

adonis golden ratio

adonis golden ratio has captivated artists, scientists, and individuals for centuries, representing an ideal of aesthetic perfection, particularly in male physique. This intriguing concept, rooted in mathematical principles and anatomical proportions, suggests a specific set of measurements that contribute to perceived attractiveness. Understanding the adonis golden ratio involves delving into its origins, the specific measurements that define it, its application across various fields, and the ongoing debate surrounding its universality. This article will explore the multifaceted nature of the adonis golden ratio, from its historical significance to its modern interpretations, offering a comprehensive look at what makes a physique widely considered ideal.

Unveiling the Adonis Golden Ratio: Origins and Definition

The Historical Roots of Ideal Proportions

The fascination with ideal human proportions is not a modern phenomenon. Ancient civilizations, particularly the Greeks, meticulously studied and documented what they considered the perfect form. Artists and philosophers like Polykleitos, with his Doryphoros statue, sought to embody mathematical harmony in sculpture. While the term "Adonis Golden Ratio" is a contemporary label, the underlying principles of seeking ideal ratios in the human body have ancient roots. These early explorations laid the groundwork for later interpretations and scientific investigations into aesthetic preferences.

Defining the Adonis Golden Ratio: Key Measurements

The adonis golden ratio is not a single, rigid formula but rather a collection of proportional ideals that contribute to a balanced and aesthetically pleasing male physique. Several key measurements are consistently cited when discussing this concept. These ratios often involve the relationship between different body parts, emphasizing symmetry and harmonious proportions. The goal is to achieve a look that is both powerful and graceful, reflecting a sense of natural order and biological fitness.

The Waist-to-Shoulder Ratio

One of the most frequently discussed aspects of the adonis golden ratio is the waist-to-shoulder ratio. A wider shoulder span relative to a narrower waist is often perceived as highly attractive, signaling strength and a V-shaped torso. This particular proportion is frequently cited as a significant indicator of aesthetic appeal in male physiques, contributing to an overall impression of athleticism and vitality. The ideal often hovers around a 1:1.618 ratio, echoing the classic golden ratio found in nature and art, although this specific mathematical application to the torso is more of a conceptual extension.

The Shoulder-to-Chest Ratio

Complementing the waist-to-shoulder ratio is the importance of the shoulder-to-chest proportion. Well-developed shoulders and chest muscles, in proportion to one another, further enhance the perception of a strong and masculine frame. This ratio contributes to the overall breadth and sculpted appearance of the upper body, which is a key component of the ideal adonis physique. A balanced development here signifies power and a robust physical presence.

The Height-to-Leg Length Ratio

Leg length in proportion to overall height also plays a role in the adonis golden ratio. While not as frequently highlighted as upper body proportions, a balanced leg-to-torso ratio is considered important for overall aesthetic harmony. Neither excessively long nor disproportionately short legs contribute to the perception of a well-formed physique. This aspect speaks to a sense of balance that extends from the head to the feet, creating a visually pleasing structure.

Facial Proportions and the Golden Ratio

Beyond the body, the concept of the golden ratio, and by extension, the adonis golden ratio, extends to facial aesthetics. Certain facial proportions, such as the distance between the eyes, the width of the nose relative to the length of the face, and the placement of features, are often analyzed through the lens of the golden ratio. While this article focuses on the physique, it's worth noting that facial symmetry and harmonious proportions are integral to the broader concept of ideal beauty, often associated with the adonis figure.

Adonis Golden Ratio in Practice: Art, Fitness, and Perception

The Adonis Golden Ratio in Classical Art

Classical sculptures and Renaissance paintings frequently depict figures that embody these proportional ideals. Artists meticulously studied human anatomy and applied mathematical principles to represent what they believed to be the pinnacle of male beauty. The idealized forms found in ancient Greek sculptures, such as Apollo or Hercules, often exhibit characteristics that align with the principles of the adonis golden ratio, showcasing a harmonious balance of muscularity and proportion. This artistic legacy has deeply influenced our perception of the ideal male form.

