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        "lang": "en"
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        "lang": "en"
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  "offset": 178,  
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        "lang": "en"
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        "lang": "en"
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        "offset": 304,
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        "lang": "en"
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        "duration": 6,
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        "lang": "en"
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  "lang": "en"  
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  "text": "and",  
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  "offset": 333.68,  
  "lang": "en"  
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        "lang": "en"
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        "lang": "en"
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},
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"offset": 402.08,
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},
{
"text": "yeah",
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{
"text": "um",
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        "offset": 425.52,
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  "lang": "en"  
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        "offset": 476.479,
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        "offset": 486.56,
        "lang": "en"
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        "offset": 488.879,
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  "duration": 3.759,  
  "offset": 497.12,  
  "lang": "en"  
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  "offset": 509.68,  
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},  
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  "text": "not really saying anything but it's just",  
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"lang": "en"
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"offset": 529.6,
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        "offset": 546.399,
        "lang": "en"
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        "lang": "en"
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        "offset": 555.68,
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        "offset": 557.12,
        "lang": "en"
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        "offset": 557.92,
        "lang": "en"
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  "lang": "en"  
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  "lang": "en"  
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  "duration": 2.56,  
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"lang": "en"
},
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"offset": 584.88,
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},
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"offset": 589.68,
"lang": "en"
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"offset": 592.83,
"lang": "en"
},
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        "lang": "en"
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        "offset": 604.56,
        "lang": "en"
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        "lang": "en"
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        "offset": 610.48,
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  "lang": "en"  
},  
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  "lang": "en"  
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  "offset": 625.04,  
  "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": 664.32,
        "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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  "offset": 686.56,  
  "lang": "en"  
},  
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        "offset": 710.399,
        "lang": "en"
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        "lang": "en"
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        "lang": "en"
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        "text": "okay",
        "duration": 3.519,
        "offset": 734.56,
        "lang": "en"
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        "offset": 735.44,
        "lang": "en"
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        "duration": 4.401,
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        "lang": "en"
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        "lang": "en"
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        "duration": 3.599,
        "offset": 742.48,
        "lang": "en"
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        "text": "it sounds like",
        "duration": 4.32,
        "offset": 744.639,
        "lang": "en"
    },
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  "offset": 748.959,  
  "lang": "en"  
},  
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  "duration": 4.401,  
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  "lang": "en"  
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{  
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  "offset": 753.92,  
  "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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        "lang": "en"
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        "offset": 778.88,
        "lang": "en"
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        "duration": 5.599,
        "offset": 782.24,
        "lang": "en"
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        "lang": "en"
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        "lang": "en"
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    {
        "text": "helping you",
        "duration": 4.24,
        "offset": 791.839,
        "lang": "en"
    },
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        "text": "um in the way that it&#39;s",
        "duration": 3.599,
        "offset": 793.92,
        "lang": "en"
    },
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        "text": "you know obviously it&#39;s trying to",
        "duration": 4.161,
        "offset": 796.079,
        "lang": "en"
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        "text": "protect you and warn you",
        "duration": 4.961,
        "offset": 797.519,
        "lang": "en"
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        "duration": 4.56,
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        "lang": "en"
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        "lang": "en"
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    },
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  "offset": 885.44,  
  "lang": "en"  
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  "duration": 2.96,  
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  "lang": "en"  
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  "lang": "en"  
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  "duration": 4.079,  
  "offset": 889.76,  
  "lang": "en"  
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  "duration": 3.359,  
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},
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        "offset": 927.64,
        "lang": "en"
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        "offset": 930.24,
        "lang": "en"
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        "offset": 932.959,
        "lang": "en"
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},  
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},  
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  "lang": "en"  
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  "offset": 955.44,  
  "lang": "en"  
},  
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  "lang": "en"  
},  
{  
  "text": "to make some decisions",  
  "duration": 5.92,  
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  "lang": "en"  
},  
{  
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}
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        "text": "could have been but i'm a miracle so i'm",
        "duration": 3.599,
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        "lang": "en"
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        "lang": "en"
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        "duration": 3.12,
        "offset": 986.399,
