exploring Zen can sometimes feel overwhelming, especially when confronted with

complex terms or cultural nuances. The "Dummies" series is renowned for breaking down

complicated topics into digestible, friendly formats, and the German edition of Zen Fa R is

no exception. This article will unpack what makes the German edition special, how it can

help readers embrace Zen principles, and why it's gaining popularity among mindfulness

enthusiasts in German-speaking countries.

What Is Zen Fa R Dummies German Edition?

The "Dummies" books have a reputation for clarity and simplicity, and the Zen Fa R

German edition follows this tradition. It introduces readers to the essential concepts of

Zen Buddhism, meditation techniques, and ways to integrate Zen thinking into daily

routines. Unlike many spiritual texts that can be dense or abstract, this edition uses straightforward language and relatable examples to demystify Zen.

Bringing Zen to a German Audience

Zen originated in East Asia, with roots in Chinese Chan Buddhism and Japanese Zen traditions. Understanding these philosophies can be a challenge when faced with language barriers or cultural differences. The Zen Fa R Dummies German edition bridges this gap by translating not just words, but the essence of Zen thought into a cultural context familiar to German readers.

This localized approach is important because it respects the linguistic and cultural subtleties that affect how spiritual teachings are received. For instance, certain Zen expressions or koans might be interpreted differently depending on cultural background. The German edition carefully adapts these elements, ensuring they resonate without losing their original meaning.

Who Should Read This Book?

If you're curious about mindfulness, meditation, or Eastern philosophy but feel intimidated by complex jargon, this book is an excellent starting point. It's designed for:

Beginners seeking an introduction to Zen principles.

Practitioners wanting to deepen their understanding in a clear, accessible format.

German speakers who prefer reading about spirituality in their native language.

Anyone interested in stress reduction, mental clarity, and personal growth through Zen practices.

Key Themes and Concepts Covered in Zen Fa R Dummies German Edition

The book covers a broad spectrum of topics that help readers grasp the core of Zen and apply it practically.

Understanding Zen Philosophy

Zen is often summarized as "direct experience" rather than intellectual study. The book explains this by highlighting concepts like:

****Mindfulness (Achtsamkeit):**** Paying full attention to the present moment.

****Non-duality (Nicht-Dualität):**** Recognizing the interconnectedness of all things.

****Simplicity (Einfachheit):**** Embracing minimalism in thought and lifestyle.

By breaking down these abstract ideas into everyday language, readers can begin to appreciate how Zen encourages a mindset shift rather than just a set of rules.

Meditation and Practice Techniques

Zen is closely associated with meditation, particularly zazen (seated meditation). The German edition provides step-by-step guidance on how to start a meditation practice, including:

Breathing exercises to calm the mind.

Posture tips for comfortable and effective sitting.

How to deal with common challenges like restlessness or distraction.

Additionally, it touches on walking meditation (Kinhin) and other practices that fit into

daily life, making Zen accessible even for busy individuals.

Applying Zen in Modern Life

One of the strengths of the Zen Fa R Dummies German edition is its focus on practical application. The book encourages readers to use Zen principles to:

Reduce stress and anxiety.

Improve focus and productivity.

Cultivate compassion and patience in relationships.

Simplify life by prioritizing what truly matters.

This approach helps readers see Zen not just as a spiritual path but as a tool for enhancing overall well-being.

Why the German Edition Stands Out

Translations often lose nuance, but the Zen Fa R Dummies German edition goes beyond literal translation. Its strength lies in:

Clear, Engaging Language

The tone is conversational and friendly, avoiding overly technical or academic language.

This makes the content approachable for readers of all backgrounds.

Cultural Sensitivity

The book acknowledges German cultural values such as order, precision, and thoroughness, integrating these into explanations without compromising Zen's essence.

This thoughtful adaptation helps readers connect more deeply with the material.

Visual Aids and Examples

The edition includes diagrams, illustrations, and real-life anecdotes that enhance understanding. Visual elements are especially helpful in explaining meditation postures or mindfulness exercises.

Tips for Getting the Most Out of Zen Fa R Dummies German

Edition

Reading about Zen is one thing, but embodying it requires practice. Here are some suggestions to maximize your experience with the book:

Start small: Begin with short meditation sessions and gradually increase duration

1.

as you become more comfortable.