Adonis Golden Ratio in Modern Fitness and Bodybuilding

In contemporary fitness and bodybuilding communities, the adonis golden ratio serves as a guiding principle for training and aesthetic development. Athletes and enthusiasts often strive to achieve the characteristic V-tapered physique, emphasizing shoulder width and a relatively small waist. This pursuit involves targeted exercises designed to build muscle mass in the upper body while

maintaining a lean midsection. The objective is not just brute strength but a visually appealing and symmetrical physique that aligns with these perceived ideal proportions.

The Psychology of Perception and the Adonis Golden Ratio

The appeal of the adonis golden ratio is also rooted in psychological and evolutionary principles. Symmetrical and proportionate features are often unconsciously associated with health, genetic fitness, and vitality. These traits can signal a desirable mate, influencing our innate preferences for certain physical characteristics. The adonis golden ratio, by embodying these perceived indicators of health and strength, taps into these deep-seated psychological mechanisms that contribute to our perception of attractiveness.

The Debate and Nuances of the Adonis Golden Ratio

Is the Adonis Golden Ratio Universal?

Despite its widespread discussion, the universality of the adonis golden ratio is a subject of ongoing debate. Aesthetic preferences can vary significantly across cultures and throughout history. What one society deems ideal, another may not. Furthermore, individual preferences play a crucial role, and not everyone is drawn to the same set of proportions. While the adonis golden ratio provides a framework for understanding common aesthetic ideals, it does not represent a singular, objective truth about beauty.

Beyond the Numbers: Individuality and Health

It is important to recognize that focusing solely on numerical ratios can overshadow the importance of individuality, personal health, and overall well-being. A healthy and functional body, regardless of its precise adherence to a mathematical ideal, possesses its own unique beauty. The pursuit of a specific physique should always be balanced with a commitment to sustainable health practices and a positive body image. True attractiveness often stems from confidence, vitality, and a healthy lifestyle, which transcend mere measurements.

The Role of Genetics and Lifestyle

Genetics play a significant role in determining an individual's natural body type and proportions. While training and diet can sculpt and enhance the physique, some underlying skeletal structures and predispositions are genetically determined. Similarly, lifestyle factors such as diet, exercise, and overall health significantly impact how a physique develops and is perceived. The adonis golden ratio, therefore, represents an ideal that can be strived for, but individual results will always be influenced by a complex interplay of genetic and environmental factors.

Frequently Asked Questions

What is the Adonis Golden Ratio and how is it calculated?

The Adonis Golden Ratio is a concept theorized to represent the ideal male physique, particularly in terms of upper body proportions. It's often calculated by comparing the circumference of the shoulders to the circumference of the waist. The ideal ratio is typically cited as approximately 1.618:1 (similar to the mathematical Golden Ratio).

Is the Adonis Golden Ratio scientifically proven or just a trend?

While the Adonis Golden Ratio has gained popularity in fitness and aesthetic circles, it's largely considered a trend based on anecdotal observations and subjective preferences rather than rigorous scientific validation. There's no universal scientific consensus or empirical evidence to definitively prove it as the 'ideal' human male physique.

What specific body measurements are most associated with achieving the Adonis Golden Ratio?

The primary focus is on the shoulder-to-waist ratio. Specifically, a wider shoulder circumference relative to a narrower waist is considered key. This often translates to aiming for a broad chest and well-developed lats, while keeping the midsection lean.

Does achieving the Adonis Golden Ratio require specific training or diet protocols?

To achieve the shoulder-to-waist ratio, training typically emphasizes compound exercises that target the shoulders (like overhead presses, lateral raises) and the back (like pull-ups, rows) to build width. A lean diet is crucial to maintain a small waist circumference.

Are there any criticisms or downsides to pursuing the Adonis Golden Ratio?

Criticisms include its potentially narrow and unrealistic aesthetic standard that might promote body dysmorphia or unhealthy obsessions. It also overlooks the diversity of healthy and attractive male body types and may not be achievable or desirable for everyone.

How does the Adonis Golden Ratio differ from other popular male physique ideals, like the 'V-taper'?

The Adonis Golden Ratio is very similar to, and often used interchangeably with, the 'V-taper' aesthetic. Both emphasize a wide upper body that tapers down to a narrower waist, creating a distinctive 'V' shape. The primary difference is the specific numerical ratio attributed to the Adonis concept.

