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and behavioral
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scientist-practitioners
in child and school
psychology, social work,
behavioral therapy,
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educational psychology.

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Within little more than a generation, whale-watching has been subject to global industrial development. It has been portrayed by destinations and

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business operators, and advocated by environmental groups, as a sustainable activity and an alternative to whaling. However, in recent years the

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sustainability of these activities has increasingly been questioned, as research shows that repeated disturbance by boat traffic can severely

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disrupt critical
behaviours of cetaceans
in the wild. Bringing
together contributions
by international
experts, this volume
addresses complex issues

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associated with commercial whale-watching, sustainable development and conservation of the global marine environment. It

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highlights widely expressed concerns for the failure of policy, planning and management and pinpoints both long-standing and emerging barriers to sustainable

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practice. Featuring numerous case studies, the book provides critical insights into the diverse socio-cultural, political, economic and ecological

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contexts of this global industry, highlighting the challenges and opportunities that arise along the pathways to sustainability.

The Science of Cognitive

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Behavioral Therapy
describes the scientific
approach of CBT, reviews
the efficacy and
validity of the CBT
model, and exemplifies
important differences

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and commonalities of CBT approaches. The overarching principle of CBT interventions is that cognitions causally influence emotional experiences and

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behaviors. The book reviews recent mediation studies, experimental studies, and neuroimaging studies in affective neuroscience that support the basic

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model of CBT, as well as those that clarify the mechanisms of treatment change. Additionally, the book explains the interplay of cognition and emotion in CBT,

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specifies the treatment goals of CBT, discusses the relationship of cognitive models with medical models and associated diagnostic systems, and provides

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concrete illustrations of important general and disorder-specific considerations of CBT. Investigates the scientific foundation of CBT Explores the

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interplay of emotion and
cognition in CBT Reviews
neuroscience studies on
the mechanisms of change
in CBT Identifies
similarities and
differences in CBT

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approaches for different
disorders Discusses CBT
extensions and
modifications Describes
computer assisted
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Integrating Theory and

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Applications

**The Immune System and
Mental Health**

***Behaviour Therapy is based
on the application of
principles of learning to
change human behaviour.***

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In the last two decades it has grown into a promising scientific discipline. This development is exemplified by extensive research and applications. The present book provides a unifying

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account of its contemporary developments, linking underlying theories with practice. This book is divided into three sections. In the first section, basic assumptions of behaviour

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therapy are examined and emerging trends such as radical behaviourism, cognitive behaviourism and systematic eclecticism are dealt with in a systematic manner. In the second

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section, the techniques of behaviour therapy, their theoretical bases and applications have been illustrated with the help of empirical studies. The concluding section focuses

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***on the contemporary issues
of research and practice of
behaviour therapy.***

***The Wiley Handbook of
Contextual Behavioral
Science describes the
philosophical and empirical***

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***foundation of the
contextual behavioral
science movement; it
explores the history and
goals of CBS, explains its
core analytic assumptions,
and describes Relational***

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Frame Theory as a research and practice program. This is the first thorough examination of the philosophy, basic science, applied science, and applications of Contextual

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***area that encompasses both
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tradition and in-depth
clinical application of that
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Looks at the development of
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***for alleviating human
suffering
Research on driver
behaviour has clearly
demonstrated that the goals
and motivations a driver
brings to the driving task***

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are important determinants for driver behaviour. The objective of the book, and of the conference on which it is based, is to describe and discuss recent advances in the study of

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driving behaviour and driver training. It bridges the gap between practitioners in road safety, and theoreticians investigating driving behaviour, from a number

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***of different perspectives
and related disciplines. The
book is timely in its aim of
defining new approaches to
driver training methodology
based on decades of
empirical research on***

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driver behaviour. The contributing road safety researchers and professionals consider the kinds of methods that are effective in teaching drivers the higher-level skills

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needed to be a safe competent driver. The readership includes road safety researchers from a variety of different academic backgrounds, senior practitioners in the

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field from regulatory authorities and professional driver training organisations such as the police service, and private and public sector personnel who are concerned with

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improving road safety. "Drugs, Brains, and Behavior" is an online textbook written by C. Robin Timmons and Leonard W. Hamilton. The book was previously

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published by Prentice Hall, Inc. in 1990 as "Principles of Behavioral Pharmacology." The authors attempt to develop an understanding of the interpenetration of brain,

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behavior and environment. They discuss the chemistry of behavior in both the literal sense of neurochemistry and the figurative sense of an analysis of the reactions

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with the environment.

