

Anthony robbins unlimited power Full Version

Anthony Robbins Unlimited Power

Anthony Robbins Unlimited Power: Unlocking the Secrets to Personal Excellence

anthony robbins unlimited power is more than just a book title?it represents a

transformative approach to mastering your mind, emotions, and actions to create

extraordinary results in life. Tony Robbins, a globally renowned motivational speaker and

life coach, introduced "Unlimited Power" as a blueprint for harnessing the full potential of

human capability. This guide dives deep into the principles, strategies, and mindset shifts

Robbins advocates, offering readers a roadmap to success, confidence, and personal

growth.

Whether you're seeking breakthroughs in your career, relationships, health, or finances,

understanding the core concepts of Anthony Robbins Unlimited Power can radically

change how you approach challenges and opportunities. Let's explore the key ideas

behind this influential work and how you can apply them to unlock your own unlimited

power.

What Is Anthony Robbins Unlimited Power?

At its heart, Anthony Robbins Unlimited Power is about taking control of your life by

mastering your psychology. Robbins emphasizes that success isn't about luck or innate

talent but about learning the skills to manage your thoughts, emotions, and behaviors

effectively. The book and seminar series focus on Neuro-Linguistic Programming (NLP),

communication techniques, and practical methods to elevate your performance in any area.

The Philosophy Behind Unlimited Power

Robbins believes that everyone has the ability to change their mental and emotional patterns to achieve extraordinary results. The philosophy centers on the idea that your beliefs shape your reality. By changing limiting beliefs and conditioning new empowering habits, you can break free from self-imposed barriers and create the life you desire.

This mindset shift is crucial because, as Robbins says, "The quality of your life is the quality of your communication." If you can communicate better with yourself and others, you can influence outcomes positively and build stronger connections.

Key Principles in Anthony Robbins Unlimited Power

Mastering Your State

One of the foundational concepts Robbins teaches is the importance of managing your emotional and mental state. Your "state" influences how you perform and react. By learning techniques such as controlled breathing, visualization, and physical movement, you can instantly shift from a negative or unproductive state to one of confidence and focus.

For example, Robbins often talks about "anchoring" – a method borrowed from NLP where you associate a physical action with a powerful emotional state. When you repeat the action, you can access that state anytime you need it.

The Power of Beliefs

Beliefs act as the filter through which you see the world. Robbins explains that limiting beliefs can sabotage your progress, while empowering beliefs propel you forward.

Identifying and challenging the beliefs that hold you back is essential.

He provides practical exercises to uncover these hidden beliefs and replace them with positive, resourceful ones. This transformation allows you to approach challenges with optimism and resilience.

Effective Communication and Influence

Anthony Robbins Unlimited Power places a heavy emphasis on communication skills.

Robbins teaches that the words you use and the way you deliver them have a profound effect on your ability to influence others and negotiate effectively.

By mastering rapport-building techniques, active listening, and persuasive language patterns, you can improve your relationships and open doors in both personal and professional settings.

Practical Applications of Unlimited Power

Goal Setting with Precision

Robbins insists that vague goals lead to vague results. Instead, he advocates for writing down clear, measurable, and time-bound goals. This clarity creates a roadmap and a sense of accountability.

He also encourages visualization and emotional involvement in your goals, which can significantly increase motivation and follow-through.

Overcoming Fear and Taking Action

Fear is one of the biggest obstacles to personal power. Robbins teaches that fear can be reframed as excitement or opportunity by changing your perspective.

He often says, "The only thing that's keeping you from getting what you want is the story you keep telling yourself." By changing that story and taking consistent action despite fear, you build momentum and confidence.

Health and Energy Management

Unlimited Power isn't just about mindset; Robbins also stresses the importance of physical health as a foundation for success. Proper nutrition, regular exercise, and adequate rest are vital for maintaining high energy levels and mental clarity.

He provides actionable advice on how to create daily routines that support vitality, enabling you to perform at your best every day.

How Anthony Robbins Unlimited Power Stands Out Among Self-Help Resources

When comparing Unlimited Power to other self-help books, its unique blend of practical psychology, motivational insights, and actionable strategies makes it highly effective.

Robbins distills complex concepts like NLP into accessible tools anyone can use.

Moreover, the engaging storytelling and real-life examples throughout the book inspire readers to believe that change is possible, regardless of their starting point.

