

Take a look at me now

Take a Look at Me Now: A Columnist's Reflection on the Siren Song of Self-Promotion The air crackles with a low hum. It's the sound of aspiration, amplified by social media echoes. It's the constant, insistent whisper: "Take a look at me now." This isn't just about a fleeting moment of vanity; it's a multifaceted phenomenon deeply embedded in our modern culture, demanding scrutiny and prompting introspection. As a columnist, I find myself wrestling with this pervasive urge, and the societal implications it carries, in my own work and in the narratives I observe around me. This seemingly simple phrase encapsulates a complex interplay of ambition, insecurity, and the relentless pursuit of validation. We live in an age where showcasing ourselves, our accomplishments, and our curated realities has become a crucial element of personal and professional advancement. But what price do we pay for this relentless self-promotion? Does the "take a look at me now" mentality ultimately empower us, or does it ensnare us in a cycle of anxiety and superficiality?

The Urge to Showcase: A Deep Dive into Motivation

The desire to be seen, to be acknowledged, is inherent to

the human condition. We've always sought recognition, from the hunter-gatherer praised for a successful hunt to the artist seeking validation for their masterpiece. However, the modern iteration of this innate drive is amplified by the immediacy and global reach of digital platforms. Social media, in particular, has become the primary stage for this performance of self.

The Performance of Self

Our online personas often bear little resemblance to our true selves. Photos are meticulously staged, captions crafted with calculated precision, and interactions strategically managed. We curate narratives that highlight our achievements, our passions, and our positive attributes, often obscuring the complexities and imperfections of everyday life. This curated reality can be a powerful tool for self-promotion, leading to opportunities and recognition. However, it can also mask profound insecurities and create unrealistic expectations, potentially leading to feelings of inadequacy when confronted with the idealized versions of others.

The Power Dynamics in Play

The "take a look at me now" ethos also reveals power dynamics at play. The individual seeking attention often occupies a position of relative powerlessness, craving validation from a perceived external source. This power

imbalance can manifest as a desperate plea for acceptance or admiration, and if unaddressed, can create a continuous cycle of seeking validation, potentially feeding into a pattern of anxiety or even dependence.

Benefits (If any) of the "Take a Look at Me Now" Mentality

While the prevailing sentiment around this phenomenon often focuses on the negative aspects, there are *potential* positive facets to consider. However, these are often indirect and contingent upon the individual's approach: • *Increased Visibility and Networking Opportunities*: Strategic self-promotion can help individuals gain exposure, connect with potential collaborators, and open doors to new opportunities. •

Boosting Self-Confidence (in moderation): Receiving positive feedback and recognition can bolster confidence, but only if the individual doesn't become overly reliant on external validation. • Empowerment and Expression: For some, self-promotion can be a means of expressing creativity, challenging norms, and advocating for a cause they believe in. • *Personal Growth and Development*: The act of preparing and presenting oneself can, with intentional focus, facilitate personal reflection, goal setting, and growth.

The Dark Side of the Coin: Unpacking the Downside

The drawbacks of the "take a look at me now" mentality are often more significant and pervasive. They're intrinsically linked to the human desire for approval and the societal pressures that can arise from the digital age.

Insecurity and Comparison

The constant stream of curated perfection presented online fosters feelings of inadequacy and comparison. Individuals begin to see their own lives as lacking in comparison to the idealized portrayals of others, leading to a pervasive sense of insecurity.

The Illusion of Control

The attempt to meticulously control one's online image can lead to a sense of detachment from authenticity. There's a loss of spontaneity, a struggle with genuine expression, and a fear of vulnerability. This "performance of self" can feel like a constant performance rather than a genuine expression.

Burnout and Mental Health

The pressure to constantly project a positive image, maintain engagement, and manage digital relationships

can be overwhelming and contribute to feelings of burnout and mental distress. The endless pursuit of likes and followers can take a toll on mental health.

A Call for Balance: Navigating the Digital Landscape

It's not about silencing the "take a look at me now" voice, but rather about understanding its complexities and cultivating a healthier relationship with the desire for recognition.

Authenticity over Illusion

Prioritizing authenticity over a fabricated online persona is paramount. Cultivating a genuine and honest connection with oneself and others is crucial for long-term well-being.

