

best app for keeping a private diary

The quest for the best app for keeping a private diary is a deeply personal journey, as what one person deems essential for their digital journal might be overlooked by another. In an era where digital footprints are ever-present, safeguarding our thoughts and reflections is paramount. This comprehensive guide delves into the diverse landscape of private diary applications, examining the features that make them stand out, from robust security protocols to intuitive user interfaces and advanced journaling capabilities. We'll explore how these apps cater to various needs, whether you're a seasoned journaler seeking a feature-rich platform or a beginner looking for a simple, secure space to record your daily experiences. Understanding the nuances of encryption, cloud syncing, multimedia integration, and customization options is key to finding your perfect digital confidant.

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Understanding the Importance of a Private Diary App

In today's hyper-connected world, maintaining a space for personal reflection and introspection is more crucial than ever. A private diary app offers a secure digital sanctuary where individuals can articulate their thoughts, emotions, and experiences without fear of external scrutiny. This personal journaling tool serves as a powerful instrument for self-discovery, emotional processing, and memory preservation. The act of writing itself has been shown to reduce stress, enhance clarity, and foster a deeper understanding of oneself. Therefore, selecting the right application is not merely about digital convenience; it's about investing in personal well-being and cognitive health.

The benefits of consistent journaling are manifold. It can aid in tracking personal growth, identifying patterns in behavior and mood, and providing a cathartic outlet for difficult emotions. Moreover, in the event of memory loss or the desire to revisit past events with vivid detail, a well-maintained digital diary becomes an invaluable archive. The security and accessibility offered by a dedicated private diary app ensure that these personal chronicles remain protected and readily available for personal review, contributing to a more mindful and organized life.

Key Features to Consider in the Best App for Keeping a Private Diary

When evaluating potential candidates for the best app for keeping a private diary, several core features are non-negotiable for ensuring both security and usability. Foremost among these is robust security. This includes end-to-end encryption, secure login options such as passcodes, fingerprint, or facial recognition, and the ability to set up a secondary password for specific entries or the entire app. The peace of mind that comes with knowing your innermost thoughts are truly private cannot be overstated.

Beyond security, the user experience is paramount. An intuitive interface, easy navigation, and a pleasant writing environment contribute significantly to the consistency of journaling. Look for apps that offer customizable themes, font options, and a clutter-free writing space. The ability to organize entries through tags, folders, or calendars also enhances the practicality of the app, allowing for quick retrieval of specific memories or reflections. Multimedia support, such as the inclusion of photos, videos, or audio recordings, can also enrich the journaling experience, transforming a simple text entry into a multi-sensory memory.

Furthermore, consider the platform's synchronization capabilities and backup options. Cloud syncing across multiple devices ensures that your diary is accessible wherever you go and provides a safeguard against data loss due to device malfunction or loss. However, it's crucial that any cloud sync is also end-to-end encrypted to maintain privacy. Offline access is also a desirable feature, allowing you to write even without an internet connection, with entries syncing later.

Security Protocols and Encryption

The bedrock of any private diary app is its security infrastructure. Advanced encryption, particularly end-to-end encryption, ensures that only you can access your entries, even from the app developers themselves. This means that your data is scrambled during transit and storage, rendering it unreadable to unauthorized parties. Look for apps that clearly outline their encryption methods and security policies to build trust and confidence in their protective measures.

Beyond encryption, multi-factor authentication and biometric login options add layers of protection. A strong passcode or PIN is a basic requirement, but integrating fingerprint or facial recognition provides a more convenient yet equally secure alternative for quick access. Some apps also offer the ability to lock individual entries, providing an additional tier of privacy for particularly sensitive reflections. The more control you have over who sees what, the better the app serves its purpose as a truly private journal.

User Interface and Experience

A journal should be a welcoming space, and the user interface (UI) plays a pivotal role in creating this environment. The best app for keeping a private diary will boast a clean, uncluttered design that minimizes distractions and encourages writing. Customizable themes, such as light and dark modes, different font styles, and sizes, allow users to tailor the writing experience to their personal preferences, making longer journaling sessions more comfortable and engaging. Smooth navigation and readily accessible features are also crucial; you shouldn't have to hunt for basic functions like saving, editing, or organizing entries.