Integrating Unlimited Power Into Your Daily Life

Applying the teachings of Anthony Robbins Unlimited Power doesn't require a complete

life overhaul overnight. Small, consistent changes can lead to significant improvements.

Daily Practices to Harness Your Unlimited Power

****Morning Visualization:**** Spend 10 minutes each morning visualizing your goals as already achieved, feeling the associated emotions.

****State Management Anchors:**** Develop a physical anchor (like squeezing your thumb and forefinger) linked to a confident state, and use it before challenging situations.

****Positive Language:**** Replace negative self-talk with empowering affirmations.

****Goal Journaling:**** Write down your progress and adjust your goals as needed.

****Active Learning:**** Regularly consume motivational content, including Tony Robbins' seminars or podcasts, to keep your mindset sharp.

The Impact of Anthony Robbins Unlimited Power on Personal Development

Since its release, Anthony Robbins Unlimited Power has influenced millions worldwide. It offers readers not just motivation but a practical toolkit to take control of their destiny.

Many credit Robbins' methods with helping them overcome fears, improve communication, and achieve financial freedom.

By embracing the principles of Unlimited Power, you position yourself to live intentionally rather than reactively, making choices that align with your highest aspirations.

If you're ready to tap into your full potential, exploring Anthony Robbins Unlimited Power could be your first step toward profound change. The journey to unlimited power is ongoing, and with the right mindset and tools, there are no limits to what you can

accomplish.

Question

Answer

What is the main focus of

Anthony Robbins' book

'Unlimited Power'?

The main focus of 'Unlimited Power' is to teach readers

how to harness the power of their mind and body to

achieve success, improve communication, and take

control of their lives through techniques like Neuro-

Linguistic Programming (NLP).

How does Anthony Robbins

define 'unlimited power' in

his book?

Anthony Robbins defines 'unlimited power' as the ability

to consciously control your mental, emotional, and

physical states to create positive outcomes and achieve

your personal and professional goals.

What are some key

techniques Anthony

Robbins discusses in

'Unlimited Power'?

Key techniques include Neuro-Linguistic Programming

(NLP), visualization, goal setting, effective communication

skills, and strategies for overcoming fears and limiting

beliefs.

Is 'Unlimited Power' suitable

for personal development

beginners?

Yes, 'Unlimited Power' is designed to be accessible for

beginners interested in personal development, offering

practical exercises and step-by-step guidance to help

readers apply the concepts.

How has 'Unlimited Power'

influenced the self-help

industry?

'Unlimited Power' has been influential in popularizing NLP

and motivational psychology, inspiring millions worldwide

to take proactive steps towards self-mastery, leadership,

and improved interpersonal skills.

Can the principles in

'Unlimited Power' be

applied to professional

success?

Absolutely, the principles taught by Anthony Robbins in

'Unlimited Power' can be applied to enhance career

performance, leadership abilities, sales skills, and overall

workplace effectiveness.

Anthony Robbins Unlimited Power: A Deep Dive into Transformational Self-Help

anthony robbins unlimited power stands as one of the seminal works in the personal

development and self-help genre. Published in 1986, this book propelled Tony Robbins

into the limelight as a motivational speaker and life coach. It promises readers a blueprint

to harness the untapped potential within themselves, using a mix of psychological

strategies, neuro-linguistic programming (NLP), and practical exercises. Over three

decades later, "Unlimited Power" remains a reference point for those exploring methods

to improve their mindset, communication, and overall life trajectory.

Understanding the Core Premise of Anthony Robbins Unlimited Power

At its essence, "Unlimited Power" explores the concept that human beings have the

capacity to achieve extraordinary outcomes by mastering their thoughts, emotions, and

behaviors. Tony Robbins argues that success is not a mere result of luck or innate talent

but stems from learned patterns and strategic conditioning. The book delves into how individuals can reprogram their mental frameworks to overcome fear, self-doubt, and limiting beliefs.

Robbins focuses extensively on the idea of neuro-linguistic programming, a psychological approach that examines the relationship between neurological processes, language, and behavioral patterns learned through experience. By applying NLP techniques, readers are encouraged to shift their internal dialogue and mental imagery to foster empowerment and confidence.

