

Six Thinking Hats Book

Six thinking hats book is a transformative guide that introduces readers to a powerful decision-making and problem-solving technique developed by Edward de Bono. This book has gained worldwide recognition for its innovative approach to thinking, encouraging individuals and teams to explore different perspectives systematically. Whether you're a business professional, educator, student, or anyone interested in enhancing your cognitive flexibility, the insights from the Six Thinking Hats can significantly improve your reasoning skills and collaborative efforts.

Overview of the Six Thinking Hats Method

What Is the Six Thinking Hats Technique?

The Six Thinking Hats method is a structured thinking process that categorizes different styles of thinking into six distinct "hats." Each hat represents a specific mode of thought, enabling individuals to separate their thinking into clear, manageable segments. This approach promotes comprehensive analysis, reduces conflicts, and fosters creative solutions.

The Six Hats and Their Corresponding

Colors

Each hat is associated with a color and a unique thinking style:

1. **White Hat:** Facts, data, and information
2. **Red Hat:** Emotions and feelings
3. **Black Hat:** Cautious judgment and critical thinking
4. **Yellow Hat:** Optimism, benefits, and positive thinking
5. **Green Hat:** Creativity, new ideas, and alternatives
6. **Blue Hat:** Process control, organization, and overview

Key Concepts Explored in the Book

Structured Thinking for Better Decision-Making

The core premise of the book revolves around the idea that effective decision-making benefits from deliberately adopting different thinking modes. Instead of mixing emotions, facts, and judgments haphazardly, de Bono advocates for consciously switching hats to examine a problem from multiple angles.

Enhancing Creativity and Critical Thinking

By systematically using the green and black hats, respectively, readers learn to foster innovation while maintaining critical scrutiny. This balance ensures that creative ideas are evaluated realistically and pragmatically, preventing impractical solutions from derailing progress.

Promoting Team Collaboration

The book emphasizes that the six hats technique is especially effective in group settings. It helps teams communicate more efficiently, avoid misunderstandings, and ensure all perspectives are considered. Assigning different hats to team members or switching hats collectively can streamline discussions and lead to consensus.

Benefits of Applying the Six Thinking Hats

Improves Clarity and Focus

By compartmentalizing different thought processes, individuals can focus on specific aspects of a problem without distraction. This clarity helps in identifying key issues and developing targeted solutions.

Reduces Conflicts and Emotional Barriers

When everyone adopts the same thinking mode, emotional reactions and personal biases are minimized. This creates a more objective environment conducive to constructive dialogue.

Encourages Balanced Thinking

Using all six hats ensures that decisions are not skewed towards overly optimistic or overly cautious tendencies. It promotes a well-rounded view that considers facts, emotions, creativity, and risks.

Facilitates Creative Problem Solving

The green hat, in particular, encourages out-of-the-box thinking, leading to innovative ideas that might not surface through conventional approaches.

Practical Applications of the Six Thinking Hats

In Business and Management

- Strategic planning sessions - Problem-solving meetings - Product development brainstorming - Risk assessment and management

In Education

- Teaching critical thinking skills - Encouraging student participation and creativity - Structured debates and discussions - Project-based learning

In Personal Decision-Making

- Career choices - Financial planning - Personal conflicts and resolutions

How to Use the Six Thinking Hats Book Effectively

Reading and Understanding the Framework

Begin by thoroughly studying the core concepts and the rationale behind each hat. Understanding the purpose of each mode of thinking is crucial for effective application.

Practicing in Small Steps

Start with simple decisions or discussions, consciously adopting different hats. For example, during a team meeting, designate a phase to focus solely on facts (White Hat) or emotions (Red Hat).

Incorporating into Daily Routines

Make the technique a habitual part of your problem-solving and decision-making processes. Over time, it becomes second nature to switch hats as needed.

Using Visual Aids and Tools

Leverage charts, hats, or color-coded cards to remind participants of the current thinking mode, especially in group settings.

Criticisms and Limitations of the Six Thinking Hats

While the method has been widely praised, some critics argue that:

1. It may oversimplify complex problems by compartmentalizing thinking.
2. Switching hats might feel artificial or forced in some situations.