Additional Resources

Here are 9 book titles related to the Adonis Golden Ratio, each with a short description:

1. *The Golden Ratio: The Divine Proportion in Art, Science, and Nature*

This classic exploration delves into the ubiquity of the golden ratio, a mathematical concept that has fascinated artists, architects, and scientists for centuries. It examines how this proportion, often found in natural formations like shells and galaxies, has been consciously and unconsciously incorporated into masterpieces of art and design throughout history. The book offers a comprehensive overview of the ratio's aesthetic appeal and its underlying mathematical principles.

2. *Proportion, Form, and Meaning in Art*

This insightful text investigates how artists utilize proportional systems, including principles akin to the golden ratio, to create visually pleasing and conceptually rich artworks. It moves beyond simple geometry to discuss how these proportions contribute to the emotional impact and narrative power of a piece. Readers will discover how understanding these underlying structures can deepen their appreciation for artistic creation.

3. *The Beauty of Mathematics: Exploring Aesthetics and Patterns*

This accessible book unveils the inherent beauty found within mathematical concepts, with a significant focus on proportions and patterns that resonate with human perception. It explores how mathematical elegance, exemplified by ratios like the golden ratio, underpins our appreciation of symmetry, harmony, and balance. The text makes a compelling case for the connection between mathematical order and aesthetic appeal.

4. *Face Forward: The Science of Facial Aesthetics*

This specialized volume examines the scientific principles and measurements that contribute to perceived facial attractiveness, often referencing proportions that align with the golden ratio. It discusses how specific facial features and their relationships to one another are evaluated, and how these measurements can influence perceptions of beauty. The book provides an in-depth look at the quantifiable aspects of facial harmony.

5. *Body Beautiful: The Anatomy of Ideal Proportions*

This book delves into the historical and scientific pursuit of ideal human body proportions, frequently drawing parallels with mathematical ratios like the golden ratio. It explores how artists, sculptors, and anatomists have sought to define and replicate these proportions across different cultures and eras. Readers will gain an understanding of the theoretical underpinnings of what constitutes a harmoniously proportioned physique.

6. *The Architect's Eye: Proportion and Design in Architecture*

This title investigates how architects employ proportional systems, including those related to the golden ratio, to create aesthetically successful and structurally sound buildings. It analyzes historical and contemporary architectural examples to illustrate the impact of proportion on spatial harmony and visual appeal. The book offers practical insights into the application of mathematical principles in the built environment.

7. *Harmony in Design: Principles of Aesthetics and Proportion*

This comprehensive guide explores the fundamental principles of design, with a strong emphasis on the role of proportion and balance in creating visually harmonious compositions. It discusses how various proportional systems, including the golden ratio, can be applied across different design disciplines to achieve aesthetic unity. The book provides a framework for understanding and

implementing effective design strategies.

8. *The Myth of Adonis: Beauty, Perfection, and Human Desire*

While exploring the mythological figure of Adonis, this book likely touches upon the cultural ideals of masculine beauty and perfection that have evolved over time. It may examine how these ideals, whether consciously or unconsciously, have been informed by notions of harmonious proportions and physical symmetry, concepts often linked to the golden ratio. The text delves into the enduring allure of idealized physical form.

9. *Sacred Geometry: The Divine Proportion and the Meaning of Symbols*

This book explores the profound connections between geometry, spirituality, and the fundamental patterns of the universe, with the golden ratio often being a central theme. It investigates how this specific proportion appears in religious architecture, ancient art, and natural phenomena, suggesting a divine or inherent order. Readers will discover how geometric principles, including the golden ratio, have been interpreted as symbols of cosmic harmony and truth.

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Adonis Golden Ratio: The Blueprint of Male Beauty

Author: Dr. Alex Ramsey (Fictional Expert)

Ebook Outline:

Introduction: Defining the Adonis Golden Ratio (AGR) and its historical context. Brief overview of facial and body proportions.

Chapter 1: The Mathematics of Male Beauty: Detailed explanation of the ratios and proportions that constitute the AGR, including mathematical formulas and visual aids.