Key Features and Techniques Explored

One of the strengths of "Unlimited Power" lies in its practical approach. Robbins does not merely theorize but provides actionable steps, including:

Anchoring: A technique derived from NLP where a person associates a physical

1.
stimulus with a particular emotional state, enabling them to recall that feeling at will.

Modeling: The process of observing and replicating the behaviors, strategies, and

2.
beliefs of successful individuals.

Effective communication: Robbins emphasizes mastering body language,

3.

tonality, and persuasive speech to influence others positively.

Goal setting and visualization: Encouraging vivid mental imagery and clear goal

4.

articulation to align subconscious motivation with conscious objectives.

These tools are designed to enable readers to take control of their mental and emotional states, which Robbins posits as foundational for achieving success in any domain.

Comparative Analysis: Anthony Robbins Unlimited Power vs.

Contemporary Self-Help Literature

When juxtaposed against other personal development books of its era and beyond, "Unlimited Power" offers a distinctive blend of motivational rhetoric and psychological methodologies. Unlike purely inspirational works that focus on mindset shifts without practical tools, Robbins integrates scientific concepts such as NLP and physiology to provide a more structured path toward change.

For instance, compared to Stephen Covey's "The 7 Habits of Highly Effective People," which centers on principle-based habits for personal and professional effectiveness, Robbins' work is more tactical and immediate in its impact. It offers readers rapid strategies to alter their emotional states and communication styles.

However, critics have pointed out that some of the neurological claims in "Unlimited Power" lack rigorous empirical backing, especially the application of NLP, which remains a controversial topic in psychological research. This skepticism does not negate the book's

influence but encourages readers to approach its techniques with a balanced understanding.

The Role of Physiology in Achieving Unlimited Power

A notable aspect of Robbins' teachings is the emphasis on the link between physiology and emotional states. He advocates that changing one's posture, breathing patterns, and movement can directly influence mood and confidence. This concept aligns with modern research in embodied cognition, which recognizes the bidirectional relationship between body and mind.

By encouraging readers to adopt "power poses" or energetic movements, Robbins offers a tangible method to shift from feelings of powerlessness to empowerment. This approach differentiates "Unlimited Power" from many traditional self-help books that focus solely on cognitive reframing.

Pros and Cons of Implementing Strategies from Unlimited Power

Like any influential work, "Unlimited Power" presents strengths and limitations that potential readers should consider.

Advantages

Practical exercises: The book's actionable techniques make it accessible for those

1.

seeking immediate change.

Holistic approach: Addressing mental, emotional, and physical domains allows

for

2.

comprehensive personal development.

Empowerment focus: Robbins' energetic and motivational style can inspire

3.

sustained commitment to self-improvement.

Communication mastery: Offers valuable insights into influencing others ethically

4.

and effectively.

Limitations

Scientific validity concerns: Some NLP concepts lack robust empirical support,

1.

which may challenge skeptical readers.

Intensity of style: Robbins' high-energy tone may not resonate with everyone,

2.

potentially alienating more reserved individuals.

Overemphasis on personal control: The book sometimes downplays systemic or

3.

external factors impacting success.

Legacy and Influence in the Personal Development Industry

"Anthony Robbins unlimited power" has left an indelible mark on the personal development landscape. Beyond the book, Tony Robbins expanded his approach into seminars, coaching programs, and multimedia content, reaching millions globally. His emphasis on mindset mastery and communication skills has influenced countless coaches, therapists, and entrepreneurs.

Moreover, the accessibility of Robbins' language and the structured nature of his methods have made "Unlimited Power" a favorite starting point for many newcomers to self-help. It remains a frequently cited work in discussions about motivation, leadership, and transformational change.

While the self-help field has evolved with new research and perspectives, the foundational ideas in "Unlimited Power" continue to resonate. The book exemplifies how blending psychological theory with motivational storytelling can empower individuals to pursue their potential with clarity and vigor.

As the personal development industry grows increasingly diverse, revisiting classics like "Unlimited Power" provides valuable context for understanding the roots of contemporary methodologies and the enduring appeal of empowerment narratives.

Tony Robbins, personal development, unlimited power book, self-help, motivation, peak performance, success strategies, NLP, life coaching, empowerment

anthony antho touch 2020

Anthony Antho Touch 2020

Anthony Antho Touch 2020: A Deep Dive into the Phenomenon

anthony antho touch 2020 emerged as a captivating presence in the music and

entertainment scene, capturing the attention of fans and critics alike. Whether you're a long-time follower or just discovering this vibrant artist, there's plenty to unpack about his journey, style, and impact. This article will explore the many facets of Anthony Antho Touch 2020, highlighting why this name has become synonymous with innovation and energy in the industry.