The writing experience itself should be seamless. Features like auto-save, spell check, and grammar assistance can enhance the quality of your entries. For those who prefer to dictate their thoughts, robust voice-to-text functionality can be a game-changer. Ultimately, an app that feels natural and effortless to use will encourage more frequent and consistent journaling, maximizing its benefits for your personal well-being.

Organization and Search Capabilities

As your digital diary grows, effective organization becomes increasingly important. The best apps offer versatile methods for categorizing and retrieving entries. This can include tagging entries with keywords, assigning them to specific folders or notebooks, and utilizing a calendar view to pinpoint entries from particular dates. A powerful search function is also essential, allowing you to quickly locate past entries based on keywords, dates, or tags. This feature transforms your diary from a mere collection of thoughts into a searchable repository of your life experiences and personal growth.

Imagine needing to recall a specific event or feeling from months or even years ago. Without good organization and search functionality, this can be a daunting task. Apps that provide a well-structured framework for managing your entries save you time and effort, making your diary a more practical tool for reflection and self-analysis. The ability to sort entries chronologically, by creation date, or by last modified date also adds to the organizational flexibility.

Multimedia Integration and Rich Content

Modern journaling often extends beyond plain text. The best app for keeping a private diary should ideally support the integration of various media types to create richer, more immersive entries. This includes the ability to attach photos, which can visually document events, places, or people. Many users find that adding images significantly enhances their memory recall and the emotional resonance of their journal entries. Similarly, the option to record audio notes or even short video clips can add another dimension to your personal chronicle, capturing your voice, environment, or expressions.

Some advanced apps even allow for the integration of location data, weather information, or mood trackers, automatically enriching your entries with contextual details. This ability to combine text with visual and auditory elements transforms your diary into a dynamic scrapbook of your life. It allows for a more comprehensive and engaging way to capture moments, making future reflection a more vivid and meaningful experience.

Top Contenders for the Best App for Keeping a Private Diary

While the "best" is subjective, several applications consistently receive high marks for their combination of security, features, and user experience, positioning them as top contenders for the best app for keeping a private diary. These applications often balance advanced functionality with an intuitive design, catering to a wide range of journaling needs. Features like end-to-end encryption, cross-platform syncing, and rich multimedia support are common threads among the leading choices. Each app has its unique strengths, whether it's a minimalist design for distraction-free writing or a plethora of customization options for the highly organized individual.

When exploring these options, it's beneficial to consider your personal priorities. Are you primarily concerned with absolute security and privacy, or do you prioritize features like collaborative journaling (though not ideal for a private diary) or integration with other productivity tools? Understanding these preferences will guide you toward the app that best aligns with your journaling goals. Many offer free trials, allowing you to test their features before committing to a paid subscription or purchase, which is a wise approach to finding your perfect fit.

Day One Journal

Day One Journal is widely regarded as a premium journaling app, often cited as a top choice for the best app for keeping a private diary, especially for iOS and macOS users. It excels in providing a beautiful and intuitive interface, encouraging users to capture their thoughts and experiences with ease. Key features include rich text formatting, the ability to add photos, videos, and audio, and location tracking. Its timeline view and map view offer unique ways to revisit past entries. Security is handled with passcode and Touch ID/Face ID protection, and premium subscribers benefit from encrypted cloud backup. The app's focus on simplicity and elegance makes it a joy to use for daily reflection.

Day One's commitment to a serene writing experience is evident in its minimalist design and lack of distracting notifications. It allows for the creation of multiple journals, each with its own theme and settings, further enhancing organization. The prompt feature, which suggests daily journaling topics, can be particularly helpful for those struggling with writer's block. For users seeking a polished and feature-rich journaling experience with

strong privacy controls, Day One remains a leading contender.

Journey

Journey stands out as a versatile cross-platform option, making it a strong candidate for the best app for keeping a private diary for users across different operating systems. Available on Android, iOS, Windows, and macOS, it offers seamless syncing, allowing you to access your diary from any device. Journey prioritizes security with passcode, fingerprint, and facial recognition lock options, and offers cloud backup for data protection. Its interface is clean and user-friendly, with features like rich text editing, photo and video attachments, and the ability to create multiple journals.