***Psychology: The Science of
Mind and Behaviour 6th
Edition***

Anxiety and Behavior

Whale-watching

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***Volume I: Adult Clinical
Applications Volume II:
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Volume III: Educational
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Behaviour

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with substantial new content on current and emerging theories of health communication, social marketing and e-health, culturally diverse communities, health promotion, the impact

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of stress, the importance of networks and community, social marketing, and evaluation. New contents include an update to the selection of theories, both established and emerging; e-

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health and social media as integrated into health communication; global health as an application of health behavior theory; culture and health disparities; more guidance on how to select

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addition, users will find comprehensive information on new research related to the microbial composition of the gut, aka, the microbiome, and how it influences brain function and mental health. Common

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thorough understanding on the role of immunity in neuropsychiatry. Sociology, psychology, psychiatry, neuroscience and genetics have provided considerable explanations and solutions to

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some of the most intractable mental-health problems. But researchers are increasingly relying on investigations of the immune system to identify factors that can undermine and impair mental health. This

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book covers devastating mental-health conditions, such as depression, anxiety, schizophrenia, and autism-like spectrum disorders. In addition, degenerative disorders of the brain, such as

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Parkinson's and Alzheimer's-like dementia are explored. Considers both basic human and animal studies that address immunological changes relating to mental health problems across the

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behaviour within the field of entrepreneurship and beyond. Offering contextual examples from universities, firms and society, Entrepreneurial Behaviour covers topics such as entrepreneurial intention,

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to make real, lasting change in their lives in this exciting work of popular psychology that goes beyond The Power of Habit with science and practical strategies that can alter their problem

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behaviors—forever. Whether it's absent-minded mistakes at work, a weakness for junk food, a smart phone addiction, or a lack of exercise, everyone has some bad habit or behavior that they'd like to change. But

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wanting to change and actually doing it—and sticking with it—are two very different things. Dr. Sean Young, an authoritative new voice in the field of behavioral science, knows a great deal about our

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habits—how we make them and how we can break them. Stick with It is his fascinating look at the science of behavior, filled with crucial knowledge and practical advice to help everyone successfully alter

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their actions and improve their lives. As Dr. Young explains, you don't change behavior by changing the person, you do it by changing the process.

Drawing on his own scientific research and that of other

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leading experts in the field, he explains why change can be difficult and identifies the crucial forces that combine to make transformation permanent, from the right way to create new habits to how to

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harness emotional meaning to motivate change. He also helps us understand how the mind often interferes with creating lasting change and how we can outsmart it, including using "neurohacks" to shortcut the

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brain's counterproductive instincts. In addition he provides a powerful corrective to the decades old science of habits, offering a next generation discussion of how habits can change behavior

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with the right approach. Packed with pragmatic exercises and stories of real people who have used them successfully, Stick with It shows that it is possible to control spending, stick to a

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diet, become more social, exercise regularly, stop compulsively checking e-mail, and overcome problem behaviors—forever.

Genes, Brain Function, and Behavior

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movement (including B. F. Skinner, Joseph Wolpe, Aaron T. Beck, and many others) are also included. No other reference source provides such comprehensive treatment of behavior modification—history, biography, theory, and application.

When you are confronted with a child

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who is troubled, disruptive, oppositional, defiant or angry - whether you are a parent or a teacher - it can be difficult to know the best way to support them. Traditional methods of 'shaping' a child's behaviour can often be at best ineffective, at worst distressing, for child and adult alike. Drawing on 30

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years of experience, internationally known paediatric psychologist Dr Mona Delahooke describes these troubled behaviours as the 'tip of the iceberg', important signals that point to deeper, individual differences in the child that we need to understand and address before we can resolve behavioural

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challenges. Using the very latest neuroscientific research Beyond Behaviours makes the case that many children who can't seem to behave simply don't have the developmental capacity to do so - yet. This book uses neuroscientific findings to help you deconstruct behaviour challenges, and

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to discover their cause and triggers for your child. It will show you how to apply this knowledge across a variety of behaviour spectrums, from children diagnosed with autism or other forms of neurodiversity, to those who might have been exposed to toxic stress or trauma during their early years. There are

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practical strategies to implement at every stage, backed up by impactful worksheets and charts, with a strong emphasis not on 'managing' behaviour, but instead on helping children and families build positive experiences to counteract the stress and pressure felt by everybody when you're working, or

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living, with a child who has behavioural challenges. Accessible, practical, warmly supportive and steeped in research and clinical expertise, Beyond Behaviours offers a break-through book which guides us - parents and caregivers alike - to the realisation that the most important tool in our toolkit is

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always our connection with the child standing in front of us.

Wall Street Journal bestseller “A welcome revelation.” --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change.

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In this ground-breaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what's standing between you and success and

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battle into a downhill one is the key to success. Drawing on Milkman's original research and the work of her world-renowned scientific collaborators, *How to Change* shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness.

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Through case studies and engaging stories, you'll learn:

- Why timing can be everything when it comes to making a change
- How to turn temptation and inertia into assets
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coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, How to Change offers an invaluable, science-based blueprint for achieving your goals, once and for all.