3. It requires discipline and practice to be effective, which can be challenging for some individuals.

Despite these criticisms, many users find the technique to be a valuable tool when implemented thoughtfully.

Summary and Final Thoughts

The **six thinking hats book** offers a practical and innovative approach to enhance thinking, improve decision-making, and foster creativity. By adopting a structured framework that encourages examining problems from multiple perspectives, individuals and teams can achieve clearer, more balanced, and more effective solutions. Whether used in business, education, or personal life, the principles outlined in the book serve as a powerful reminder that flexible thinking is essential for success in a complex world.

Where to Find the Six Thinking Hats Book

The book is widely available in bookstores, online retailers, and digital formats. It is often accompanied by training programs, workshops, and supplementary materials that help deepen understanding and practical application.

Final Tips for Readers

1. Read the book thoroughly to grasp the core concepts and philosophy.
2. Practice regularly to develop fluency in switching hats.

3. Apply the method across various domains for maximum benefit.
4. Encourage team members to adopt the technique for collaborative projects.

Embracing the six thinking hats approach can revolutionize your approach to problem-solving and decision-making, leading to more innovative, balanced, and effective outcomes.

Six Thinking Hats Book: A Comprehensive Review and Analysis

Introduction The Six Thinking Hats book, authored by Edward de Bono, is a seminal work in the realm of creative thinking, decision-making, and problem-solving. Since its publication, it has become a cornerstone in management training, education, and personal development, offering a structured method to approach complex issues from multiple perspectives. This article provides an in-depth review of the book, exploring its core concepts, practical applications, strengths, and potential limitations, all aimed at professionals, educators, and individuals seeking to enhance their thinking processes.

Overview of the Six Thinking Hats Concept

The Six Thinking Hats methodology introduces a powerful metaphor for thinking patterns, akin to wearing different colored hats to signify distinct modes of thought. The central premise is that by consciously adopting different 'hats,' individuals and groups can systematically explore an issue from various angles, thereby fostering comprehensive analysis, reducing conflict, and enhancing decision quality.

Origin and Background Edward de Bono, a renowned psychologist and thinker, developed the Six Thinking Hats technique

in the 1980s as part of his broader work on lateral thinking and creative problem-solving. The approach was designed to bypass common cognitive biases and emotional barriers, encouraging a more disciplined and versatile thinking process. Core Philosophy The methodology emphasizes:

- Parallel Thinking: Instead of arguing from opposing viewpoints, participants wear different hats to explore ideas collaboratively.
- Structured Approach: It provides a clear framework that guides thinking, making it more organized and productive.
- Emotional Detachment: By assigning specific roles to each hat, emotional reactions are isolated, promoting objective analysis.

Detailed Examination of Each Hat

The effectiveness of the Six Thinking Hats hinges on understanding the unique functions and characteristics of each hat. Below is an extensive review of each, including their purpose, typical use cases, and recommended practices.

1. White Hat – Facts and Data Purpose: To focus solely on information, data, and factual evidence.

Characteristics:

- Neutral, objective, and analytical.
- Involves gathering, presenting, and examining data.
- Avoids assumptions, opinions, or interpretations.

Applications:

- Collecting relevant information before decision-making.
- Identifying gaps in knowledge.
- Analyzing statistical data or reports.

Best Practices:

- Ask: "What data do we have?" and "What do we need to find out?"
- Keep discussions fact-based; avoid speculation.
- Use checklists or data summaries for clarity.

2. Red Hat – Feelings and Intuition Purpose: To express emotions, gut feelings, and intuitions without justification.

Characteristics:

- Subjective and emotional.
- Recognizes the importance of feelings in decision-making.
- Encourages honesty and openness.

Applications:

- Exploring emotional reactions to a proposal.
- Understanding underlying fears or enthusiasm.
- Recognizing

emotional biases that may influence judgment. Best Practices: - Ask: "How do I feel about this?" or "What is my intuitive reaction?" - Respect emotional inputs even if they seem subjective. - Use this hat to surface unspoken concerns or passions.