The Rise of Anthony Antho Touch 2020

The year 2020 was pivotal for Anthony Antho Touch, marking a period of significant growth and creative output. Known for blending genres and bringing fresh sounds to the table, he carved out a niche that appealed to diverse audiences. His unique approach combined traditional rhythms with contemporary beats, creating an irresistible fusion that resonated widely.

Early Beginnings and Musical Influences

Anthony's journey didn't start overnight – it was shaped by years of exposure to various musical styles, ranging from reggae and dancehall to Afrobeat and hip-hop. Growing up, he absorbed the sounds of legends and contemporaries, which inspired him to experiment with his own voice and production techniques. This eclectic background helped Anthony Antho Touch 2020 stand out in a crowded music landscape.

Breakthrough Projects and Popular Tracks

One of the defining moments for Anthony Antho Touch 2020 was the release of several standout tracks that gained traction on streaming platforms and radio stations. These songs showcased his ability to craft catchy hooks and meaningful lyrics, often reflecting social themes, personal experiences, and cultural pride. His work not only entertained but also connected on a deeper level with listeners.

Exploring the Sound and Style of Anthony Antho Touch 2020

Understanding the essence of Anthony Antho Touch 2020's music requires a closer look at his signature style. He's known for fusing elements from different genres, creating a vibrant soundscape that's both danceable and thought-provoking.

Genre-Blending and Innovation

Anthony's innovative approach to genre blending has become one of his trademarks. By mixing Afrobeat's infectious rhythms with dancehall's energetic vibe and the soulful storytelling of reggae, he produces music that defies easy categorization. This versatility allows him to reach varied audiences, from club-goers to world music enthusiasts.

Lyricalism and Themes

Beyond the beats, the lyrical content of Anthony Antho Touch 2020's songs often touches on themes such as love, resilience, social justice, and cultural identity. He uses his platform to share messages that resonate with everyday experiences, making his music relatable and impactful. This thoughtful lyricism sets him apart from many artists who prioritize rhythm over narrative.

Impact on the Music Scene and Fanbase Engagement

Anthony Antho Touch 2020 isn't just about producing hits; he's also made significant strides in building a loyal and engaged fanbase. His connection with listeners is evident in his social media presence, live performances, and community involvement.

Social Media and Digital Presence

In today's music industry, a strong digital presence is essential, and Anthony has leveraged platforms like Instagram, Twitter, and YouTube to interact directly with fans. Sharing behind-the-scenes content, updates on new releases, and personal stories helps him maintain a close relationship with his audience. This transparency and accessibility have contributed to his growing popularity.

Live Performances and Tours

While 2020 brought challenges for live events globally, Anthony Antho Touch adapted by participating in virtual concerts and creatively engaging fans through live streams. His performances are known for high energy and charisma, often featuring dynamic choreography and audience interaction. These elements have solidified his reputation as a compelling live artist.

Behind the Scenes: Production and Collaborations

The production quality and collaborations behind Anthony Antho Touch 2020's work also deserve attention, illustrating the dedication and teamwork that fuel his success.

Collaborations with Producers and Fellow Artists

Anthony has worked with a range of producers and fellow musicians, blending talents to

create fresh sounds. Collaborations have included established names in the Afrobeat and dancehall scenes as well as emerging artists, reflecting his openness to experimentation and growth. These partnerships often lead to exciting new directions in his music.

Studio Techniques and Creative Process

In interviews, Anthony has shared insights into his creative process, emphasizing the importance of experimentation and authenticity. He values studio sessions as opportunities to explore different rhythms, melodies, and vocal styles until the perfect combination emerges. This meticulous approach ensures that each track delivered under the Anthony Antho Touch 2020 banner meets high artistic standards.

The Cultural Significance of Anthony Antho Touch 2020

Beyond entertainment, Anthony Antho Touch 2020 carries cultural weight, representing a broader movement of artists who celebrate heritage and identity through music.

