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```python
def binary_search(arr, target):
    low, high = 0, len(arr) - 1
    while low <= high:
        mid = (low + high) // 2
        if arr[mid] == target:
            return mid
        elif arr[mid] < target:
            low = mid + 1
        else:
            high = mid - 1
    return -1
```