What sets Journey apart is its thoughtful integration of daily planning and reflection tools. It includes goal setting, habit tracking, and a gratitude journal feature, appealing to those who use their diary not just for recording but for personal development. The app's cloud sync is end-to-end encrypted when using their proprietary cloud service, ensuring your data remains private even in transit. Its comprehensive feature set and cross-platform availability make it an excellent choice for a secure and functional digital diary.

Diarium

Diarium is another robust application that offers a comprehensive journaling experience, making it a compelling option for the best app for keeping a private diary, particularly for those who value extensive customization and features. Available on multiple platforms including Windows, macOS, Android, and iOS, it boasts strong synchronization capabilities. Security is paramount, with support for PIN codes, fingerprint scanning, and even face recognition. Diarium allows for the attachment of photos, videos, and location data, enriching entries significantly. It also offers features like weather integration, activity tracking, and tagging for detailed organization.

The app's strength lies in its ability to cater to meticulous journalers who want to record a wide array of information. Its interface is functional and efficient, prioritizing access to its many features. Diarium also offers a daily email summary of your entries, a unique feature for review. For users who want a feature-rich, secure, and highly organized private diary, Diarium presents a powerful solution.

Beyond the Basics: Advanced Diary App Functionality

While core features like security and ease of use are fundamental, the best

app for keeping a private diary often goes above and beyond, offering advanced functionalities that cater to specific journaling needs and enhance the overall experience. These advanced features can transform a simple digital notebook into a powerful tool for self-reflection, personal growth, and memory preservation. Understanding these advanced capabilities can help you identify an app that not only secures your thoughts but also actively contributes to your personal development journey.

Consider features that streamline the journaling process, offer deeper insights into your emotional state, or provide creative ways to capture and revisit your memories. Many of these advanced options are designed to make journaling more engaging, insightful, and less of a chore, ultimately encouraging greater consistency and depth in your reflections. These functionalities distinguish the truly exceptional diary apps from the merely adequate ones.

Mood Tracking and Emotional Analysis

Sophisticated diary apps often incorporate mood tracking features, allowing users to log their emotional state alongside their written entries. This provides a valuable layer of insight into personal patterns and triggers. By consistently recording your mood, you can begin to identify correlations between certain events, activities, or thoughts and your emotional well-being. Some apps go a step further by offering rudimentary emotional analysis based on the sentiment expressed in your writing, providing a quantitative perspective on your feelings over time. This data can be instrumental in understanding your mental landscape and making proactive changes for improved emotional health.

The ability to visualize your mood trends through charts and graphs can be incredibly illuminating. Seeing patterns emerge, such as a recurring dip in mood on specific days of the week or after certain types of interactions, empowers you to address underlying issues. This proactive approach to mental wellness is a significant benefit of a well-designed private diary app that includes robust mood tracking capabilities.

Goal Setting and Habit Tracking Integration

For individuals who use their diary as a tool for personal development, integrating goal setting and habit tracking is a game-changer. The best app for keeping a private diary might offer built-in features to set personal goals, break them down into actionable steps, and track progress over time. This can be directly linked to your diary entries, allowing you to reflect on challenges, celebrate milestones, and adjust your strategies as needed. Similarly, habit trackers can help you monitor daily routines, such as exercise, meditation, or reading, and reflect on how these habits impact your overall well-being and goal achievement. This holistic approach turns your diary into a command center for personal growth.

When these features are seamlessly integrated, they create a powerful

feedback loop. You can write about your struggles with a new habit, and then immediately see your progress on the habit tracker, motivating you to persevere. Conversely, achieving a small win can be celebrated in your diary entry, reinforcing positive behavior. This interconnectedness fosters accountability and provides a clear path towards self-improvement.

Customizable Templates and Prompts

Writer's block is a common hurdle for journalers. To combat this, many advanced diary apps offer customizable templates and prompts. Templates can provide a structured format for specific types of entries, such as daily reflections, gratitude logs, dream journals, or travel diaries. Prompts, on the other hand, are questions or statements designed to spark thought and encourage deeper introspection. The ability to customize these templates and prompts to your unique needs ensures that the app remains relevant and useful over time. You can create your own prompts based on your personal goals or areas of interest, making the journaling process more personalized and effective.

