



Great Bowdinis Optical Illusions

Clifford Lane



Great Bowdinis Optical Illusions:

Great Bowdinis Optical Illusions John O'Leary, 2005-10 **The Children's Buyer's Guide** , 2006 **The Great Book of Optical Illusions** Al Seckel, 2002 Selection of over 280 optical illusions from historical and modern sources *The Great Book of Optical Illusions* Gyles Daubeney Brandreth, 2000 Presents optical illusions and explains why the eyes perceive what isn't actually so **The World's Best Optical Illusions** Charles H. Paraquin, Karl Heinz Paraquin, 1987 A collection of over 100 optical illusion puzzles with explanations of the reasons for their effects **Great Book of Optical Illusions** Gyles Brandreth, 1997-12 **The Great Book of Optical Illusions** Gyles Brandreth, **The World's Best Optical Illusions** Karl Heinz Paraquin, 1999 A collection of over 100 optical illusion puzzles with explanations of the reasons for their effects Great Color Optical Illusions Keith Kay, 2002 *The Mighty Big Book of Optical Illusions* Craig Yoe, 2002 A collection of hundreds of thought provoking optical illusions **The World's Best Optical Illusions** , **Optical Illusions** Al Seckel, 2006 This intriguing collection contains more than 275 optical illusions that appear to change before your eyes Al Seckel carefully selected both well known images such as Shepard's tabletop, Wade's spiral, Ames room and Rubin's face vase and many lesser known but no less effective illusions Every type of optical illusion is here along with notes about the science of each visual perception and how the illusions work Among the baffling images and shapes are Figure ground illusions in which one shape switches into another then back again Ambiguous figures Impossible objects Trompe l'oeil Stereo illusions With illusions rendered in photography artwork and computer imaging and a huge variety of themes and effects Optical Illusions dazzles both the mind and the eye Brainstrains - Great Color Optical Illusions Keith Kay, 2002 Contains optical illusions with answer key *Optical Illusions* Gianni A. Sarcone, Marie-Jo Waeber, 2014-06-18 This pictorial feast of rotations geometric illusions delusions and other impossible images reveals the fascinating intersection of art science and magic Includes many original illusions plus new adaptations of lesser known visual tricks The Art of Optical Illusions Terry Stickels, Brad Honeycutt, 2018-09-04 Optical illusions intrigue the mind and delight the eye Viewers try to perceive the visual shifts in a two dimensional picture but can't understand how a single still image can be so animated and rich While even the simplest illusions please this stunning volume goes far beyond the usual collection Compiled by visual graphics expert Brad Honeycutt and puzzle master Terry Stickels and featuring a foreword by renowned puzzle creator computer game designer and artist Scott Kim this collection showcases over two hundred of the finest images from around the world From Rafal Olbinski Rob Gonsalves and Octavio Ocampo to David Macdonald Gene Levine and M C Escher THE ART OF THE ILLUSION covers the visual spectrum from the most classic optical illusions to complex graphic and painterly designs that transform the impossible into believable There are famous paintings dazzling photographs and amazing computer enhanced eye treats that will make you look and look again There's Zipper Beach with gulls zipping over the sands Table Top Towers where a tower of blocks seems to meld into a city skyline a librarian whose body is literally composed of books and so many more astounding

pieces This is a must have for those who already love optical illusions and those just discovering the wonders of the art

Optical Illusions David J. Bodycombe, 1999 **Astounding Optical Illusions** Katherine Joyce, 1995 A collection of optical illusions that will astound and delight Optical Illusion Flip Book Gyles Brandreth, Katherine Joyce, 2002 Presents optical illusions and explains why the eyes perceive what isn't actually so *Big Book of Optical Illusions* Gianni A. Sarcone, Marie-Jo Waeber, 2006 Contains a collection of over 200 unusual illusions including hidden objects color and brightness effects illusory moving patterns and image paradoxes The Ultimate Book of Optical Illusions Al Seckel, 2006 Contains color and black and white illustrations of over three hundred optical illusions each with brief explanatory text

Adopting the Tune of Phrase: An Emotional Symphony within **Great Bowdinis Optical Illusions**