Chapter 2: Facial Adonis Golden Ratio: Analysis of specific facial features and their contribution to the overall AGR score, including examples of high-scoring faces.

Chapter 3: Body Adonis Golden Ratio: Examination of body proportions and their role in achieving the AGR ideal, including discussion of muscle mass distribution and body fat percentage.

Chapter 4: Achieving the Adonis Golden Ratio: Practical strategies for improving one's AGR score through diet, exercise, and potentially cosmetic procedures.

Chapter 5: The Psychology of the Adonis Golden Ratio: Exploring the cultural significance of the AGR and its impact on self-esteem and perceptions of attractiveness.

Conclusion: Summarizing key findings and reiterating the importance of a balanced approach to achieving the ideal body and facial proportions.

The Adonis Golden Ratio: Unlocking the Secrets of Male Beauty

The Adonis Golden Ratio (AGR) represents a mathematical model aiming to define the ideal proportions of the male body and face. While beauty standards vary across cultures and time periods, the AGR proposes a quantifiable framework based on the principles of the Golden Ratio (approximately 1.618), a number appearing frequently in nature and art, often associated with aesthetic harmony and visual appeal. This article delves into the complexities of the AGR, exploring its mathematical underpinnings, its application to facial and body features, and the practical steps one can take to improve their own AGR score. We'll also examine the psychological and cultural implications of this intriguing concept.

1. Introduction: Defining the Adonis Golden Ratio and its Historical Context

The concept of ideal proportions in human beauty has captivated thinkers for millennia. Ancient Greek sculptures, for instance, frequently embody a sense of balanced harmony reflecting proportions close to the Golden Ratio. The modern interpretation, the Adonis Golden Ratio, builds upon this historical fascination by applying mathematical principles to assess male attractiveness. It's important to emphasize that the AGR isn't a rigid standard; rather, it serves as a guideline, a framework for understanding the relationship between different body and facial features that contribute to perceived attractiveness. It doesn't define a singular "perfect" appearance, but provides a tool for analyzing proportions and identifying areas for potential improvement.

2. Chapter 1: The Mathematics of Male Beauty

The Golden Ratio, often denoted by the Greek letter phi (Φ), is approximately 1.618. It is found in many natural phenomena, from the spiral arrangement of leaves on a stem to the proportions of a seashell. The AGR utilizes this ratio to analyze specific measurements of the male body and face. For example, ideal proportions might involve ratios of shoulder width to waist circumference, or the relationship between the length of the lower face to the upper face. Specific formulas and calculations vary depending on the particular model used to determine the AGR.

The mathematics involved in calculating the AGR isn't overly complex, but it requires precise measurements and careful application of the Golden Ratio formula. Many online calculators and apps are available to aid in this process, providing users with a personalized AGR score. However, it's crucial to remember that these tools should be used responsibly and should not be the sole determinant of self-worth or attractiveness.

3. Chapter 2: Facial Adonis Golden Ratio

The AGR's application to the face focuses on the relationship between various features such as:

Brow Width to Eye Width: The ideal ratio often involves a harmonious balance between brow width and eye spacing.

Eye Spacing to Nose Width: The spacing between the eyes in relation to the width of the nose contributes significantly to facial balance.

Nose Length to Lower Face Length: The proportion between the length of the nose and the overall length of the lower face is another key factor.

Jawline and Chin Definition: A strong and well-defined jawline and chin are often associated with higher AGR scores.

Facial Symmetry: While not directly part of the Golden Ratio calculation, symmetry plays a vital role in perceived facial attractiveness.

Analyzing these features, according to the principles of the AGR, can provide insight into what might be considered aesthetically pleasing proportions. However, it's crucial to understand that the AGR is just one measure, and other features like skin tone, eye color, and individual expression also contribute immensely to a person's overall attractiveness.

4. Chapter 3: Body Adonis Golden Ratio

The body's AGR assessment focuses on the proportions of different body parts, particularly:

Shoulder to Waist Ratio: A wider shoulder-to-waist ratio is generally considered more appealing, often associated with V-shaped torsos.

Waist to Hip Ratio: This ratio relates the waist circumference to the hip circumference. A lower waist-to-hip ratio often signifies a more athletic physique.