3. Black Hat – Caution and Critical Judgment Purpose: To identify weaknesses, risks, and problems. Characteristics: - Critical and cautious. - Focuses on potential negatives and logical risks. - Helps prevent oversight of flaws. Applications: - Evaluating the feasibility of ideas. - Identifying potential pitfalls. - Ensuring risks are considered. Best Practices: - Ask: "What could go wrong?" and "Are there any weaknesses?" - Use logically grounded skepticism. - Balance criticism with constructive suggestions.

4. Yellow Hat – Optimism and Benefits Purpose: To explore positive aspects, advantages, and opportunities. Characteristics: - Optimistic and constructive. - Focuses on value, benefits, and feasibility. - Encourages creative thinking about opportunities. Applications: - Highlighting strengths of proposals. - Identifying opportunities and benefits. - Building confidence in ideas. Best Practices: - Ask: "What are the benefits?" and "Why could this work?" - Foster an environment of positive thinking. - Use for brainstorming and opportunity recognition.

5. Green Hat – Creativity and New Ideas Purpose: To generate new ideas, alternatives, and innovative solutions. Characteristics: - Creative and lateral. - Encourages thinking outside the box. - Freewheeling and exploratory. Applications: - Brainstorming sessions. - Developing alternative strategies. - Overcoming mental blocks. Best Practices: - Ask: "What if?" and "Are there alternative approaches?" - Suspend judgment to promote free association. - Use techniques like mind mapping or lateral thinking.

6. Blue Hat – Process Control and Organization Purpose: To manage the thinking process itself. Characteristics: - Meta-cognitive. - Focuses on planning, organizing, and controlling. - Ensures that the other hats are used effectively. Applications: -

Setting agendas. - Summarizing discussions. - Transitioning between hats. Best Practices: - Ask: "What is our objective?" and "What hat should we wear now?" - Keep discussions on track. - Facilitate the switching of hats for different perspectives.

Practical Application of the Method

The Six Thinking Hats method is versatile, suitable for individual reflection, team discussions, or large organizational meetings. Here's how it can be effectively implemented: Structured Thinking Sessions - Preparation: Define the issue clearly. - Sequence: Decide on the order of hats—often starting with white (facts) and moving through emotional, critical, optimistic, creative, and process control hats. - Role Assignment: Assign roles or have participants adopt different hats. - Time Management: Allocate specific time slots for each hat to maintain focus. - Debriefing: Summarize insights from each perspective before concluding. Benefits of Using the Hats - Encourages balanced thinking. - Reduces conflicts by compartmentalizing viewpoints. - Promotes comprehensive analysis. - Fosters creativity and innovation. - Enhances group cohesion and understanding. Case Study Example Imagine a company considering launching a new product: 1. White Hat: Gather market data, customer feedback, and technical specs. 2. Red Hat: Share gut feelings about market receptivity. 3. Black Hat: Identify potential risks—regulatory hurdles, competition. 4. Yellow Hat: Highlight potential profits, market opportunities. 5. Green Hat: Brainstorm innovative features or marketing strategies. 6. Blue Hat: Oversee the process, summarize findings, and decide next steps. This structured approach ensures that all relevant aspects are explored systematically.

Strengths and Benefits of the Book and Methodology

Clarity and Ease of Use Edward de Bono's writing style is accessible, making complex cognitive processes understandable and practical. The book provides clear guidelines, illustrative examples, and step-by-step instructions, making it easy for readers to adopt the technique. Versatility The Six Thinking Hats method is applicable across various domains—business strategy, education, personal decision-making, conflict resolution, and creative endeavors. Its flexibility makes it a valuable tool for diverse groups and situations. Promoting Creative and Analytical Balance By explicitly separating different modes of thinking, the method encourages a balanced approach—combining logical analysis with emotional intelligence and creativity. Enhancing Group Dynamics The structured framework reduces conflicts, encourages participation, and promotes respectful listening. It fosters a collaborative environment where all perspectives are valued.