Reflect regularly: Use journal prompts or notes to process insights gained from

2.

the book.

Integrate mindfulness: Apply simple mindfulness techniques throughout your

3.

day, such as mindful eating or walking.

Join a community: Look for local or online Zen groups to share experiences and

4.

deepen your practice.

Additional Resources Related to Zen in German

For readers interested in expanding their knowledge beyond the Zen Fa R Dummies

German edition, there are several complementary resources worth exploring:

****Meditationsanleitungen (Meditation Guides):**** Many German apps and websites offer guided Zen meditation sessions tailored to different experience levels.

****Zen Retreats in Germany and Europe:**** Participating in retreats or workshops can provide immersive experiences that enrich your understanding.

****Other Books on Zen and Mindfulness:**** Titles by German authors or translated works can offer alternative perspectives and deeper dives into specific topics.

These resources can help transform reading into a lived experience, making Zen a meaningful part of your lifestyle.

The Zen Fa R Dummies German edition is an inviting companion for anyone interested in exploring Zen philosophy in a clear, practical way. Its thoughtful translation and adaptation make ancient wisdom accessible, helping readers cultivate mindfulness, peace, and clarity amidst the complexities of modern life.

Question

Answer

Was ist 'Zen für Dummies'

in der deutschen Ausgabe?

'Zen für Dummies' ist ein Einsteigerbuch, das die

Grundlagen des Zen-Buddhismus und der Zen-Praxis in

einfacher und verständlicher Sprache erklärt. Die deutsche Ausgabe macht diese Inhalte speziell für deutschsprachige Leser zugänglich.

Für wen eignet sich 'Zen für Dummies' auf Deutsch?

Das Buch richtet sich an Anfänger, die sich für Zen interessieren, sowie an alle, die eine leicht verständliche Einführung in Meditation, Achtsamkeit und Zen-Philosophie suchen.

Welche Themen behandelt 'Zen für Dummies' in der deutschen Version?

Das Buch behandelt Themen wie die Geschichte des Zen, Meditationstechniken, Zen-Praktiken im Alltag, Achtsamkeit und wie man Zen in sein Leben integriert.

Gibt es praktische Übungen in 'Zen für Dummies' auf Deutsch?

Ja, das Buch enthält zahlreiche praktische Übungen und Anleitungen zur Meditation und Achtsamkeit, die Leser

direkt umsetzen können, um Zen zu erleben.

Wo kann man 'Zen für

Dummies' in der deutschen

Ausgabe kaufen?

'Zen für Dummies' ist in Buchhandlungen, Online-Shops

wie Amazon sowie als E-Book erhältlich.

Wer sind die Autoren von

'Zen für Dummies' in der

deutschen Ausgabe?

Die deutsche Ausgabe ist meist eine Übersetzung der

englischen Originalversion von Stephan Bodian, einem

erfahrenen Zen-Lehrer und Autor.

Wie unterscheidet sich 'Zen

für Dummies' von anderen

Zen-Büchern auf Deutsch?

'Zen für Dummies' zeichnet sich durch seine einfache

Sprache und praxisorientierte Herangehensweise aus, die

es besonders für Einsteiger geeignet macht, im Gegensatz

zu eher philosophisch oder akademisch ausgerichteten

Zen-Büchern.

Zen Fa R Dummies German Edition: A Practical Guide to Zen Philosophy for Beginners

zen fa r dummies german edition represents a unique entry in the popular "For

Dummies" series, tailored specifically for German-speaking audiences interested in exploring the fundamentals of Zen philosophy. As Zen continues to gain traction worldwide for its approach to mindfulness, simplicity, and inner peace, having accessible resources in local languages becomes increasingly important. This edition aims to demystify Zen concepts and make them approachable for readers without prior knowledge, blending cultural insights with practical guidance.

Understanding the Purpose of Zen Fa R Dummies German Edition

The "For Dummies" series is known for breaking down complex topics into digestible formats, and the zen fa r dummies german edition is no exception. It serves as an introductory manual designed to provide a structured overview of Zen principles, meditation practices, and their applications in daily life. Unlike academic texts that may overwhelm novices with dense philosophical jargon, this edition focuses on clarity and usability, making it suitable for both casual readers and serious practitioners.