Leg Length to Torso Length: The ratio of leg length to torso length also plays a part in the overall assessment of body proportions.

Muscle Mass Distribution: The even distribution of muscle mass across different body parts contributes to a balanced and aesthetically pleasing physique.

Body Fat Percentage: Maintaining a healthy body fat percentage is crucial for achieving the desired proportions and overall health.

These proportions, when analyzed according to the AGR principles, contribute to an overall score reflecting the individual's body proportion aesthetics. However, the AGR should not be misinterpreted as the only indicator of a healthy and attractive physique. Fitness levels, strength, and overall health should also be considered vital elements.

5. Chapter 4: Achieving the Adonis Golden Ratio

Improving one's AGR score isn't necessarily about striving for an unrealistic ideal. Instead, it

involves focusing on healthy lifestyle choices to optimize body composition and facial features. These include:

Targeted Exercise: Specific exercises focusing on building muscle mass in the shoulders, chest, and back, while also focusing on core strength, can help improve shoulder-to-waist ratio.

Dietary Adjustments: A balanced diet rich in protein, healthy fats, and complex carbohydrates contributes to building muscle and reducing excess body fat.

Proper Sleep and Stress Management: Adequate sleep and stress reduction are vital for overall health and hormone regulation, impacting muscle growth and fat loss.

Cosmetic Procedures (Optional): Some individuals may consider cosmetic procedures such as jawline surgery or facial fillers to enhance specific facial features, but these should be approached with caution and careful consideration.

6. Chapter 5: The Psychology of the Adonis Golden Ratio

The AGR's influence extends beyond aesthetics, touching upon psychology and self-perception. While striving for ideal proportions can be motivating, it's crucial to avoid unhealthy obsessions or comparisons. The AGR should be viewed as a tool for self-improvement, not a measure of self-worth. Overemphasis on attaining a particular AGR score can lead to body image issues and negative psychological consequences.

Conclusion:

The Adonis Golden Ratio offers a framework for understanding the mathematical principles underlying perceived male attractiveness. However, it is important to remember that beauty is multifaceted and subjective. While the AGR can be a helpful tool for self-improvement, it should never overshadow the importance of overall health, well-being, and self-acceptance. A balanced approach that prioritizes a healthy lifestyle over the pursuit of an arbitrary numerical score is crucial.

FAQs:

1. Is the Adonis Golden Ratio a universally accepted standard of beauty? No, beauty standards are culturally influenced and subjective. The AGR is a mathematical model, not a definitive measure.
2. Can I use the AGR to judge someone else's attractiveness? No, the AGR should be used for personal self-improvement, not as a tool to judge others.
3. Are there any health risks associated with trying to achieve a higher AGR score? Yes, unhealthy

dieting or excessive exercise can be detrimental to health.

4. How accurate are online AGR calculators? The accuracy depends on the input data and the specific algorithm used.
5. What if my AGR score is low? Focus on healthy lifestyle changes rather than being discouraged by a number.
6. Can cosmetic procedures help improve my AGR score? Some procedures may, but they should be carefully considered and discussed with a qualified professional.
7. Does the AGR apply to all ethnicities? The AGR is a mathematical model, not specific to any ethnicity. However, the application needs to be mindful of ethnic variations in features.
8. Is the AGR a reliable predictor of success or social acceptance? No, attractiveness is only one factor in success and social interactions.
9. Where can I find more information about the Adonis Golden Ratio? Refer to peer-reviewed articles on body proportions and aesthetic standards, and consult with qualified professionals.

Related Articles:

1. The Golden Ratio in Art and Architecture: Explores the historical use of the Golden Ratio in artistic and architectural creations.
2. Facial Symmetry and Attractiveness: Discusses the role of facial symmetry in perceived attractiveness.
3. Body Composition and Health: Details the importance of maintaining a healthy body composition.
4. The Psychology of Body Image: Examines the impact of societal pressure on body image and self-esteem.
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7. The Science of Attractiveness: Explores scientific research on the factors that contribute to attractiveness.
8. Cosmetic Procedures: Risks and Benefits: Provides information on the potential benefits and risks of cosmetic enhancements.
9. Building Confidence and Self-Esteem: Offers advice on improving self-perception and building a positive self-image.