Potential Limitations and Criticisms

While the Six Thinking Hats is widely praised, it's important to acknowledge some criticisms and limitations:

- Learning Curve: Effective implementation requires understanding and practice; beginners may find it challenging initially.
- Rigid Sequencing: Strict adherence to the sequence may sometimes stifle spontaneous insights or flexibility.
- Over-simplification: Complex issues might require more nuanced approaches beyond the six categories.
- Cultural Factors: In some cultures, openly expressing emotions or criticism might be less accepted, affecting the method's efficacy.

Group Dynamics: Dominant personalities may still influence discussions despite the structured approach.

Conclusion: Is the Six Thinking Hats Book Worth It?

The Six Thinking Hats book by Edward de Bono is a foundational text that offers a practical, innovative framework for improving thinking, decision-making, and problem-solving. Its strengths lie in its simplicity, versatility, and ability to foster balanced, comprehensive analysis. Whether used in corporate boardrooms, classrooms, or personal life, the methodology provides a valuable toolkit to navigate complex issues with clarity and creativity. For those seeking to enhance their cognitive flexibility, reduce conflicts, and foster innovative thinking, investing time in understanding and applying the concepts from this book is well worth the effort. Its principles continue to resonate decades after publication, testifying to their enduring relevance and effectiveness. Final Thoughts The Six Thinking Hats is more than a book; it's a mindset shift that encourages deliberate, disciplined, and multi-faceted thinking. As the world becomes increasingly complex, mastering such structured approaches can be a decisive factor in achieving better outcomes and fostering a culture of thoughtful collaboration.

Most people do not set out with the intention of downloading a book. Usually, it starts with a small need. A question that lingers longer than expected, a topic that keeps appearing in conversations, or a moment when surface-level information simply is not enough. That is often when *Six Thinking Hats Book* enters the picture.

At first, the goal might be modest. Read a chapter. Find one useful explanation. Move on. But having the book available in PDF format quietly changes that intention. There is no rush to finish, no pressure to read everything at once. The book sits there, ready, waiting for attention.

Reading begins to happen in fragments. A few pages in the morning while the day is still quiet. A bookmarked section checked again in the afternoon. A highlighted paragraph revisited at night because it suddenly makes more sense. These moments do not feel like formal study. They feel natural.

The layout remains familiar every time the file is opened. Pages look the same, headings stay where they were, and visual cues help the mind remember. Over time, readers stop searching and start navigating instinctively.

Notes appear almost without effort. A sentence stands out, so it gets highlighted. A thought forms, so it gets written in the margin. Weeks later, those notes feel like messages left behind by an earlier version of the reader.

Search tools quietly save time. Instead of flipping through pages or scrolling endlessly, one keyword brings clarity. It turns the book into something useful long after the first read.

There is also a sense of relief in knowing the source is trustworthy. When a book comes from a reliable platform, attention stays on understanding, not on questioning accuracy or safety.

For students, this kind of access feels stabilizing. Materials are always

there, even when schedules are chaotic. Studying becomes less about urgency and more about familiarity.

Professionals experience it differently. Certain sections become references. Others gain meaning only after real-world experience catches up. The book grows alongside the reader.

Independent learners often appreciate the absence of structure. There is no deadline, no checklist. Progress happens when curiosity returns, not when it is demanded.

Accessibility options quietly matter. Adjusting text size, using reading tools, or switching devices makes the experience more comfortable without drawing attention to itself.

Files stay organized. Even after months, returning does not feel like starting over. The content feels known, not overwhelming.

What stands out over time is how the relationship changes. Six Thinking Hats Book stops feeling like a file that was downloaded. It becomes something familiar, something useful in quiet ways.

Sometimes, a passage read long ago suddenly feels relevant. A concept that once seemed abstract now makes sense. Growth shows itself in these small moments.

Reading no longer feels like an obligation. It becomes something to return to when clarity is needed or curiosity resurfaces.

In this way, learning slips into everyday life without announcement. The book does not demand attention. It simply remains available.