For instance, if you're working on overcoming self-doubt, you might create prompts that encourage you to list your accomplishments or positive self-affirmations. If you're interested in exploring your creativity, prompts related to storytelling or artistic expression can be invaluable. The flexibility to tailor these tools to your specific journey makes the app a more dynamic and supportive companion.

Choosing the Right Platform for Your Private Diary

The decision of which app to choose as your best app for keeping a private diary ultimately hinges on your individual needs, technical proficiency, and preferred journaling style. While cross-platform availability is a significant advantage for many, some users may be perfectly content with an app exclusive to their primary device if its features are exceptionally well-suited to them. Consider the security features first, ensuring they meet your comfort level. If you value the ability to add photos and videos, prioritize apps with robust multimedia support. For those who prefer a structured approach, apps with advanced organization and templating features will be more appealing.

Beyond the features, consider the pricing model. Many excellent diary apps offer a freemium model, with a basic free version and a premium subscription for advanced features. Evaluate whether the cost of a premium version aligns with your budget and the value you expect to derive from the additional functionality. Reading reviews and utilizing free trials are crucial steps in this selection process. The goal is to find an app that feels like a natural extension of yourself, a secure and supportive space where you can freely express your thoughts and document your life's journey.

Platform Availability and Syncing

The platform on which your diary app is available is a critical consideration, especially if you use multiple devices. If you frequently switch between a smartphone, tablet, and computer, a cross-platform app with reliable syncing is essential. This ensures that your entries are accessible from anywhere and that updates made on one device are reflected on all others. Look for apps that offer secure cloud syncing, ideally with end-to-end encryption, to protect your data while it's being transferred and stored. Seamless syncing prevents data loss and allows you to journal whenever inspiration strikes, regardless of the device at hand.

Conversely, if you primarily use a single device for your journaling, platform exclusivity might not be a major concern. In such cases, you can focus more on the app's specific features and user experience on that particular platform. However, even for single-device users, considering an app with good backup capabilities is always wise to safeguard against potential data loss due to hardware failure or accidental deletion.

Free vs. Paid Options

When searching for the best app for keeping a private diary, you'll encounter both free and paid options. Free apps often provide essential journaling features, including secure writing, basic organization, and sometimes even cloud sync. They are an excellent starting point for users who are new to digital journaling or have simpler needs. However, free versions may come with limitations on storage, customization, or advanced functionalities. Paid apps, on the other hand, typically offer a more comprehensive suite of features, including enhanced security, richer multimedia support, advanced analytics, and greater customization options. They may also provide priority customer support and more robust backup solutions. Evaluating your budget and the features you deem indispensable will help you decide whether a free app suffices or if investing in a paid option is worthwhile for a richer and more tailored journaling experience.

It's important to note that "free" doesn't always mean without cost; some free apps may monetize through ads or by selling anonymized data, which can be a privacy concern for a diary app. Always read the privacy policy carefully. Many paid apps operate on a one-time purchase model, while others use a subscription service. Consider which model best suits your long-term commitment to journaling and your financial preferences. A free trial period is often available for paid apps, allowing you to thoroughly test their features before making a commitment.

Privacy Policies and Data Security

Given the deeply personal nature of a diary, understanding the privacy policy and data security measures of any app is paramount. The best app for keeping a private diary will be transparent about how it collects, uses, and protects your data. Look for apps that explicitly state they do not sell your personal

information and that offer end-to-end encryption for your entries. End-to-end encryption ensures that only you, with your unique key, can decrypt and read your diary entries, making them unreadable to the app developers or any third parties, even in the event of a data breach on their servers. Verify if the app stores data locally on your device, or if it utilizes cloud storage, and understand the security protocols for both.

A strong privacy policy should also detail your rights regarding your data, including the ability to export or delete your entries at any time. Be wary of apps with vague or overly complex privacy statements. Prioritizing an app that demonstrates a clear commitment to user privacy and employs robust security measures will provide the peace of mind necessary for truly intimate and honest journaling.