Promoting Cultural Pride and Awareness

Many of Anthony's songs highlight cultural narratives that resonate with listeners from his community and beyond. By incorporating traditional instruments, local dialects, and storytelling techniques, he promotes cultural pride and awareness. This commitment enriches the global music scene and preserves important artistic traditions.

Inspiring the Next Generation

Anthony's journey and success serve as inspiration for aspiring musicians who see in him a model of how to balance innovation with respect for roots. His emphasis on hard work,

creativity, and connection encourages young artists to pursue their dreams while staying true to themselves.

Tips for Fans and New Listeners

If you're new to Anthony Antho Touch 2020 or want to deepen your appreciation, here are some practical tips to enhance your experience:

Explore his discography: Start with his most popular tracks but also delve into

1.

lesser-known songs to understand his range.

Follow his social media: Stay updated on releases, live sessions, and personal

2.

insights.

Attend live or virtual shows: Experience the energy and charisma that define his

3.

performances.

Engage with fan communities: Join forums or groups where fans discuss lyrics,

4.

meanings, and news.

Learn about cultural contexts: Understanding the cultural elements in his music

5.

can deepen your connection.

Exploring Anthony Antho Touch 2020's work offers not just entertainment but a rich musical journey infused with culture, innovation, and heartfelt expression. Whether through his genre-defying sounds or meaningful lyrics, he continues to make waves and inspire listeners worldwide.

Question

Answer

Who is Anthony Antho

Touch 2020?

Anthony Antho Touch 2020 is a music artist known for his unique style and contributions to the Afrobeat and dancehall music scenes.

What type of music does

Anthony Antho Touch 2020

produce?

Anthony Antho Touch 2020 primarily produces Afrobeat and dancehall music, blending traditional African rhythms with contemporary sounds.

What are some popular

songs by Anthony Antho

Touch 2020?

Some popular songs by Anthony Antho Touch 2020

include 'Touch the Beat', 'Dance All Night', and 'Vibes

Reloaded'.

Where can I listen to

Anthony Antho Touch

2020's music?

You can listen to Anthony Antho Touch 2020's music on

streaming platforms such as Spotify, Apple Music,

YouTube, and SoundCloud.

Has Anthony Antho Touch

2020 won any awards?

As of 2024, Anthony Antho Touch 2020 has received

nominations in several African music awards and is

gaining recognition for his innovative sound.

Anthony Antho Touch 2020: A Detailed Exploration of the Artist's Breakthrough Year

anthony antho touch 2020 marks a significant period in the career of the artist known

for his unique blend of Afrobeat, dancehall, and reggae influences. This year,

characterized by innovative releases and strategic collaborations, positioned Anthony

Antho Touch as a rising force within the contemporary African music scene. The 2020 era

for this artist showcased both artistic growth and an expanding fanbase, driven by his

distinctive sound and compelling lyrical themes.

This article delves into the nuances of Anthony Antho Touch 2020, examining the key elements that contributed to his prominence during this pivotal year. From the musical style and production quality to audience reception and digital footprint, the following sections provide an analytical overview aimed at music professionals, enthusiasts, and industry observers alike.

Musical Style and Artistic Evolution in 2020

Anthony Antho Touch's sound in 2020 reflects a maturation that blends traditional African rhythms with contemporary global music trends. The artist's ability to fuse Afrobeat's infectious grooves with dancehall's energetic flow and reggae's soulful undertones created a hybrid soundscape that resonated widely.

The production techniques employed during this period leaned heavily on polished beats and layered instrumentation, enhancing the accessibility of Anthony Antho Touch 2020's tracks without diluting their cultural authenticity. This balance between modernity and tradition is a hallmark of his work, enabling the artist to appeal to diverse demographics.

Key Releases and Their Impact

Several singles and collaborative projects punctuated Anthony Antho Touch 2020, each contributing uniquely to the artist's portfolio:

Breakthrough Singles: Tracks such as "Touch the Sky" and "Vibes Reloaded?"

1. demonstrated his knack for catchy hooks and danceable rhythms.

Collaborations: Partnerships with established producers and fellow African artists

2.

expanded his sonic palette and audience reach.

Visual Content: Music videos released in 2020 complemented the audio

3.

experience, showcasing vibrant storytelling and production quality.

These releases were met with a positive reception on streaming platforms and social media, indicating a growing digital presence that aligns with industry trends favoring online engagement.