And often, that quiet availability is what makes it valuable. Knowledge does not have to be chased when it is already close at hand.

Questions & Answers About six thinking hats book

No	Question	Answer
1	What is the main concept behind the Six Thinking Hats book?	The main concept is to encourage parallel thinking by wearing different 'hats' representing various perspectives, helping individuals and groups approach problems more effectively.
2	Who authored the Six Thinking Hats book and when was it published?	The book was authored by Edward de Bono and was first published in 1985.
3	How can the Six Thinking Hats method improve team decision-making?	It promotes structured thinking by allowing team members to explore different viewpoints systematically, reducing conflicts and enhancing creativity and consensus.
4	What are the six hats described in the book?	The six hats are White (facts), Red (feelings), Black (caution), Yellow (benefits), Green (creativity), and Blue (process control).
5	Can the Six Thinking Hats be applied in educational settings?	Yes, it is widely used in classrooms to develop critical thinking, encourage diverse perspectives, and facilitate collaborative learning.

6	How does wearing the 'Black' hat help in decision-making?	The Black hat encourages cautious and critical thinking, helping identify potential risks, problems, and obstacles.
7	Is the Six Thinking Hats method suitable for personal use?	Absolutely, it can be applied individually to organize thoughts, evaluate ideas objectively, and improve problem-solving skills.
8	What are some common applications of the Six Thinking Hats in business?	Businesses use it for strategic planning, brainstorming sessions, conflict resolution, and product development to ensure comprehensive analysis.
9	How does the Blue hat function within the Six Thinking Hats method?	The Blue hat manages the thinking process itself, organizing sessions, setting agendas, and ensuring that the thinking guidelines are followed.
10	What are the benefits of using the Six Thinking Hats over traditional thinking methods?	It encourages diverse perspectives, reduces bias, enhances creativity, and provides a structured approach that leads to more balanced and effective decisions.

Six Thinking Hats, Edward de Bono, creative thinking, decision making, thinking techniques, problem solving, lateral thinking, cognitive tools, innovation methods, critical thinking

Six Thinking Hats Book

eBook Resource

Six Thinking Hats Book eBooks provide structured digital knowledge.

Core Discussion

Digital books help readers maintain productivity.

Practical Use

Six Thinking Hats Book eBooks support consistent study routines.

Conclusion

Digital reading improves access to information.

Digital Six Thinking Hats Book books serve as long-term reference assets that can be revisited repeatedly without degradation or wear.

Accessible knowledge encourages lifelong learning.

Six Thinking Hats Book eBooks encourage self-directed learning by giving readers control over pacing, sequencing, and depth of exploration.

Digital Six Thinking Hats Book books integrate smoothly into modern workflows, allowing readers to study during short breaks, commutes, or dedicated learning sessions without carrying physical materials.

The convenience of Six Thinking Hats Book eBooks supports long-term educational goals alongside professional responsibilities.

Six Thinking Hats Book eBooks are often used in environments that value accuracy.

These interactive features help learners transform passive reading into an engaged and intentional learning process.

The searchable format of Six Thinking Hats Book eBooks makes it easier to locate specific information without rereading entire chapters.

Six Thinking Hats Book eBooks reduce time spent validating information sources.

Baseline knowledge supports independent research.

Six Thinking Hats Book eBooks encourage self-directed learning by giving readers control over pacing, sequencing, and depth of exploration.

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Digital access to Six Thinking Hats Book eBooks eliminates physical storage concerns.

By eliminating physical constraints, Six Thinking Hats Book eBooks allow readers to focus entirely on content rather than format.

Repetition strengthens understanding.

Offline functionality ensures uninterrupted learning regardless of connectivity.

Six Thinking Hats Book eBooks help learners organize complex ideas.

Digital distribution ensures that learners receive identical content regardless of location.

The digital nature of Six Thinking Hats Book eBooks makes distribution fast and efficient, enabling instant access to updated information without the delays associated with print publishing.

By offering instant access, Six Thinking Hats Book eBooks eliminate delays often associated with traditional publishing and physical distribution.

