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  "offset": 364.72,
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},
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  "lang": "en"
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  "offset": 1452,
  "lang": "en"
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  "lang": "en"
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{
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  "lang": "en"
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{
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{
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},
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{
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  "lang": "en"
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  "lang": "en"
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  "lang": "en"
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  "lang": "en"
},
{
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  "lang": "en"
},
{
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  "lang": "en"
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{
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  "lang": "en"
},
{
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  "lang": "en"
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  "lang": "en"
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{
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  "lang": "en"
},
{
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},
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  "lang": "en"
},
{
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  "offset": 1620.559,
  "lang": "en"
},
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  "offset": 1624.48,
  "lang": "en"
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{
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  "lang": "en"
},
{
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  "lang": "en"
},
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  "offset": 1641.679,
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  "lang": "en"
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{
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  "offset": 1658.559,
  "lang": "en"
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  "lang": "en"
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{
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{
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{
  "text": "routines and",
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{
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},
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},
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  "lang": "en"
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  "lang": "en"
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  "duration": 4.48,
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  "lang": "en"
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  "lang": "en"
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  "lang": "en"
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},  
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  "lang": "en"  
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  "lang": "en"  
},  
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  "duration": 5.681,  
  "offset": 1852.559,  
  "lang": "en"  
},  
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  "offset": 1860.24,
  "lang": "en"
},
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  "offset": 1861.44,
  "lang": "en"
},
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  "offset": 1870.64,
  "lang": "en"
},
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  "offset": 1872.32,
  "lang": "en"
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  "offset": 1874.08,
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  "offset": 1876.72,
  "lang": "en"
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  "offset": 1878.48,
  "lang": "en"
},
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  "offset": 1878.95,
  "lang": "en"
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  "duration": 3.801,
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  "offset": 1895.6,
  "lang": "en"
},
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  "text": "okay ow",
  "duration": 4.48,
  "offset": 1899.039,
  "lang": "en"
},
{
  "text": "okay",
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"duration": 2.24,  
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"lang": "en"  
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  "duration": 5.039,  
  "offset": 1903.76,  
  "lang": "en"  
},  
{  
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  "duration": 3.199,  
  "offset": 1905.6,  
  "lang": "en"  
},  
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  "duration": 5.76,  
  "offset": 1910.72,  
  "lang": "en"  
},  
{  
  "text": "trust maybe just checking back in",  
  "duration": 5.76,  
  "offset": 1912.48,  
  "lang": "en"  
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  "duration": 4.4,  
  "offset": 1916.48,  
  "lang": "en"  
},  
{  
  "text": "that you think you can commit to",  
  "duration": 3.04,  
  "offset": 1918.24,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 2.639,  
  "offset": 1920.88,
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},
{
  "text": "[Music]",
  "duration": 4.56,
  "offset": 1921.28,
  "lang": "en"
},
{
  "text": "as you&#39;re like trying to seek",
  "duration": 4,
  "offset": 1923.519,
  "lang": "en"
},
{
  "text": "some kind of agreement between the two",
  "duration": 5.36,
  "offset": 1925.84,
  "lang": "en"
},
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  "text": "of you maybe you can share that",
  "duration": 3.681,
  "offset": 1927.519,
  "lang": "en"
},
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  "offset": 1932.399,
  "lang": "en"
},
{
  "text": "and then i just wanted to check back in",
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  "offset": 1946.32,
  "lang": "en"
},
{
  "text": "with the critical part",
  "duration": 5.761,
  "offset": 1948.559,
  "lang": "en"
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{
  "text": "and see",
  "duration": 2.48,
  "offset": 1955.36,
  "lang": "en"
},
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  "text": "how they&#39;re feeling",
  "duration": 3.48,
  "offset": 1958.24,
  "lang": "en"
},
{
  "text": "yeah the time parts relax but",
  "duration": 3.76,
  "offset": 1964,
  "lang": "en"
},
{
  "text": "i literally just had to tell the",
  "duration": 3.52,
  "offset": 1966.399,
  "lang": "en"
},
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  "text": "critical part to step aside before i",
  "duration": 4.799,
  "offset": 1967.76,
  "lang": "en"
},
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  "text": "could even",
  "duration": 2.64,
  "offset": 1969.919,
  "lang": "en"
},
{
  "text": "communicate with this anxious part",
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  "offset": 1976.399,  
  "lang": "en"  
},  
{  
  "text": "just",  
  "duration": 3.6,  
  "offset": 1978.48,  
  "lang": "en"  
},  
{  
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  "duration": 4.799,  
  "offset": 1979.6,  
  "lang": "en"  
},  
{  
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  "lang": "en"  
},  
{  
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  "duration": 5.959,  
  "offset": 1985.6,  
  "lang": "en"  
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  "lang": "en"  
},  
{  
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{
  "text": "bit of space",
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  "lang": "en"
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  "text": "because i was letting the anxious part",
  "duration": 3.76,
  "offset": 1999.12,
  "lang": "en"
},
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  "text": "know that we already already created the",
  "duration": 4.879,
  "offset": 2000.64,
  "lang": "en"
},
{
  "text": "list on sunday",
  "duration": 4.24,
  "offset": 2002.88,
  "lang": "en"
},
{
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  "duration": 4.64,