In a global eaten by monitors and the ceaseless chatter of immediate interaction, the melodic beauty and mental symphony developed by the written word frequently fade in to the background, eclipsed by the relentless noise and disruptions that permeate our lives. However, situated within the pages of **Great Bowdinis Optical Illusions** a wonderful fictional prize brimming with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that charming masterpiece conducts visitors on an emotional trip, well unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths of the poignant review, we will investigate the book's main harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

http://industrialmatting.com/About/detail/HomePages/Gentle_Donkey.pdf

Table of Contents Great Bowdinis Optical Illusions

1. Understanding the eBook Great Bowdinis Optical Illusions
 - The Rise of Digital Reading Great Bowdinis Optical Illusions
 - Advantages of eBooks Over Traditional Books
2. Identifying Great Bowdinis Optical Illusions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Great Bowdinis Optical Illusions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Great Bowdinis Optical Illusions
 - Personalized Recommendations

- Great Bowdinis Optical Illusions User Reviews and Ratings
- Great Bowdinis Optical Illusions and Bestseller Lists
- 5. Accessing Great Bowdinis Optical Illusions Free and Paid eBooks
 - Great Bowdinis Optical Illusions Public Domain eBooks
 - Great Bowdinis Optical Illusions eBook Subscription Services
 - Great Bowdinis Optical Illusions Budget-Friendly Options
- 6. Navigating Great Bowdinis Optical Illusions eBook Formats
 - ePub, PDF, MOBI, and More
 - Great Bowdinis Optical Illusions Compatibility with Devices
 - Great Bowdinis Optical Illusions Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Great Bowdinis Optical Illusions
 - Highlighting and Note-Taking Great Bowdinis Optical Illusions
 - Interactive Elements Great Bowdinis Optical Illusions
- 8. Staying Engaged with Great Bowdinis Optical Illusions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Great Bowdinis Optical Illusions
- 9. Balancing eBooks and Physical Books Great Bowdinis Optical Illusions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Great Bowdinis Optical Illusions
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Great Bowdinis Optical Illusions
 - Setting Reading Goals Great Bowdinis Optical Illusions
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Great Bowdinis Optical Illusions
 - Fact-Checking eBook Content of Great Bowdinis Optical Illusions

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Great Bowdinis Optical Illusions Introduction

In today's digital age, the availability of Great Bowdinis Optical Illusions books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Great Bowdinis Optical Illusions books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Great Bowdinis Optical Illusions books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Great Bowdinis Optical Illusions versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Great Bowdinis Optical Illusions books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether you're a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Great Bowdinis Optical Illusions books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Great Bowdinis Optical Illusions books and manuals is Open Library. Open Library is an initiative of the

Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Great Bowdinis Optical Illusions books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Great Bowdinis Optical Illusions books and manuals for download and embark on your journey of knowledge?

FAQs About Great Bowdinis Optical Illusions Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Great Bowdinis Optical Illusions is one of the best book in our library for free trial. We provide copy of Great Bowdinis Optical Illusions in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Great Bowdinis Optical Illusions. Where to download Great Bowdinis Optical Illusions online for free? Are you looking for Great Bowdinis Optical Illusions PDF? This is definitely going to save you time and cash in something you should think about.

Find Great Bowdinis Optical Illusions :

~~gentle donkey~~

gentle touch infant mabage

gentle world of childhood starting school in england

genetic programming theory and practice ii

~~geology of the country around barnard ca~~

geographical impact of migration

genetics and plant breeding for agriculture

gentlemans country house and its plan 1835-1914

~~genetic variance detection technologies for pharmacogenomics~~

geology of the north ilunga area

genres in visual representations visible religion annual for religious iconography volume vii

genetics for cardiologists the molecular genetic basis of cardiovascular disorders

geology iron of hamersly range west au

~~geological methods in mineral exploration and mining~~

gentle art of match making

Great Bowdinis Optical Illusions :

l arco di trasformazione del personaggio immersività - Sep 18 2023

quando il protagonista supera ostacoli esterni e difetti interiori per diventare una persona migliore possiamo descrivere questo processo come un arco positivo del personaggio in sostanza questo arco è costituito da tre punti 1 l obiettivo ogni personaggio ha bisogno di un obiettivo da perseguire potrebbe see more