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STARRED review Freya Miller, funny and tenacious with a taste for vodka, escapes a recent tragedy by answering an advertisement for a nursing job that promises LIGHT DUTIES. LARGE PAY. NO QUESTIONS ASKED OR ANSWERED. Her new employer is the infamous, eccentric, and

stupendously rich Vincetti family, heads of the Halcyon Corporation. Her task will be to care for their adored heir, Elijah, who is currently lying in a coma amidst an armada of premium machinery. The Vincettis claim this golden boy is everything from a saint to a genius, but they refuse to reveal how he entered a comatose state. As Freya explores the labyrinthine Vincetti mansion and the secrets it holds, she becomes aware that the family members are far more deluded and dangerous than rumored. Why, during the next few weeks, do the heads of rival corporations rapidly fall prey to a series of elaborate executions? Do Vincettis pre-plan disasters like oil spills so that their rivals are squelched and their humanitarian responses get prime press coverage? Freya befriends Jack Vincetti, the black sheep whose rare illness keeps him shut away. She's a fan of his sole novel, but now she learns that he is writing a new book with a storyline that has uncanny similarities to the recent murders. Things take an even more bizarre turn when the Vincettis host a birthday party for Elijah, wheeling him out in a tuxedo and acting almost as if he is conscious. Freya befriends Elijah's fiancée, Rosaline, and discovers that she is the heir to one of Halcyon's major rival corporations. A wedding will merge the two companies and grant Halcyon dominance in the global pharmaceutical industry. It has been said that comedies always end with weddings, tragedies with funerals. This story ends with both a bride and a body count. J.M. Donellan's dazzling North American debut novel mixes outlandish, eccentric storylines with cinematic zest.

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Textual Criticism, Greek and Roman Culture and the History of Scholarship. James Diggle has always excelled in the teaching of Greek and Latin composition and included are two offerings in Greek verse by former pupils. The volume concludes with a bibliography of the honorand's published writings.

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1. Shakespeare, William, 1564-1616-Shakespeare's Sonnets-Substitution code-1609 Quarto- 2. The Poet William Shakespeare-The Youth Henry Wriothesley-The Dark Lady Aemelia Bessano Lanyer-The Rival Poet Christopher Marlowe-Deciphering- Time and Timeline-Names and Identities.

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- A clear, comprehensive introduction to one of the most fascinating topics in mathematics, including links to graph theory, matrices, geometry, the stock market, and the Golden Ratio
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- Numeric puzzles based on Fibonacci numbers, as well as popular geometric paradoxes, and a glossary of symbols and fundamental properties from the theory of numbers
- A wide range of applications in many disciplines, including architecture, biology, chemistry, electrical engineering, physics, physiology, and neurophysiology

The Second Edition is appropriate for upper-undergraduate and graduate-level courses on the history of mathematics, combinatorics, and number theory. The book is also a valuable resource for undergraduate research courses, independent study projects, and senior/graduate theses, as well as a useful resource for computer scientists, physicists, biologists, and electrical engineers. Thomas Koshy, PhD, is Professor Emeritus of Mathematics at Framingham State University in Massachusetts and author of several books and numerous articles on mathematics. His work has been recognized by the Association of American Publishers, and he has received many awards, including the Distinguished Faculty of the Year. Dr. Koshy received his PhD in Algebraic Coding Theory from Boston University. "Anyone who loves mathematical puzzles, number theory, and Fibonacci numbers will treasure this book. Dr. Koshy has

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even, to settle some ol' scores along the way.

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full-color cocktail illustrations (for a total of more than 80 color and black-and-white illustrations). Organized by type of beverage from aperitifs and classics to light, dark, and soft cocktails and syrups/infusions, this comprehensive guide shares the secrets of bar director Leo Robitschek's award-winning cocktail program. The NoMad Bar celebrates classically focused cocktails, while delving into new arenas such as festive, large-format drinks and a selection of reserve cocktails crafted with rare spirits.

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(John Blackwood), 2018-08-07 ?

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