Finding Meaningful Connection

Shifting the focus from seeking external validation to forging meaningful connections is essential. Authenticity in communication is a pathway to stronger and more genuine relationships.

Striving for Purpose

True empowerment stems from purpose, not from the pursuit of validation. Focusing on contributions, creativity,

and making a meaningful impact on the world can offer far greater fulfillment and lasting satisfaction. **(Insert a table here outlining the key differences between authentic self-expression and the performance of self.)** | Feature | Authentic Self-Expression | Performance of Self | ||| | **Motivation** | Intrinsic desire to connect, express, and contribute | Extrinsic need for external validation | | **Image** | Embraces imperfections and nuances | Curated and polished, often concealing true self | | **Interaction** | Open, honest, and vulnerable | Strategic and controlled | | *Impact* | Fosters genuine connection | Can create superficiality and comparison | (Insert a chart here visualizing the cyclical nature of seeking external validation versus intrinsic self-worth.)

Conclusion

The "take a look at me now" mentality is a complex and multifaceted reflection of our times. It's a powerful force with both the potential to uplift and to trap. While strategic self-promotion can be valuable, it's crucial to recognize the potential for harm if not approached with mindfulness and a healthy perspective. Prioritizing authenticity, purpose, and meaningful connections are essential for cultivating a more balanced and fulfilling existence in the digital age. Ultimately, true empowerment arises from within, not from the fleeting approval of others.

Advanced FAQs

1. How can one transition from a "performance of self" to authentic self-expression? This requires conscious effort. Reflect on your motivations, identify triggers for performative behavior, and gradually shift focus to genuine self-exploration and expression.

Journaling, meditation, and seeking therapy can all be helpful tools.

2. What are the long-term consequences of prioritizing the "take a look at me now" mentality? This can lead to a cycle of dissatisfaction, anxiety, and a lack of self-worth. True fulfillment often lies in building confidence and self-acceptance, rather than contingent validation from others.

3. How can social media platforms be designed to foster a healthier online environment? Platforms could implement features that encourage meaningful interactions, promote authentic connections, and discourage the over-emphasis on superficial metrics.

Algorithms could prioritize content that promotes psychological well-being and connection.

4. How does cultural context influence the "take a look at me now" mentality? Different cultures have varying norms regarding self-promotion and the display of individual achievement. Understanding these nuances can help us navigate these dynamics more effectively.

5. What role does education play in fostering a healthier relationship with self-image and self-promotion?

Educational institutions can cultivate critical thinking skills to help students discern between genuine self-worth and the pressure of the "take a look at me now" mindset. Promoting self-awareness and empathy can empower healthier online and offline interactions.

Take a Look at Me Now: More Than Just a Catchphrase

We've all heard it. It's uttered with a triumphant flourish, a hint of defiance, or a quiet, knowing smile. "Take a look at me now." It's a phrase that resonates deeply, a powerful declaration of progress, resilience, and perhaps even a touch of vindication. But what does it *really* mean to say "take a look at me now"? It's far more than just a casual observation; it's a journey, a transformation, and a moment of undeniable arrival. In a world that often measures success by external benchmarks and fleeting trends, the sentiment behind "take a look at me now" speaks to an internal victory. It's about shedding old skins, overcoming obstacles, and emerging stronger, wiser, and more authentically oneself. This isn't just about achieving a specific goal; it's about the *process* of getting there, the lessons learned, and the personal growth that shapes the person standing before you.

The Journey of Transformation: From Then to Now

Every "take a look at me now" moment is the culmination of a journey. Think about it. No one spontaneously appears at a place of profound personal fulfillment. There are always preceding chapters, moments of struggle, self-doubt, and perhaps even significant setbacks. *

****Overcoming Adversity:**** Often, the most powerful "take a look at me now" pronouncements are born from overcoming significant challenges. This could be anything from navigating a difficult personal loss, recovering from a serious illness, or breaking free from limiting beliefs. The resilience required to push through these dark periods makes the subsequent emergence all the more radiant.