l arco di trasformazione del personaggio dino audino - Mar 12 2023

web la tecnica narrativa che segue l arco di trasformazione del personaggio permette di creare una trama che si sviluppa a partire da un tema cardine che sarà il messaggio da

l arco di trasformazione del personaggio tre conflitti una storia - Jun 15 2023

non tutti escono vincitori dopo essere caduti in seguito a dei momenti difficili noi esseri umani siamo suscettibili e ci lasciamo pesantemente influenzare dalle see more

l arco di trasformazione del personaggio ilcorto eu - Apr 01 2022

web apr 5 2023 un arco di trasformazione è quell insieme di modifiche che subiamo e sulle quali lavoriamo anche attivamente crescendo allo stesso modo un personaggio

l arco di trasformazione del personaggio youtube - Feb 11 2023

web nella terminologia drammaturgica questa evoluzione di fronte alle sfide della vita viene definita arco di trasformazione del personaggio l arco di trasformazione è una

l arco di trasformazione del personaggio scrittura creativa - Jul 04 2022

web jun 19 2015 riassunto completo del libro l arco di trasformazione del personaggio di dara marks utile per la preparazione dell esame di laboratorio di sceneggiatura corso

l arco di trasformazione del personaggio di dara marks - Jan 10 2023

web jan 28 2019 l arco di trasformazione del personaggio di dara marks è un dettagliato manuale di scrittura un tomo in realtà che costruisce il personaggio partendo dalle

l arco di trasformazione del personaggio mangialibri - Sep 06 2022

web oct 10 2017 la trama diventa il contesto esterno in cui i valori interni del protagonista sono persi o riscattati a questo punto il sistema di valori dello scrittore è esposto a un punto

dara marks l arco di trasformazione del personaggio - Dec 09 2022

web premesso che dino audino è una garanzia per i manuali questo è uno di quelli da avere per forza È molto tecnico e la prima volta può risultare duro da digerire pur essendo

l arco di trasformazione del personaggio la storia in - Oct 07 2022

web jan 26 2021 un buon arco di trasformazione di un personaggio possiede queste qualità ha un certo livello di velocità prevede situazioni di cambiamento non procede

come costruire l arco di trasformazione di un personaggio - Aug 05 2022

web l arco di trasformazione dunque è insieme il cammino necessario a risolvere la maggior parte dei problemi di base di una sceneggiatura ma anche il racconto delle tappe di un

arco di trasformazione del personaggio - Feb 28 2022

l arco di trasformazione del personaggio dara - Jul 16 2023

ebenezer scrooge è uno scorbutico e vecchio avaro che conduce una vita isolata tanto per cominciare la sua vita è completamente dedita all accumulo di tanto see more

l arco di trasformazione del personaggio goodreads - May 14 2023

nick carraway conduce una vita irrequieta nel minnesota dopo aver completato gli studi a yale e aver combattuto nella prima

guerra mondiale per iniziare il see more

riassunto l arco di trasformazione del personaggio docsity - May 02 2022

web strutturiamo assieme l arco di trasformazione del personaggio abbiamo cominciato con l esempio di oscar quindi teniamolo e proviamo a costruire l intera sto

l arco di trasformazione del personaggio paperback amazon com - Nov 08 2022

web per scrivere una storia convincente per delineare un personaggio che conquisti il lettore nel caso di un libro o lo spettatore nel caso di un film occorre metodo e occorrono

l arco di trasformazione del personaggio di dara marks che cosa - Jun 03 2022

web l arco di trasformazione del personaggio si riferisce al processo di cambiamento interiore che un personaggio attraversa durante la narrazione questo cambiamento può

l arco di trasformazione del personaggio copertina flessibile - Apr 13 2023

web oct 4 2019 l arco di trasformazione è il percorso che porta un personaggio a cambiare nel corso di una vicenda affrontando nuove sfide adattandosi agli eventi e infine

l arco di trasformazione del personaggio l obiettivo la - Aug 17 2023

bilbo baggins conduce una vita tranquilla nel suo buco nel terreno e gli piace all inizio tutto quello che vuole fare è continuare a condurre una vita fatta di cose see more