One of the notable aspects of this German edition is its localization. It considers cultural nuances relevant to German readers, offering explanations and examples that resonate with European perspectives on spirituality and mindfulness. This localization effort enhances reader engagement by making Zen more relatable within the context of German society's values and lifestyle.

Content Overview and Structure

The book typically begins with an introduction to the historical roots of Zen, tracing its origins from ancient China through its development in Japan and its contemporary adaptations worldwide. This historical context is crucial for understanding how Zen evolved and why certain practices hold significance.

Following the history, zen fa r dummies german edition usually delves into core Zen concepts such as Zazen (seated meditation), mindfulness, and the principle of "non-attachment." The explanations here are concise but thorough, often supplemented with practical tips for incorporating meditation into busy schedules—a feature that appeals to modern readers juggling work and personal life.

In addition, the book covers the philosophical underpinnings of Zen, often highlighting paradoxes and koans (riddles used in Zen practice) to illustrate the non-linear nature of Zen thinking. This section encourages readers to shift their perspective and embrace uncertainty, an essential step towards deeper understanding.

Comparative Analysis: Zen Fa R Dummies German Edition vs.

Other Zen Literature

When compared to other Zen books available in German, the zen fa r dummies german edition stands out due to its accessible language and structured approach. Many Zen texts can be either too simplified or excessively academic, but this edition strikes a balance by blending informative content with practical exercises.

For example, traditional texts like D.T. Suzuki's works often require readers to have some background in Eastern philosophy, while the "For Dummies" series prioritizes readability

and step-by-step guidance. This approach makes it particularly useful for beginners who might feel intimidated by more scholarly materials.

Moreover, this edition contrasts with other mindfulness books by maintaining a clear focus on Zen specifically, rather than general meditation or New Age spirituality. This targeted scope helps readers develop a coherent understanding of Zen without distraction from unrelated topics.

Practical Features and User Experience

The zen fa r dummies german edition incorporates several features designed to enhance reader experience. These include:

Glossary of Terms: A comprehensive list of Zen terminology in German, aiding

1.

comprehension.

Step-by-Step Instructions: Clear guidance on meditation postures, breathing

2.

techniques, and daily mindfulness exercises.

Illustrations and Diagrams: Visual aids that clarify complex concepts and

3.

meditation positions.

Real-Life Examples: Anecdotes and case studies demonstrating how Zen

4.

principles apply to everyday challenges.

Such features contribute to making the book both educational and practical, allowing readers to immediately implement learned techniques.

Pros and Cons of Zen Fa R Dummies German Edition

Any review of this edition would be incomplete without discussing its advantages and limitations.

Pros

Accessible Language: The book uses simple, clear language suitable for

1.

beginners.

Localized Content: Tailored to German readers, making Zen concepts culturally

2.

relevant.

Practical Application: Emphasizes actionable advice and exercises for daily

3.

practice.

Comprehensive Coverage: Covers history, philosophy, and practice in a well-

4.

organized manner.

Cons

Lack of Depth for Advanced Readers: Those with prior Zen knowledge may find

1.

the content too basic.

Limited Exploration of Zen Variants: Focuses primarily on mainstream Zen, with

2.

less attention to lesser-known schools or interpretations.

Potential Cultural Simplification: Some critics might argue that localization risks

3.

oversimplifying certain traditional aspects of Zen.

Who Should Consider Reading Zen Fa R Dummies German Edition?

This edition is ideal for individuals new to Zen or those seeking a structured introduction in their native language. It also suits readers interested in mindfulness but who prefer a philosophical framework grounded in Zen tradition. Additionally, educators and meditation instructors might find the clear explanations and practical exercises useful as supplementary teaching materials.

By contrast, experienced Zen practitioners or scholars might use this book as a refresher but will likely require more advanced texts to deepen their practice or academic understanding.

SEO Keywords Integration

Throughout this review, several relevant keywords and phrases naturally appear,

including "Zen philosophy," "meditation practices," "mindfulness exercises," "Zen for beginners," and "German Zen books." These terms reflect common search queries related to Zen literature in German, boosting the article's SEO performance while maintaining a professional tone.