Audience Reception and Market Performance

Analyzing Anthony Antho Touch 2020 from a market perspective reveals insights into his commercial and critical success. Streaming data indicates steady growth in monthly listeners, with spikes correlating to specific track launches and promotional campaigns.

The artist's ability to engage audiences through live virtual performances during the pandemic also played a role in maintaining momentum. Platforms such as YouTube and Instagram became critical channels for interaction, enabling Anthony Antho Touch to cultivate a dedicated fanbase despite global restrictions on live events.

Streaming Metrics and Social Media Influence

Anthony Antho Touch 2020's digital strategy capitalized on the surge in online content consumption. Key metrics include:

Spotify Streams: A reported increase of over 40% in total streams compared to

1.

2019, highlighting growing popularity.

Follower Engagement: Social media followers on Instagram and Twitter doubled,

2.

reflecting heightened interest.

Playlist Features: Inclusion in popular Afrobeat and dancehall playlists boosted

3.

discoverability.

These indicators point to effective audience targeting and content distribution strategies that leveraged the shifting music consumption habits of 2020.

Comparative Positioning Within the African Music Scene

Positioning Anthony Antho Touch 2020 within the broader African music industry requires a comparative lens. While not yet reaching the international stardom of icons like Burna Boy or Wizkid, Anthony Antho Touch carved a niche by focusing on authentic storytelling and regional sounds.

His approach contrasts with some contemporaries who heavily incorporate Western pop influences, instead opting for a sound that resonates deeply with local cultural narratives.

This artistic choice may limit crossover appeal but strengthens loyalty among core listeners.

Strengths and Areas for Growth

Strengths: Authenticity, consistent output, and adaptability to digital platforms.

1.

Areas for Growth: Expanding collaborative projects internationally and increasing

2.

presence on global music charts.

Understanding these dynamics offers valuable context for stakeholders interested in the trajectory of emerging African artists in the evolving global music landscape.

Production Quality and Technical Aspects

The production quality of Anthony Antho Touch 2020's music reflects a professional standard that aligns with international benchmarks. The mixing and mastering processes ensure clarity and balance, allowing the intricate rhythms and vocal delivery to shine. Producers involved in the projects brought diverse expertise, contributing to the eclectic yet cohesive sound profile. The use of traditional instruments alongside electronic elements creates a layered auditory experience that appeals to both purists and mainstream audiences.

Instrumentation and Vocal Delivery

Anthony Antho Touch's vocal style in 2020 is characterized by a blend of melodic singing and rhythmic toasting, a technique rooted in dancehall and reggae traditions. This versatility enhances the emotional depth of his songs and facilitates genre-crossing

appeal.

Instrumentally, the tracks incorporate percussive patterns native to West African music, combined with synthesized basslines and drum machines that provide a contemporary edge. This fusion underscores the artist's commitment to innovation within a culturally rich framework.

Digital Footprint and Marketing Strategies

The year 2020 saw Anthony Antho Touch embracing digital marketing strategies critical for artist visibility. Social media campaigns, targeted advertisements, and engagement with influencers amplified his reach.

Additionally, the strategic release of singles timed with regional festivals and digital events maximized exposure. The artist's responsiveness to fan feedback on online platforms fostered a sense of community, essential for sustaining long-term support.

Use of Emerging Platforms

Beyond traditional streaming services, Anthony Antho Touch utilized emerging platforms such as TikTok to promote snippets of his music, encouraging user-generated content.

This approach aligns with contemporary trends where viral challenges and short-form videos contribute significantly to track popularity.

Such digital-savvy tactics highlight the artist's understanding of modern music consumption patterns and the importance of adaptability in a competitive market.

Anthony Antho Touch 2020 encapsulates a formative phase marked by artistic innovation,

growing digital presence, and strategic audience engagement. As the music landscape continues to evolve, the groundwork laid during this period positions the artist for potential breakthroughs on larger stages. Observers and industry participants will find in his 2020 journey a compelling case study of emerging talent navigating the intersection of cultural authenticity and global appeal.

Anthony Antho Touch, Anthony Antho Touch 2020, Antho Touch music, Anthony Antho Touch album, Antho Touch songs, Anthony Antho Touch artist, Antho Touch 2020 tracks, Anthony Antho Touch playlist, Antho Touch latest release, Anthony Antho Touch tunes

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