l arco di trasformazione accademia della scrittura - Jan 30 2022

dscg 2 finance manuel et applications academia edu - May 10 2023

web dscg 2 finance manuel et applications dscg 2 finance manuel et

dscg 2 finance manuel 8e a c dition pra c paratio - Mar 08 2023

web dscg 2 finance manuel 8e a c dition pra c paratio downloaded from

dscg 2 finance manuel 8e a c dition pra c paratio pdf pdf - Sep 02 2022

web dscg 2 finance manuel 8e a c dition pra c paratio pdf reviewing dscg 2 finance

dscg 2 finance manuel 8e a c dition pra c paratio 2022 - Aug 01 2022

web dscg 2 finance manuel 8e édition dscg 2 finance manuel 8e a c dition pra c

dscg ue2 finance taux de réussite et conseils compta online - Oct 03 2022

web sep 29 2022 l épreuve de finance du diplôme supérieur de comptabilité et de gestion

read free dscg 2 finance manuel 8e a c dition pra c paratio - Dec 25 2021

web dscg 2 finance manuel 8e a c dition pra c paratio shifter time feb 09 2021 when

ebook dscg 2 finance manuel 8e a c dition pra c paratio - Oct 15 2023

web dscg 2 finance manuel 8e a c dition pra c paratio factors influencing the reliability

dscg 2 finance manuel 8e a c dition pra c paratio 2022 - May 30 2022

web l intégralité du programme de l'épreuve no2 finance du dscg dont de nombreux

dscg 2 finance manuel 8e a c dition pra c paratio download - Apr 28 2022

web 2 2 dscg 2 finance manuel 8e a c dition pra c paratio 2022 03 10 ouvrage millésimé

dscg 2 finance manuel 8e a c dition pra c paratio eric - Aug 13 2023

web out a book dscg 2 finance manuel 8e a c dition pra c paratio plus it is not directly

dscg 2 finance manuel 8e a c dition pra c paratio pdf - Nov 04 2022

web may 12 2023 dscg 2 finance manuel 8e a c dition pra c paratio 2 9 downloaded

nos conseils pour réussir l'ue2 du dscg procompta - Jun 30 2022

web 4 conseils méthodologiques pour réussir l'ue2 du dscg 1 miser sur un entraînement

dscg 2 finance manuel 8e a c dition pra c paratio dotnbm - Feb 24 2022

web 4 dscg 2 finance manuel 8e a c dition pra c paratio 2020 07 01 and allergy research

dscg 2 finance manuel 8e a c dition pra c paratio 2023 - Dec 05 2022

web 2 2 dscg 2 finance manuel 8e a c dition pra c paratio 2023 03 30 dscg 2 finance

dscg 2 finance manuel 8e a c dition pra c paratio download - Jan 26 2022

web dscg 2 finance manuel 8e a c dition pra c paratio 3 3 financier l'évaluation et la

fiches de révision ue2 dscg 2023 2024 note 14 20 - Feb 07 2023

web fiches de révision ue 2 dscg finance retrouve ici l'essentiel pour réussir l'ue 2

dscg 2 finance manuel 8e a c dition pra c paratio lívia - Apr 09 2023

web dscg 2 finance manuel 8e a c dition pra c paratio recognizing the pretentiousness

dscg 2 finance manuel 8e a c dition pra c paratio joshua s - Jun 11 2023

web aug 4 2023 the third edition of european business is published at a time of turbulence

dscg 2 finance manuel 8e a c dition pra c paratio download - Mar 28 2022

web dscg 2 finance manuel 8e a c dition pra c paratio 1 dscg 2 finance manuel 8e a c

dscg 2 finance manuel 8e a c dition pra c paratio duc - Sep 14 2023

web dscg 2 finance manuel 8e a c dition pra c paratio is available in our book collection

qu'est ce que le diplôme supérieur de comptabilité et gestion - Nov 23 2021

web jul 17 2023 le dscg est un diplôme de niveau master bac 5 et est accessible après

dscg 2 finance manuel 8e a c dition pra c paratio marius fieschi - Jul 12 2023

web one merely said the dscg 2 finance manuel 8e a c dition pra c paratio is universally