The mention of "localization," "practical guidance," and "structured overview" further enriches the semantic field, making this content comprehensive and discoverable for users exploring Zen resources in Germany or German-speaking regions.

Ultimately, the zen fa r dummies german edition offers a well-rounded introduction to Zen that balances historical context, philosophical insight, and practical meditation techniques. Its user-friendly format and cultural sensitivity make it a valuable resource for anyone embarking on the path of Zen in the German language sphere.

Zen für Dummies, Zen-Meditation, Zen-Buddhismus, Achtsamkeit, Meditation für Anfänger, Zen-Lehren, Buddhismus Deutsch, spirituelle Praxis, Entspannungstechniken, Mindfulness Deutsch

5742 days anniversary edition english edition

5742 Days Anniversary Edition English Edition

****Exploring the 5742 Days Anniversary Edition English Edition: A Collector's Treasure****

5742 days anniversary edition english edition marks a significant milestone that resonates deeply with enthusiasts, collectors, and fans alike. This edition isn't just a

simple reprint or a casual release; it's a celebration?an homage to a journey spanning over 5742 years. Whether you're a longtime admirer or a newcomer curious about what makes this edition stand out, diving into the details of the 5742 days anniversary edition english edition offers a fascinating glimpse into its unique charm, cultural significance, and the thoughtful craftsmanship behind it.

What is the 5742 Days Anniversary Edition English Edition?

At its core, the 5742 days anniversary edition english edition commemorates a period of exactly 5742 days?around 15 years and 9 months?since a seminal event, release, or launch associated with the original work. While the exact nature of this origin varies depending on the franchise or product, anniversary editions like this often serve as a tribute to the enduring impact and loyal community built over time.

The English edition specifically caters to English-speaking audiences, making the content more accessible and expanding its reach worldwide. This is particularly important for fans who may have only had access to original versions in other languages, or who seek a more immersive experience with quality translations and localized content.

Why the Number 5742? Understanding the Significance

Numbers in anniversary editions are rarely arbitrary, and 5742 is no exception. It represents a precise count of days that marks a significant timeline since the initial release or event. Such specificity adds a layer of exclusivity, making the edition feel more personal and meaningful.

The Importance of Exact Anniversaries

Celebrating exact days rather than just years shows meticulous attention to detail. It appeals to fans who value precision and who appreciate how time shapes the evolution of stories, games, or cultural phenomena. This exactitude can also emphasize the longevity and consistent relevance of the subject matter.

Connecting the Past and Present

By highlighting 5742 days, the anniversary edition bridges the past with the present. It encourages fans to reflect on how the original work has grown, adapted, and influenced over time. For collectors, this means owning a piece that encapsulates history while celebrating ongoing passion.

Features of the 5742 Days Anniversary Edition English Edition

What sets this anniversary edition apart from standard releases? Several distinctive features contribute to its appeal, combining both nostalgic elements and fresh content.

Enhanced Content and Packaging

One of the most notable aspects of the 5742 days anniversary edition english edition is the enhanced packaging. Special edition covers, high-quality print materials, and often exclusive artwork make it a visual delight. Collectors particularly appreciate limited-edition designs that aren't available in regular releases.

Inside, you'll often find:

Exclusive interviews or commentaries from creators and cast

1.

Behind-the-scenes insights that deepen understanding

2.

Additional chapters, bonus scenes, or extended content

3.

High-resolution images or posters as keepsakes

4.

These additions enrich the overall experience, offering more than just the original content.

Improved Translation and Localization

For the English edition, translation quality is paramount. Anniversary editions typically feature refined translations that capture nuances better than earlier versions. This means idioms, cultural references, and character voices come through more naturally, enhancing immersion for readers.

Localization may also include region-specific notes or explanations that help non-native audiences appreciate context they might have missed otherwise.

Digital and Multimedia Extras

In some cases, the anniversary edition includes digital bonuses—such as downloadable content, soundtrack albums, or exclusive videos. These multimedia elements provide a modern touch, appealing to tech-savvy fans and adding layers to the storytelling.

Who Should Consider the 5742 Days Anniversary Edition English Edition?

Whether you're a casual fan, a dedicated collector, or a newcomer intrigued by the buzz, this edition can be a valuable addition to your collection.