The searchable format of Six Thinking Hats Book eBooks makes it easier to locate specific information without rereading entire chapters.

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By offering instant access, Six Thinking Hats Book eBooks eliminate delays often associated with traditional publishing and physical distribution.

Six Thinking Hats Book eBooks encourage self-directed learning by giving readers control over pacing, sequencing, and depth of exploration.

With Six Thinking Hats Book eBooks, learners can personalize their reading experience by adjusting font size, background color, and layout to improve comfort and comprehension.

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Repetition strengthens understanding.

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Six Thinking Hats Book eBooks provide a structured and reliable way to consume knowledge in an increasingly digital world.

Standardization improves assessment alignment and learning outcomes.

Standardization improves assessment alignment and learning outcomes.

Six Thinking Hats Book eBooks function as dependable educational anchors.

The digital format of Six Thinking Hats Book eBooks supports efficient information delivery without compromising depth or clarity.

Anchored knowledge supports adaptability.

Six Thinking Hats Book eBooks are particularly valuable for independent learners who prefer flexible and self-directed educational resources.

Six Thinking Hats Book eBooks adapt to individual learning preferences through customizable reading settings.

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They offer continuity amid change.

Professionals using Six Thinking Hats Book eBooks can quickly refresh

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They represent a practical response to evolving learning expectations.

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Six Thinking Hats Book eBooks contribute to sustainable learning

practices by reducing paper consumption.

Routine engagement builds learning momentum.

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Six Thinking Hats Book eBooks are suitable for individual learners, teams, and organizations seeking scalable education tools.

Six Thinking Hats Book eBooks encourage consistent engagement by lowering barriers to entry.

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Anchored knowledge supports adaptability.

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Six Thinking Hats Book eBooks enable readers to track progress and revisit learning milestones.

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Six Thinking Hats Book eBooks help establish sustainable learning routines by lowering the friction between intent and action. When information is immediately accessible, learners are more likely to follow through on their educational goals.

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The digital format of Six Thinking Hats Book eBooks supports efficient information delivery without compromising depth or clarity.

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Six Thinking Hats Book eBooks enable consistent formatting, which improves reading flow.

Six Thinking Hats Book eBooks support standardized learning experiences.

Six Thinking Hats Book eBooks contribute to a more efficient learning ecosystem.

Search functionality enhances review and recall.

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Identifying trustworthy download sources

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Using secure connections is another important factor. Always check that the website uses HTTPS encryption before downloading files. This helps protect your data from interception and reduces the risk of tampered downloads. Browsers often display security warnings when a website is potentially unsafe, and these warnings should not be ignored.

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When searching for Six Thinking Hats Book, you may encounter both free and paid versions. Understanding the difference between these options helps you make informed decisions and avoid potential issues.

Free versions of Six Thinking Hats Book are often available as public domain works, promotional samples, trial editions, or open-access publications. Public domain books are legally free to distribute and are commonly found in digital libraries. Trial versions may include limited chapters or time-restricted access, allowing readers to preview content before purchasing the full version.

Paid versions typically offer complete content, higher-quality formatting, professional editing, and additional features such as interactive elements or bonus materials. Purchasing a legitimate copy

ensures you receive the most accurate and updated version of Six Thinking Hats Book. Paid editions also provide customer support, device synchronization, and cloud backups on many platforms.

Before downloading any version, always verify compatibility with your device and preferred reading app. Some files may be formatted specifically for certain platforms, such as Kindle, EPUB readers, or PDF viewers. Checking file format details in advance prevents accessibility issues after download.

Risks of pirated versions

Pirated copies of Six Thinking Hats Book may appear tempting due to their free availability, but they come with significant risks. These files often violate copyright laws and may contain altered content, missing sections, or embedded malicious code. Downloading pirated material can expose your device to security threats and put your personal information at risk.

In addition to technical risks, using pirated versions undermines authors, publishers, and creators who invest time and effort into producing quality content. Supporting legitimate sources ensures the continued availability of reliable and well-produced Six Thinking Hats Book materials.

Using Six Thinking Hats Book for study

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