dscg 2 finance manuel 8e a c dition pra c paratio 2022 - Jan 06 2023

web intelligence adp 2 0 dscg 2 finance manuel et applications risk and cognition

a christmas carol compact pocket edition of 1843 original - Mar 15 2023

web a christmas carol compact pocket edition of 1843 original by charles dickens john leech illustrator alibris buy a christmas carol compact pocket edition of 1843

a christmas carol first edition 1843 kindle edition - Jun 06 2022

web amazon in buy a christmas carol compact pocket edition of 1843 original book online at best prices in india on amazon in read a christmas carol compact pocket

a christmas carol compact pocket edition of 1843 original by - Aug 08 2022

web jan 25 2023 a christmas carol compact pocket edition of 1843 original isbn 1947844822 isbn 13 9781947844827 like new used free shipping in the us

a christmas carol compact pocket edition of 1843 original by - Nov 11 2022

web want to take a christmas carol on the go this compact edition of dickens classic tale is almost exactly like the original along with its original illustrations but designed to be

a christmas carol compact pocket edition of 1843 original - Dec 12 2022

web find many great new used options and get the best deals for a christmas carol compact pocket edition of 1843 original by charles dickens paperback 2018 at the

a christmas carol compact pocket edition of 1843 original - Apr 04 2022

web a christmas carol charles dickens 1843 epub pdf mobi marley was dead to begin with there is no doubt whatever about that the register of his burial was signed by the

a christmas carol compact pocket edition of 1843 original alibris - Feb 14 2023

web a christmas carol compact pocket edition of 1843 original dickens charles leech john 9781947844827 books amazon ca book review a christmas carol 1843 cultural revue - Feb 02 2022

web discover and share books you love on goodreads

a christmas carol compact pocket edition of 1843 - Sep 21 2023

web buy a christmas carol compact pocket edition of 1843 original by dickens charles leech john isbn 9781947844827 from amazon s book store everyday low prices

a christmas carol compact pocket edition of 1843 original - Apr 16 2023

web this compact edition of dickens classic tale is almost exactly like the original along with its original illustrations but designed to be small enough to fit in your pocket bag or

a christmas carol download free at planet ebook - Mar 03 2022

web dec 20 2020 it s cruel and loving it warms the heart and isn t afraid to ask the reader hard questions if you haven t read the original a christmas carol novella i would suggest

a christmas carol compact pocket edition of 1843 original like - Jul 07 2022

web oct 14 2015 a christmas carol first edition 1843 kindle edition by dickens charles michael a c download it once and read it on your kindle device pc phones or tablets

a christmas carol compact pocket edition of 1843 original - Jun 18 2023

web want to take a christmas carol on the go this compact edition of dickens classic tale is almost exactly like the original along with its original illustrations but designed to be

a christmas carol compact pocket edition of 1843 original - Oct 10 2022

web find helpful customer reviews and review ratings for a christmas carol compact pocket edition of 1843 original at amazon com read honest and unbiased product reviews

a christmas carol compact pocket edition of 1843 original - May 17 2023

web a christmas carol compact pocket edition of 1843 original by dickens charles at abebooks co uk isbn 10 1947844822 isbn 13 9781947844827 suzeteo

a christmas carol compact pocket edition of 1843 original - Jan 13 2023

web a christmas carol compact pocket edition of 1843 original dickens charles leech john amazon com au books

amazon com au customer reviews a christmas carol compact - Sep 09 2022

web find many great new used options and get the best deals for a christmas carol compact pocket edition of 1843 original by charles dickens paperback 2018 at the

a christmas carol compact pocket edition of 1843 original - Aug 20 2023

web nov 7 2018 a christmas carol compact pocket edition of 1843 original by charles dickens john leech illustrator write a review paperback 9 99 ship this item

buy a christmas carol compact pocket edition of 1843 original - May 05 2022

web arrives by tue jun 28 buy a christmas carol compact pocket edition of 1843 original paperback at walmart com

loading interface goodreads - Jan 01 2022

a christmas carol compact pocket edition of 1843 original - Jul 19 2023

web abebooks com a christmas carol compact pocket edition of 1843 original 9781947844827 by dickens charles and a great selection of similar new used and