Consider the stories of individuals who have bounced back from financial ruin, career setbacks, or personal heartbreaks. Their current success, their newfound peace, their ability to contribute meaningfully – these are all part of their "take a look at me now" narrative. *

****Personal Growth and Evolution:**** Beyond overcoming hardship, the phrase also signifies profound personal growth. It's about shedding old habits that no longer serve you, developing new skills, and cultivating a deeper understanding of yourself and the world around you. This might involve pursuing education, embracing new experiences, or simply dedicating time to self-reflection and introspection. The person who says "take a look at me now" has likely

invested time and effort into becoming a better version of themselves. This continuous improvement, this commitment to self-evolution, is a key ingredient. *

****Shifting Perspectives:**** Sometimes, the "take a look at me now" moment is directed at those who underestimated you, doubted your abilities, or even dismissed you. It's a gentle, or sometimes not-so-gentle, reminder that their initial perceptions were flawed. It's about proving them wrong, not out of malice, but out of a deep-seated need to be recognized for your true potential. This can be incredibly empowering, as it validates your efforts and silences internal doubts fueled by external skepticism.

What Does "Take a Look at Me Now" Actually Look Like?

The visual representation of "take a look at me now" can vary wildly from person to person and situation to situation. It's not always about grand, public displays of success. Often, it's the subtle shifts that speak volumes.

Career Achievements and Professional Fulfillment

For many, the phrase is intrinsically linked to their professional lives. It could be landing that dream job, achieving a significant promotion, launching a successful business, or mastering a complex skill. * ****Career Progression:**** Imagine someone who spent years in a stagnant role, feeling undervalued and overlooked.

Suddenly, they land a leadership position, or their innovative project is recognized industry-wide. That's a classic "take a look at me now" moment, born from hard work, perseverance, and strategic career moves. *

****Entrepreneurial Triumphs:**** The entrepreneurial journey is often fraught with uncertainty and risk. For a founder who has navigated funding rounds, product development challenges, and market competition, reaching a point of stability, growth, and positive impact is a monumental "take a look at me now." This could manifest as a thriving business, a loyal customer base, or the ability to create meaningful employment for others. * ****Mastery and Expertise:**** In any field, achieving a high level of mastery and recognition is a powerful testament to dedication. A musician who has honed their craft over decades, a writer whose words now resonate with thousands, or a scientist whose research is making a real-world difference – these individuals have earned their "take a look at me now" moments through relentless practice and intellectual pursuit.

Personal Well-being and Inner Peace

Beyond the professional realm, "take a look at me now" can signify a profound shift in personal well-being and inner peace. This is perhaps the most authentic and enduring form of transformation. * ****Mental and Emotional Resilience:**** After struggling with anxiety, depression, or other mental health challenges, finding a place of

equilibrium and inner strength is a significant achievement. It's about learning to manage emotions, develop coping mechanisms, and cultivate a positive outlook. The person who says "take a look at me now" in this context has embarked on a courageous journey of self-discovery and healing. * **Physical Health and Vitality:** For someone who has battled chronic illness, overcome an addiction, or transformed their lifestyle for better health, the renewed energy and vitality they experience can be a powerful "take a look at me now." This isn't just about looking good; it's about feeling good, about reclaiming control over their physical well-being. * **Authenticity and Self-Acceptance:** Perhaps the most profound transformation is the embrace of one's true self. This involves shedding societal expectations, letting go of the need for external validation, and accepting oneself with all imperfections. When someone can authentically say "take a look at me now" from a place of genuine self-love and acceptance, it signifies a deep and lasting peace.

The Power of Acknowledgment: Why "Take a Look at Me Now" Matters

Why is this phrase so potent? It's not just about ego or bragging rights. It's about the fundamental human need for acknowledgment and validation. * **Celebrating Milestones:** Life is a series of milestones, both big and small. The "take a look at me now" sentiment allows us to

pause and acknowledge our progress, to celebrate how far we've come. This is crucial for maintaining motivation and fostering a sense of accomplishment. * **Inspiring Others:** When we share our "take a look at me now" stories, we offer hope and inspiration to others who may be facing similar challenges. Seeing someone else succeed after overcoming adversity can be a powerful catalyst for their own journey. This ripple effect of positivity is invaluable. * **Reinforcing Self-Worth:** The act of saying "take a look at me now" can be a powerful affirmation of our own worth. It's a declaration that we are capable, resilient, and deserving of recognition. This internal validation is far more important than any external applause. * **A Marker of Progress:** In a world that often emphasizes the destination over the journey, this phrase serves as a vital marker of progress. It's a recognition that the effort, the sacrifice, and the dedication have yielded tangible results. It's a testament to the fact that change is possible and that growth is attainable.