  "offset": 2005.519,
  "lang": "en"
},
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  "text": "already did the list yeah we have this",
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  "offset": 2007.12,
  "lang": "en"
},
{
  "text": "like plan of action yeah",
  "duration": 5.601,
  "offset": 2010.159,
  "lang": "en"
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},
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  "lang": "en"
},
{
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  "offset": 2017.44,
  "lang": "en"
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{
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  "offset": 2019.519,
  "lang": "en"
},
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  "duration": 3.76,
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{  
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  "lang": "en"  
},  
{  
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  "lang": "en"  
},  
{  
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  "lang": "en"  
},  
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  "lang": "en"  
},  
{  
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  "offset": 2042.08,  
  "lang": "en"  
},  
{  
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  "duration": 4,  
  "offset": 2043.84,  
  "lang": "en"  
},  
{  
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},
{
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  "duration": 2.24,
  "offset": 2055.919,
  "lang": "en"
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{
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  "offset": 2058.8,
  "lang": "en"
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{
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  "offset": 2060.879,
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},
{
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  "duration": 5.28,
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  "lang": "en"
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  "offset": 2066,
  "lang": "en"
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  "offset": 2068.399,
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  "duration": 4.24,
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  "lang": "en"
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{
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  "duration": 5.439,
  "offset": 2079.44,
  "lang": "en"
},
{
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  "offset": 2082.159,
  "lang": "en"
},
{
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  "offset": 2084.879,
  "lang": "en"
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{
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  "lang": "en"  
},  
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  "offset": 2091.28,  
  "lang": "en"  
},  
{  
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  "duration": 3.76,  
  "offset": 2093.839,  
  "lang": "en"  
},  
{  
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  "duration": 3.519,  
  "offset": 2096.56,  
  "lang": "en"  
},  
{  
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  "duration": 5.441,  
  "offset": 2097.599,  
  "lang": "en"  
},  
{  
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  "duration": 4.561,  
  "offset": 2100.079,  
  "lang": "en"  
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{  
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{
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  "offset": 2106.48,
  "lang": "en"
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{
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  "lang": "en"
},
{
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  "offset": 2111.599,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.24,
  "offset": 2113.04,
  "lang": "en"
},
{
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  "duration": 4,
  "offset": 2115.599,
  "lang": "en"
},
{
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  "offset": 2120.48,
  "lang": "en"
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{
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  "lang": "en"
},
{
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  "offset": 2126.88,
  "lang": "en"
},
{
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  "offset": 2128.24,
  "lang": "en"
},
{
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  "duration": 3.6,
  "offset": 2130.96,
  "lang": "en"
},
{
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  "duration": 2.4,
  "offset": 2133.52,
  "lang": "en"
},
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  "offset": 2134.56,
  "lang": "en"
},
{
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  "lang": "en"  
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{  
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  "duration": 2.48,  
  "offset": 2144.8,  
  "lang": "en"  
},  
{  
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  "duration": 3.52,  
  "offset": 2146.4,  
  "lang": "en"  
},  
{  
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  "duration": 2.64,  
  "offset": 2147.28,  
  "lang": "en"  
},  
{  
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  "duration": 4.08,  
  "offset": 2150.64,  
  "lang": "en"  
},  
{  
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  "duration": 6.16,  
  "offset": 2152.56,  
  "lang": "en"  
},  
{  
  "text": "i was here but i wasn't here",  
  "duration": 8.24,  
  "offset": 2154.72,
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},
{
  "text": "like i was those parts were really",
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  "offset": 2158.72,
  "lang": "en"
},
{
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},
{
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{
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  "lang": "en"
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{
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  "text": "they say and it&#39;s like are you really",
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},
{
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  "lang": "en"
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  "lang": "en"
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  "lang": "en"  
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{  
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  "lang": "en"  
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  "duration": 3.52,  
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  "lang": "en"  
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  "lang": "en"  
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  "lang": "en"
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{
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  "offset": 2213.119,
  "lang": "en"
},
{
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  "lang": "en"
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  "lang": "en"
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{
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},
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  "lang": "en"
},
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  "text": "once you reminded that part",
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  "lang": "en"
},
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  "lang": "en"  
},  
{  
  "text": "doing more of the reminding that you did",  
  "duration": 3.52,  
  "offset": 2245.92,  
  "lang": "en"  
},  
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  "duration": 2.24,  
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  "lang": "en"  
},  
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  "offset": 2249.44,  
  "lang": "en"  
},  
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  "duration": 4.559,  
  "offset": 2250.56,  
  "lang": "en"  
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{  
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  "lang": "en"  
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  "offset": 2260.4,
  "lang": "en"
},
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  "duration": 4.08,
  "offset": 2262.8,
  "lang": "en"
},
{
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  "lang": "en"