User Reviews and Community Feedback

Before committing to a particular app, consulting user reviews and community feedback can offer invaluable real-world insights. App store ratings and reviews can highlight common praises and criticisms regarding usability, features, stability, and customer support. Look for patterns in the feedback to understand recurring issues or exceptionally positive experiences. Online forums and tech websites that review journaling apps can also provide more in-depth analysis and comparisons. Hearing from other users about their long-term experiences can help you anticipate potential challenges and confirm the app's suitability for your needs. This collective wisdom is a powerful tool in selecting the best app for keeping a private diary that will truly serve you well.

Pay attention to reviews that discuss the app's performance over time, especially concerning updates and syncing reliability. Feedback on how the developers respond to user issues can also indicate the quality of their support. Ultimately, a strong positive consensus from a diverse user base is a good indicator of a reliable and effective private diary application.

FAQ: Best App for Keeping a Private Diary

Q: What makes an app the best for keeping a private diary?

A: The best app for keeping a private diary is characterized by robust security features like end-to-end encryption and secure login options, an intuitive and user-friendly interface, effective organization tools, and reliable syncing capabilities. It should also offer a comfortable writing experience and strong privacy policies.

Q: Is it safe to use cloud syncing for my private diary?

A: Cloud syncing can be safe if the app employs end-to-end encryption. This means your data is encrypted on your device and can only be decrypted by you, making it unreadable to the cloud provider or any unauthorized third parties. Always verify the app's encryption standards.

Q: Can I attach photos or videos to my diary entries?

A: Many of the best apps for keeping a private diary offer multimedia integration, allowing you to attach photos, videos, and audio recordings to your entries. This feature helps to create a more vivid and comprehensive record of your experiences.

Q: Are there free apps that are good for keeping a private diary?

A: Yes, there are excellent free apps that offer essential features for keeping a private diary, including secure writing and basic organization. However, free versions might have limitations compared to paid options, such as reduced storage or fewer advanced features.

Q: How do I choose between a paid and free diary app?

A: The choice depends on your needs and budget. If you require advanced features like extensive customization, detailed analytics, or superior multimedia support, a paid app might be more suitable. For basic journaling needs, a free app can be perfectly adequate. Always check if a paid app offers a free trial.

Q: What is end-to-end encryption, and why is it important for a diary app?

A: End-to-end encryption ensures that your diary entries are encrypted on your device before being sent and can only be decrypted by you on your device. This means that even the app developer cannot read your entries, providing the highest level of privacy.

Q: Can I export my diary entries if I decide to

switch apps?

A: Reputable diary apps usually offer an option to export your entries in common formats like plain text or PDF. This ensures you can retain your data even if you decide to migrate to a different application in the future.

Q: What are some advanced features to look for in a diary app?

A: Advanced features can include mood tracking, emotional analysis, goal setting and habit tracking integration, customizable templates and prompts, and location or weather tagging. These features can enhance self-reflection and personal growth.

Q: How important is it to check the app's privacy policy?

A: It is critically important to check the app's privacy policy. It outlines how your data is handled, stored, and protected. For a private diary, look for clear statements about data non-sharing and robust security protocols.

Q: Can I use a diary app on both my phone and computer?

A: Many modern diary apps are cross-platform and offer syncing capabilities. This allows you to access and edit your diary entries seamlessly across your smartphone, tablet, and computer, providing convenience and accessibility.

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devices that support downloadable applications—universally referred to as apps—can be used to foster productivity, conduct research, or read and study. Additionally, savvy librarians can better serve their communities by gaining expertise in mobile technologies and being qualified to make app recommendations to patrons. This book introduces you to the apps that can help you save time and increase your own productivity as well as serve as a curator and reviewer of apps and resident expert to benefit your patrons. Apps for Librarians: Using the Best Mobile Technology to Educate, Create, and Engage will save you from wading through and learning about the millions of apps available today and direct you to the very best apps in areas important to education, the workplace, and professional development. Organized by function—reading, writing, reference, multi-media, and productivity—apps are profiled with the following information: title, developer, price, platforms, general description, examples of use, and key features that make it worthwhile for learning and creative work.