Navigating the "Take a Look at Me Now" Moment with Grace

While the sentiment is powerful, it's important to approach the "take a look at me now" moment with grace and humility. * **Focus on the Journey, Not Just the Destination:** While the outcome is important, remember to acknowledge the process. Share the lessons learned,

the struggles overcome, and the growth experienced. This makes your story more relatable and inspiring. * **Avoid Arrogance:** There's a fine line between confidence and arrogance. While celebrating your achievements is healthy, ensure your tone remains grounded and avoids making others feel inferior. * **Be Authentic:** The most impactful "take a look at me now" moments come from a place of genuine authenticity. Be true to yourself and your experiences, rather than trying to project an image that isn't real. * **Inspire, Don't Impress:** The goal should be to inspire and encourage others, not simply to impress them. Share your story in a way that empowers others to believe in their own potential. In conclusion, "take a look at me now" is a powerful and deeply human expression. It's a testament to the transformative power of perseverance, growth, and self-belief. It's about recognizing the incredible journey we've undertaken and celebrating the person we have become. So, the next time you witness or utter this phrase, remember that it's more than just words; it's a story unfolding, a victory being claimed, and a beacon of hope for us all. It's a powerful reminder that change is always possible, and that with dedication and resilience, we can all reach a place where we can proudly say, "Take a look at me now."

Understanding the Phrase "Take a Look at Me Now" in Modern Communication

The expression “take a look at me now” carries a powerful and intentional tone in contemporary digital and interpersonal communication. At its core, it functions as a compelling call for attention—an invitation to pause, engage, and fully connect. Far more than a casual remark, this phrase embodies presence, confidence, and immediacy, often used to shift focus toward a message, emotion, or moment demanding recognition.

The Psychological Weight Behind the Words

When someone says “take a look at me now,” there’s an underlying psychological dynamic at play. It’s a subtle yet assertive way of asserting significance—pulling the listener or viewer into a shared space of awareness. In an age of constant

distractions, this phrase acts as a mental anchor, cutting through noise to demand presence. It leverages the human tendency to respond to urgency and authenticity, making it especially effective in marketing, leadership, and personal interaction. The phrase doesn't just invite observation; it fosters a moment of connection, signaling that what follows is worth prioritizing.

Applications Across Industries and Contexts

This phrase finds utility across diverse fields. In content creation, creators use “take a look at me now” to highlight key insights, personal stories, or transformative moments—turning passive scrolling

into active engagement. In leadership and public speaking, it serves as a rhetorical tool to emphasize pivotal messages, drawing audiences in during speeches, presentations, or key announcements. Social media platforms thrive on such phrases, where visual or verbal emphasis captures fleeting attention spans and boosts interaction. Even in user experience design, subtle cues like dynamic visuals or voice prompts echo this concept—guiding users to notice important elements at just the right moment.

Benefits of Intentional Attention

The power of “take a look at me now” lies in its ability to enhance clarity, emotional resonance, and impact. By

directing attention purposefully, it reduces ambiguity and strengthens message retention. Whether in branding, education, or personal relationships, this focused approach deepens connection and encourages meaningful response. It fosters authenticity, turning ordinary exchanges into memorable, engaging moments. Over time, consistent use builds trust and recognition, making communication more effective and impactful.

The Future of Presence in Digital Engagement

As digital environments grow increasingly saturated, the ability to capture genuine attention becomes ever more critical. The phrase “take a

look at me now” reflects a broader shift toward intentional, human-centered communication. In the future, as technologies like AI, immersive media, and personalized content evolve, this principle will remain central—guiding creators and communicators to craft experiences that feel real, relevant, and responsive. By mastering the art of meaningful attention, individuals and brands can stand out, build lasting relationships, and turn fleeting moments into lasting impressions.

'Take a Look at Me Now': More Than Just a Lyric, a Profound Human Journey

The phrase "take a look at me now" resonates deeply within the human

experience. It's not merely a collection of words; it's an evocative utterance that encapsulates transformation, a plea for recognition, a declaration of resilience, and often, a bittersweet reflection on the path traveled. While famously a central lyric in Phil Collins' iconic 1981 ballad, "In the Air Tonight," its meaning extends far beyond the confines of a single song, touching upon universal themes of self-discovery, societal perception, and the indelible mark of time.