},
{
  "text": "plan right like what",
  "duration": 4.8,
  "offset": 2266.88,
  "lang": "en"
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  "offset": 2274.48,
  "lang": "en"
},
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  "duration": 3.439,
  "offset": 2275.68,
  "lang": "en"
},
{
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  "duration": 3.199,
  "offset": 2277.92,
  "lang": "en"
},
{
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  "duration": 3.601,
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  "lang": "en"
},
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  "offset": 2281.119,
  "lang": "en"
},
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  "duration": 5.119,
  "offset": 2282.72,
  "lang": "en"
},
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"duration": 3.84,  
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  "lang": "en"  
},  
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  "lang": "en"  
},  
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  "duration": 3.36,  
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  "lang": "en"  
},  
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  "duration": 3.92,  
  "offset": 2292.4,  
  "lang": "en"  
},  
{  
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  "lang": "en"  
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  "lang": "en"  
},  
{  
  "text": "been in this program mm-hmm",  
  "duration": 4.639,  
  "offset": 2298.96,
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"lang": "en"
},
{
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  "duration": 4.639,
  "offset": 2301.44,
  "lang": "en"
},
{
  "text": "what&#39;s happening here",
  "duration": 4.24,
  "offset": 2303.599,
  "lang": "en"
},
{
  "text": "right and i just chucked it up too",
  "duration": 3.441,
  "offset": 2306.079,
  "lang": "en"
},
{
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  "duration": 5.52,
  "offset": 2307.839,
  "lang": "en"
},
{
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  "duration": 5.76,
  "offset": 2309.52,
  "lang": "en"
},
{
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  "duration": 4.48,
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  "lang": "en"
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{
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  "duration": 4.079,
  "offset": 2315.28,
  "lang": "en"
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{
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},
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  "offset": 2320.8,
  "lang": "en"
},
{
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  "duration": 4.56,
  "offset": 2322.32,
  "lang": "en"
},
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  "duration": 4.28,
  "offset": 2324.839,
  "lang": "en"
},
{
  "text": "time with that part too",
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  "offset": 2326.88,
  "lang": "en"
},
{
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  "duration": 5.361,
  "offset": 2329.119,
  "lang": "en"
},
{
  "text": "and if you if you can",
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},
{
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  "duration": 4.359,
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  "lang": "en"
},
{
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  "duration": 4.48,
  "offset": 2336.32,
  "lang": "en"
},
{
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  "offset": 2338.839,
  "lang": "en"
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  "duration": 3.44,
  "offset": 2340.8,
  "lang": "en"
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{
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  "duration": 3.12,
  "offset": 2343.2,
  "lang": "en"
},
{
  "text": "yeah especially when it shows up you",
  "duration": 4.56,
  "offset": 2344.24,
  "lang": "en"
},
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  "duration": 4.08,
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  "offset": 2348.8,
  "lang": "en"
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{
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  "offset": 2352.24,
  "lang": "en"
},
{
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  "duration": 4,
  "offset": 2354.4,
  "lang": "en"
},
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  "offset": 2357.04,
  "lang": "en"
},
{
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  "duration": 5.76,
  "offset": 2358.4,
  "lang": "en"
},
{
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  "duration": 6.64,
  "offset": 2360.8,
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{
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{
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  "lang": "en"
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{
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  "lang": "en"
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{
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  "offset": 2374.32,
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{
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  "lang": "en"
},
{
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  "lang": "en"
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  "lang": "en"
},
{
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  "duration": 6.721,
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  "lang": "en"
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{
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  "duration": 4.96,
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  "lang": "en"
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{
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  "lang": "en"
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{
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},
{
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  "duration": 5.28,
  "offset": 2396.72,
  "lang": "en"
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  "offset": 2403.68,
  "lang": "en"
},
{
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  "offset": 2406.96,
  "lang": "en"
},
{
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  "duration": 3.119,
  "offset": 2408,
  "lang": "en"
},
{
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  "offset": 2409.359,
  "lang": "en"
},
{
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  "offset": 2411.119,
  "lang": "en"
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{
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  "duration": 3.68,
  "offset": 2412.72,
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},
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{
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  "offset": 2418.4,
  "lang": "en"
},
{
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  "offset": 2420.72,
  "lang": "en"
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  "lang": "en"
},
{
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  "duration": 3.28,
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  "lang": "en"
},
{
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  "duration": 3.839,
  "offset": 2427.52,
  "lang": "en"
},
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  "offset": 2428.8,
  "lang": "en"
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  "lang": "en"  
},  
{  
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  "duration": 3.921,  
  "offset": 2434.319,  
  "lang": "en"  
},  
{  
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  "duration": 4,  
  "offset": 2436.319,  
  "lang": "en"  
},  
{  
  "text": "she got a little sassiness",  
  "duration": 4.8,  
  "offset": 2438.24,  
  "lang": "en"  
},  
{  
  "text": "i like that",  
  "duration": 2.721,  
  "offset": 2440.319,  
  "lang": "en"  
},  
{  
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  "duration": 10.72,  
  "offset": 2444.079,  
  "lang": "en"  
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{  
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  "duration": 7.949,  
  "offset": 2446.85,
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  }  
]  
}
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