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best app for keeping a private diary: Qualitative Diary Methods Laura Radcliffe, Leighann Spencer, 2025-04-29 Qualitative diary methods (QDMs) are a versatile range of multi-modal data collection methods that involve participants recording events and experiences, and emotions and reflections, as they happen, on multiple occasions and over a particular time period. These data collection methods include a pen and paper diary, as well as other electronic modes of diary keeping, including text but also audio, photo-, video-, and app-based diaries that allow for a range of modalities. This book covers the diversity of QDM options available to researchers, providing a clear rationale as to when and why different qualitative diary methods could be used. The authors consider research design, and ethical considerations for each of the distinct QDM approaches and provide end-of-chapter checklists and activities to help readers apply the methods to their own research.

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Adolescents Douglas W. Nangle, David J. Hansen, Rachel L. Grover, Julie Newman Kingery, Cynthia Suveg, and Contributors, 2016-06-01 Identifying 13 core techniques and strategies that cut across all available evidence-based treatments for child and adolescent mood and anxiety disorders, this book provides theoretical rationales, step-by-step implementation guidelines, and rich clinical examples. Therapists can flexibly draw from these elements to tailor interventions to specific clients, or can use the book as an instructive companion to any treatment manual. Coverage includes exposure tasks, cognitive strategies, problem solving, modeling, relaxation, psychoeducation, social skills training, praise and rewards, activity scheduling, self-monitoring, goal setting, homework, and maintenance and relapse prevention.

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best app for keeping a private diary: *Using Writing as a Therapy for Eating Disorders* June Alexander, 2016-07-01 Using Writing as a Therapy for Eating Disorders: The diary healer uses a unique combination of evidence-based research and raw diary excerpts to explain the pitfalls and benefits of diary writing during recovery from an eating disorder. In a time when diary writing remains a largely untapped resource in the health care professions, June Alexander sets out to correct this imbalance, explaining how the diary can inspire, heal and liberate, provide a learning tool for others and help us to understand and cope with life challenges. The book focuses on the power of diary writing, which may serve as a survival tool but become an unintended foe. With guidance, patients who struggle with face-to-face therapy are able to reveal their thoughts through writing and construct a strong sense of self. The effects of family background and the environment are explored, and the therapeutic value of sharing diaries, to better understand illness symptoms and behaviours, is discussed. Using Writing as a Therapy for Eating Disorders will be of interest to those who have recovered or are recovering from eating disorders or any mental illness, as well as therapists, clinicians and others working in the medical and healthcare professions.

best app for keeping a private diary: **Design, User Experience, and Usability. Case Studies in Public and Personal Interactive Systems** Aaron Marcus, Elizabeth Rosenzweig, 2020-07-10 This book constitutes the refereed proceedings of the 9th International Conference on Design, User Experience, and Usability, DUXU 2020, held as part of the 22nd International Conference on Human-Computer Interaction, HCII 2020, in Copenhagen, Denmark, in July 2020. The conference was held virtually due to the COVID-19 pandemic. From a total of 6326 submissions, a total of 1439 papers and 238 posters has been accepted for publication in the HCII 2020 proceedings. The 51 papers included in this volume were organized in topical sections on interactions in public, urban and rural contexts; UX design for health and well-being; DUXU for creativity, learning and collaboration; DUXU for culture and tourism.

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understanding and skills. Devotes more space to the important topics of project planning and doing ethical research with a new chapter on each. Enables you to critically evaluate your work, helping you conduct high-quality research. Discusses student success stories and cautionary tales illustrating, from start to finish, how qualitative projects are done in the real world. This is the perfect guide for undergraduates doing a final project or dissertation, and postgraduates who are relatively new to qualitative research.

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- A brand new first chapter outlining what it means to carry out research, the responsibilities of the researcher, the research journey, and the 'intentional' and 'unintentional' roles of a researcher.
- An extensive update to chapter nine on using social media in research, to include ethical considerations and how the researcher can use and reference information collected via these platforms and create collaborative connections.
- An online review of the latest tools for collecting and analysing both quantitative and qualitative data gathered from social media sites, such as Survey Monkey and Google Forms.
- Further coverage on how to protect research participants, including advice from the NHS on how to conduct research in health-based settings.
- More detailed coverage of how to conduct effective online literature searches, not only using Google but also other research-based search engines such as PubMed and professionally-focussed sites.
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