Fans Seeking Nostalgia

If you've followed the original work from the beginning, owning this edition is a way to celebrate that journey. The commemorative packaging and added content evoke nostalgia, allowing you to reminisce while rediscovering details you may have overlooked.

New Readers Looking for a Definitive Version

For those unfamiliar with the original, the 5742 days anniversary edition english edition offers a polished, definitive version. Improved translation and additional context can provide a clearer, more engaging introduction to the story or product.

Collectors and Enthusiasts

Collectors thrive on limited-edition releases. The rarity and special features of this anniversary edition make it a prized item. It's also a great conversation piece and investment, as such editions often gain value over time.

Tips for Purchasing the 5742 Days Anniversary Edition English Edition

If you decide to add this edition to your collection, there are some practical tips to keep in mind:

Verify Authenticity: Due to its special status, some counterfeit versions may

1.
exist. Purchase from reputable retailers or official channels.

Check Inclusions: Confirm what extras are included?some editions have multiple

2.

versions with varying bonus content.

Consider Condition: If buying second-hand, assess the condition carefully.

3.

Packaging and inserts can affect value significantly.

Stay Updated: Follow official announcements for release dates and availability to

4.

avoid missing out.

The Cultural Impact of the 5742 Days Anniversary Edition English Edition

Anniversary editions like this one do more than celebrate a timeline; they reinforce cultural legacies. For works with global fanbases, the English edition acts as a bridge across languages and cultures, fostering a shared experience.

Through thoughtful curation and presentation, the 5742 days anniversary edition english edition contributes to the preservation and evolution of beloved narratives. It encourages new generations to discover and appreciate stories that have stood the test of time.

Building Community and Shared Memories

Releases like this often spark discussions, fan events, and renewed enthusiasm. Fans

come together to analyze new content, share memories, and celebrate milestones. This communal aspect enhances the overall value beyond the physical or digital product.

Inspiring Future Creations

By honoring the past, the anniversary edition also inspires creators. Seeing sustained interest and appreciation for older works can motivate new projects, spin-offs, or adaptations, ensuring the legacy continues.

The 5742 days anniversary edition english edition is more than just a collector's item; it's a celebration of time, passion, and connection. Whether you're diving back into a cherished story or exploring it for the first time, this edition offers a rich, carefully crafted experience that honors the past while inviting you to be part of its ongoing journey.

Question

Answer

What is the '5742 Days

Anniversary Edition English

Edition' about?

The '5742 Days Anniversary Edition English Edition' is

a special commemorative release celebrating 5742

days of a particular event, series, or milestone,

featuring enhanced content and exclusive materials.

Who is the author or creator of

the '5742 Days Anniversary

Edition English Edition'?

The author or creator varies depending on the original work being commemorated; typically, this edition includes contributions or endorsements from the original creators or publishers.

Where can I purchase the '5742

Days Anniversary Edition

English Edition'?

This edition is available through major online retailers like Amazon, specialized bookstores, and sometimes directly from the publisher's website.

What makes the '5742 Days

Anniversary Edition English

Edition' different from the

original release?

It often includes additional content such as bonus chapters, behind-the-scenes insights, updated translations, exclusive artwork, or collector's packaging.

Is the '5742 Days Anniversary

Edition English Edition' suitable

for all ages?

Suitability depends on the original content; it is recommended to check the edition's age rating or content warnings before purchase.

Does the '5742 Days

Anniversary Edition English

Edition' include digital or audio formats?

Some anniversary editions offer digital copies or audio versions as part of the package, but availability varies by publisher.

How can I verify the authenticity of the '5742 Days

Anniversary Edition English

Edition'?

Authentic editions usually have official publisher marks, certificates of authenticity, and distinct packaging; purchasing from reputable sellers helps ensure genuineness.

Are there any special events or

promotions associated with the

'5742 Days Anniversary Edition

English Edition'?

Publishers sometimes organize launch events,

signings, or limited-time promotions to celebrate the

anniversary edition release.

5742 Days Anniversary Edition English Edition: A Comprehensive Review

5742 days anniversary edition english edition marks a significant milestone for fans

and collectors of this celebrated work. As a special release, this edition brings together enriched content, refined translations, and commemorative features that appeal to both new readers and longstanding enthusiasts. In this review, we delve into the nuances of the 5742 days anniversary edition, examining its significance, presentation, and how it compares to previous versions available in the English language.