The Genesis of a Haunting Phrase: Phil Collins and "In the Air Tonight"

To truly understand the power of "take a look at me now," we must first acknowledge its most prominent cultural anchor: Phil Collins' "In the Air Tonight." This song, with its brooding

atmosphere, distinctive drum fill, and enigmatic lyrics, struck a chord with millions. The phrase, delivered with a raw, almost resigned intensity by Collins, speaks to a profound sense of personal reckoning. It's a moment where the narrator, having endured significant hardship or betrayal, demands that someone—or perhaps the world at large—witness the person they have become as a result. The context, though intentionally ambiguous, hints at a past wound, a pivotal event that necessitated this stark proclamation. The "air tonight" itself becomes a metaphor for unspoken tension, impending revelation, or a lingering sense of unease, amplifying the weight of the request to "take a look at me now."

The success of "In the Air Tonight"

cemented the phrase in the popular consciousness. Its recurring motif and melancholic delivery ensured it would be remembered and revisited, prompting listeners to consider its broader implications. The song's enduring appeal lies in its ability to tap into primal emotions - regret, anger, vindication, and the longing for acknowledgment. This is why, even decades later, the phrase continues to evoke a powerful emotional response.

Beyond the Music: The Universal Language of Transformation

While Phil Collins provided a potent musical vehicle, the sentiment of "take a look at me now" predates and transcends any single piece of art. It's a sentiment that arises at various junctures in life, marking significant

shifts in our personal narratives. Think of:

The Overcomer's Triumph: From Adversity to Strength

Perhaps the most common and inspiring interpretation of "take a look at me now" is the cry of the individual who has faced immense challenges and emerged stronger. This could be someone who has battled illness, overcome addiction, navigated a devastating loss, or triumphed over societal prejudice. In these instances, the phrase is a powerful testament to resilience and the indomitable human spirit. It's a declaration that the scars of the past have not broken them, but rather forged them into something new, something more robust. The emphasis here is on the journey, the

arduous climb, and the eventual, hard-won vista from which they can survey their progress and ask for recognition.

The Artist's Evolution: Creative Growth and Recognition

For creators - musicians, writers, painters, and innovators - "take a look at me now" can represent the culmination of years of dedicated practice and artistic development. It's the moment when their unique voice has been refined, their skills honed, and their work finally gains the traction or appreciation they've strived for. This isn't necessarily about ego, but about the validation of their creative journey, the recognition that their artistic vision has matured and is now worthy of attention. It's about presenting their evolved self, their

completed masterpiece, and inviting the world to witness their artistic evolution.

The Personal Transformation: Self-Discovery and Authenticity

On a more intimate level, "take a look at me now" can be a quiet, internal affirmation. It's the feeling of finally understanding oneself, of shedding societal expectations and embracing authenticity. This often occurs after a period of introspection, therapy, or significant life changes. The individual has pieced themselves back together, perhaps differently than before, and feels a quiet pride in their newfound self-awareness and self-acceptance. They are presenting their authentic self, flaws and all, and finding a sense of peace and validation within that

presentation.

The Nuances of Perception: Who Are We Asking to Look?

The power of "take a look at me now" is also amplified by the ambiguity of *who* the speaker is addressing. This subtle detail shifts the entire emotional landscape of the phrase:

Addressing a Past Hurt: Vindication and Closure

In many interpretations, the phrase is directed at those who have wronged the speaker, underestimated them, or dismissed them. It's a plea for them to witness the speaker's survival and success, a form of vindication that offers a sense of closure, even if not direct reconciliation. The success becomes the ultimate response, the

irrefutable evidence of their strength and worth.

Seeking Validation from Loved Ones: The Enduring Need for Connection

At other times, the phrase might be directed towards family, friends, or mentors - those whose opinions matter deeply. Here, it's less about proving detractors wrong and more about sharing the fruits of their labor and growth with those they cherish. It's a desire to have their journey, their struggles, and their triumphs acknowledged and celebrated by their inner circle. It's a way of saying, "Look what I've accomplished, and see how far I've come, especially for you."