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to Understand and Solve Children's

Behavioural Challenges

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Genes, Brain Function, and Behavior offers a concise description of the nervous system that processes sensory input and initiates motor movements. It reviews how behaviors are defined and measured, and how

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experts decide when a behavior is perturbed and in need of treatment. Behavioral disorders that are clearly related to a defect in a specific gene are reviewed, and the challenges of understanding complex traits

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such as intelligence, autism and schizophrenia that involve numerous genes and environmental factors are explored. New methods of altering genes offer hope for treating or even preventing difficulties that arise in our

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genes. This book explains what genes are, what they do in the nervous system, and how this impacts both brain function and behavior. Presents essential background, facts, and terminology about genes,

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**brain function, and behavior
Builds clear explanations on
this solid foundation while
minimizing technical jargon
Explores in depth several
single-gene and chromosomal
neurological disorders
Derives lessons from these**

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**clear examples and highlights
key lessons in boxes
Examines the intricacies of
complex traits that involve
multiple genetic and
environmental factors by
applying lessons from simpler
disorders Explains diagnosis**

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and definition Includes a companion website with Powerpoint slides and images for each chapter for instructors and links to resources

Richard Gross offers a clear introduction to the key areas

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of psychology - the nature and scope of psychology, the biological basis of behaviour and experience, cognitive, social and developmental psychology, and individual differences. Previous ed.: London: Hodder & Stoughton,

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2001.

Self-regulation theory focuses on the ways in which individuals direct and monitor their activities and emotions in order to attain their goals. This text presents recent developments in health

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psychology research, covering topics such as representational beliefs, anxiety and personality. This textbook offers a fresh approach to health psychology through the theory and practice of

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behaviour change. Using an array of case studies from around the world, it discusses how we can develop and evaluate behaviour change interventions. The book encourages active engagement with

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contemporary discussions about health behaviours, covering areas of emerging importance such as weight stigma, vaping, nudges, vaccine hesitancy and paleo-inspired lifestyles. With a focus upon critical thinking,

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Drugs, Brains, and Behavior
The Role of Electrical
Discharges in the Non-
reproductive Social Behaviour
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Cognitive Science**

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**Perspectives on Personality
and Emotion
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The Science of Getting from
Where You Are to Where You
Want to Be**

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This book aims to highlight the vigour, diversity and insight of the various cognitive science perspectives on personality and emotion. It aims also to emphasise the rigorous scientific basis for research to be found in the integration of experimental psychology with neuroscience, connectionism and

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the new evolutionary psychology. The contributors to this book provide a wide-ranging survey of leading-edge research topics. It is divided into three parts, on general frameworks for cognitive science, on perspectives from emotion research, and on perspectives from studies of

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personality traits.

Designing Interventions' brings together theory-based tools developed in behavioural science to understand and change behaviour to form a step-by-step intervention design manual.

This book is for anyone with an interest in changing behaviour

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regardless of whether they have a background in behavioural science. Anxiety and Behavior focuses on the analysis of factors and conditions that contribute to anxiety, including stress, emotional disturbance, and psychosomatic disorders. The selection first offers information on

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theories and research on anxiety and the nature and measurement of anxiety. Topics include objective anxiety (fear) and neurotic anxiety, trends in anxiety research, anxiety and personality dynamics, and laws of anxiety change in pathological and other fields. The text then elaborates

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on questions and problems on the measurement of anxiety in children, including reservations about anxiety scales, concept of defense, and suggestions on the interpretation of anxiety scales. The publication reviews the psychosomatic aspects of anxiety, basis of psychopathology, and

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clinical origins of the activation concept. Discussions focus on anxiety and stress, observations of anxiety in men under stress, etiology of psychosomatic disorders, emotional disturbance, and activation. The text also considers conditioning and deconditioning of neurotic anxiety and

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environment is becoming increasingly significant with, at a local level, problems resulting from different types of annoyances, such as pollution and noise, while, at a global level, there is the central question of climate change with its harmful consequences for humans and the planet. How can the impact on well-being

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of environmental nuisances and threats (for example, natural risks, pollution, and noise) be reduced? How can the quality of life within daily living spaces (home, cities, work environments) be improved? Why is it important to understand the psychological issues of our relationship with the global environment (climatic

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warming, ecological behaviours)? This Handbook is intended not only for students of various disciplines (geography, architecture, psychology, town planning, etc.) but also for social decision-makers and players who will find in it both theoretical and methodological perspectives, so that psychological and

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treating many 'mental' disorders, even if certain disciplines continue to favour other kinds of treatment. This book offers a wide range of structured programmes for the treatment of various psychological/psychiatric disorders as classified by the DSM-IV. The layout will be familiar to the majority of health

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professionals in the description of mental disorders and their later treatment. It is divided into seven sections, covering anxiety disorders, sexual disorders, dissociative, somatoform, impulse control disorders, emotional disorders and psychotic and organic disorders. Throughout the twenty-three chapters, this

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book offers the health professional a structured guide with which to start tackling a whole series of 'mental' disorders and offers pointers as to where to find more detailed information. The programmes outlined should, it is hoped, prove more effective than previous approaches with lower economic costs and

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