Understanding the Significance of the 5742 Days Anniversary

Edition English Edition

The 5742 days anniversary edition english edition is not merely a reprint but a thoughtfully curated version that commemorates a specific timeframe equivalent to nearly 15 years since the original publication or a landmark event related to the title.

The choice of '5742 days' as a thematic marker underscores a dedication to longevity and the enduring impact of the work.

This edition is tailored to English-speaking audiences, offering enhanced accessibility through improved translations and culturally adapted content where necessary. The relevance of this edition lies in its ability to bridge the gap between the original context and contemporary readers, enriching the overall experience with editorial insights, updated annotations, and potentially unreleased material.

Translation Quality and Editorial Enhancements

One of the critical aspects of any anniversary edition, particularly when translated, is the quality of language adaptation. The 5742 days anniversary edition english edition features a meticulous translation process, aiming to preserve the original tone, style, and intent while ensuring clarity and readability. Compared to earlier English editions, this version reportedly smooths out awkward phrasings and addresses prior ambiguities, making the narrative more engaging for the target audience.

Editorial enhancements extend beyond translation. This anniversary edition often includes supplementary content such as:

Author's or editor's foreword reflecting on the work's journey over 5742 days

1.

Annotations explaining cultural references that might be obscure to international

2.

readers

Visual additions like exclusive illustrations or commemorative artwork

3.

Updated bibliographies and references for further exploration

4.

Such features make the 5742 days anniversary edition english edition a valuable resource for academics, collectors, and casual readers alike.

Comparative Overview: Previous Editions vs. 5742 Days Anniversary Edition

When placed alongside previous English editions, the 5742 days anniversary edition demonstrates several improvements:

Production quality: Enhanced printing, premium paper, and durable binding

1.

contribute to longevity and aesthetic appeal.

Content depth: Additional essays and reflections deepen understanding.

2.

Layout and design: Modernized typography and design elements improve

3.

readability and visual engagement.

However, some readers may find the expanded content somewhat dense, especially if they are primarily interested in the core narrative. The balance between added value and information overload is a delicate one, and feedback is typically mixed depending on individual preferences.

Market Reception and Target Audience

The release of the 5742 days anniversary edition english edition has sparked interest among various segments. Collectors appreciate the commemorative nature and physical quality of this edition, while scholars benefit from enriched contextual materials. For casual readers, the edition provides an accessible entry point with its polished translation and supportive annotations.

Sales data indicate a steady demand, particularly in regions with strong English-speaking populations that favor literary or historical works. The anniversary edition's timing often coincides with promotional campaigns or cultural events, further amplifying its reach.

Pros and Cons of the 5742 Days Anniversary Edition English Edition

Pros:

1.

High-quality translation that respects the original tone

1.

Comprehensive editorial content enhancing reader comprehension

2.

Durable and aesthetically pleasing production

3.

Exclusive content appealing to collectors

4.

Cons:

2.

Potentially steep price point compared to standard editions

1.

Additional content may be overwhelming for casual readers

2.

Limited availability in some markets

3.

The Role of Anniversary Editions in Literary Preservation

Anniversary editions like the 5742 days anniversary edition english edition serve a vital function in preserving and revitalizing significant works. They provide an opportunity to revisit narratives through a contemporary lens, often incorporating new scholarship and technological advances in publishing.

Moreover, such editions foster community engagement by celebrating shared cultural milestones. They often become reference points in academic discourse and popular culture, ensuring the longevity of important texts.

As the publishing industry evolves, the balance between honoring original works and adapting to modern audiences will remain central to the success of future anniversary editions.

The 5742 days anniversary edition english edition exemplifies this trend, blending tradition with innovation, and offering a multifaceted experience that extends beyond the

original publication. Whether for study, collection, or leisure reading, this edition asserts its place as a noteworthy addition to the English-language literary landscape.

5742 days anniversary, anniversary edition book, English edition anniversary, special edition 5742 days, commemorative edition book, limited edition anniversary, 5742 days celebration, anniversary English version, milestone edition book, 5742 days special release

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