A Public Declaration: Impact and Influence

For public figures, leaders, or individuals who have made a significant impact, "take a look at me now" can be a statement of influence and legacy. It's about pointing to their achievements, their contributions, and the lasting effect they've had. This is often seen in autobiographies, retrospective documentaries, or public speeches where the individual reflects on their life's work and its ramifications.

The Psychological Underpinnings: Self-Esteem and Identity

The desire to utter "take a look at me now" is deeply rooted in fundamental psychological needs. At its core, it

speaks to the human drive for recognition and validation. Our sense of self-esteem is often intricately linked to how we perceive ourselves and how we believe others perceive us. When we undergo significant personal growth or overcome adversity, we naturally seek to have that transformation acknowledged. This acknowledgment can:

- 1. Reinforce Self-Worth: External validation can bolster internal feelings of confidence and self-worth, confirming that our efforts and struggles have been meaningful.**
- 2. Solidify Identity: The act of being seen and acknowledged in our evolved state helps to solidify our new identity, integrating our past experiences with our present self.**
- 3. Foster Connection: Sharing our**

transformed selves with others can deepen relationships and create a sense of shared understanding and empathy.

- 4. Motivate Future Growth: Positive affirmation can provide the impetus to continue on a path of self-improvement and achievement.**

The Evolving Meaning in a Digital Age

In the contemporary landscape, the sentiment of "take a look at me now" finds new avenues of expression through social media. Platforms like Instagram, TikTok, and Facebook allow individuals to curate and present their personal narratives, often highlighting their transformations. Before-and-after photos, fitness journeys, career milestones, and personal achievements are all modern

manifestations of this age-old desire for recognition. While these platforms can democratize the ability to share one's story, they also introduce complexities around authenticity, comparison, and the relentless pursuit of external validation. The curated "look at me now" on social media may not always reflect the nuanced, often messy, reality of the journey.

Conclusion: A Timeless Echo of the Human Condition

"Take a look at me now" is more than just a memorable lyric or a fleeting sentiment. It is a profound articulation of the human condition, a testament to our innate desire for growth, recognition, and the acknowledgment of our journeys. Whether born from pain, perseverance, or passion, this

simple phrase encapsulates the enduring power of transformation. It reminds us that life is a continuous process of becoming, and that at critical junctures, there is an undeniable, deeply human urge to pause, to reflect, and to invite others to witness the person we have become. It's a call to acknowledge the past, celebrate the present, and embrace the ongoing evolution of the self.

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understanding. Digital access supports a more connected and informed global community.

As technology continues to evolve, digital books will remain a central component of modern education and research. The availability of Take A Look At Me Now in digital format reflects an adaptive approach to learning that aligns with current technological trends. Digital literacy is now an essential skill in both academic and professional contexts.

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and research opportunities while supporting sustainable and inclusive education. Digital downloads make knowledge acquisition seamless, efficient, and adaptable to the needs of today's learners.

Questions & Answers About take a look at me now

No	Question	Answer
1	What's the main message behind the phrase 'Take a look at me now'?	It's a declaration of significant personal growth, achievement, or transformation, often directed at someone who underestimated you or has seen you at a less successful point in your life.
2	When is a good time to use the phrase 'Take a look at me now'?	It's best used after you've overcome a major challenge, achieved a long-term goal, or significantly improved your circumstances, especially if there were doubters involved.

3	Is 'Take a look at me now' always boastful?	While it can sound boastful, it's often more about demonstrating resilience and proving your capabilities than outright bragging. The context and tone are key.
4	What are some common situations where someone might say 'Take a look at me now'?	Examples include landing a dream job after a layoff, achieving a fitness goal after struggling with health, or succeeding in a creative field after initial rejection.
5	How can I respond to someone who says 'Take a look at me now'?	A genuine compliment acknowledging their hard work and success is usually appropriate. Phrases like 'That's amazing!' or 'You've really come so far!' are good options.
6	What's the difference between 'Take a look at me now' and simply showing off?	Showing off is often about presenting superficial achievements for attention. 'Take a look at me now' implies a deeper journey of overcoming obstacles and achieving genuine, often hard-won, success.

take a look at me now, gaze at me now, fix your gaze now, look directly at me now, capture my attention now, spot me now, meet my eyes now, engage with my eyes now, watch me now, look at my face now

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