        "lang": "en"
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    {
        "text": "and",
        "duration": 4.24,
        "offset": 988.48,
        "lang": "en"
    },
    {
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        "duration": 6.481,
        "offset": 989.519,
        "lang": "en"
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  "duration": 4.32,  
  "offset": 996,  
  "lang": "en"  
},  
{  
  "text": "the fullness",  
  "duration": 4.481,  
  "offset": 998.399,  
  "lang": "en"  
},  
{  
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  "duration": 4.879,  
  "offset": 1000.32,  
  "lang": "en"  
},  
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  "lang": "en"  
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  "lang": "en"  
},  
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  "duration": 5.039,  
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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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        "offset": 1026.72,
        "lang": "en"
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        "lang": "en"
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        "offset": 1036.4,
        "lang": "en"
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    {
        "text": "advantage of of life",
        "duration": 3.919,
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  "lang": "en"  
},  
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{  
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{  
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  "lang": "en"  
},  
{  
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  "duration": 2.72,  
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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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        "lang": "en"
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        "lang": "en"
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        "lang": "en"
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        "lang": "en"
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        "text": "thought about that like that",
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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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},  
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},  
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  "lang": "en"  
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  "duration": 2.24,  
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  "lang": "en"  
},  
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  "duration": 5.84,  
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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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        "duration": 4.76,
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        "lang": "en"
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        "duration": 4.481,
        "offset": 1129.919,
        "lang": "en"
    },
    {
        "text": "really given it any",
        "duration": 4.479,
        "offset": 1132.08,
        "lang": "en"
    },
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        "text": "legs so to speak",
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        "lang": "en"
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        "offset": 1136.559,
        "lang": "en"
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    {
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        "lang": "en"
    },
    {
        "text": "um",
        "duration": 4.08,
        "offset": 1140.88,
        "lang": "en"
    },

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  "lang": "en"  
},  
{  
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  "duration": 4.32,  
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  "lang": "en"  
},  
{  
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  "offset": 1152.16,  
  "lang": "en"  
},  
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  "duration": 2.08,  
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  "lang": "en"  
},  
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  "lang": "en"  
},  
{  
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  "duration": 6.52,  
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  "lang": "en"  
},  
{  
  "text": "anything else that wants you to know",  
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        "offset": 1168.72,
        "lang": "en"
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        "duration": 2.48,
        "offset": 1173.52,
        "lang": "en"
    },
    {
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        "duration": 5.039,
        "offset": 1176.64,
        "lang": "en"
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    {
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        "duration": 4.64,
        "offset": 1178.88,
        "lang": "en"
    },
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        "duration": 4.88,
        "offset": 1181.679,
        "lang": "en"
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        "text": "until that time",
        "duration": 3.039,
        "offset": 1183.52,
        "lang": "en"
    },
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        "text": "it was almost like i didn't have",
        "duration": 4.961,
        "offset": 1186.799,
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        "lang": "en"
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        "lang": "en"
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        "offset": 1191.76,
        "lang": "en"
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        "text": "that was a thing",
        "duration": 2.64,
        "offset": 1193.52,
        "lang": "en"
    },
    {
        "text": "but it's literally like",
        "duration": 4.959,
        "offset": 1196.72,
        "lang": "en"
    },
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        "text": "anxiety and certain things were birthed",
        "duration": 5.76,
        "offset": 1199.039,
        "lang": "en"
    },
    {
        "text": "out of that experience um",
        "duration": 5.521,
        "offset": 1201.679,
        "lang": "en"
    },
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        "lang": "en"
    },
    {
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        "duration": 5.84,
        "offset": 1294.4,
        "lang": "en"
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        "duration": 6,
        "offset": 1296.96,
        "lang": "en"
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  "offset": 1310.32,  
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  "lang": "en"  
},  
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        "lang": "en"
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        "duration": 3.841,
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        "lang": "en"
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  "offset": 1368.08,  
  "lang": "en"  
},  
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  "duration": 4.841,  
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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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        "lang": "en"
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        "offset": 1482.98,
        "lang": "en"
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        "offset": 1484.72,
        "lang": "en"
    },
    {
        "text": "to your anxious part",
        "duration": 4.8,
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        "lang": "en"
    },

```

```
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},  
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},  
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  "offset": 1494,  
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        "offset": 1528.559,
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        "lang": "en"
    },
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        "lang": "en"
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        "lang": "en"
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        "offset": 1539.6,
        "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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},
{
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        "lang": "en"
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        "offset": 1585.36,
        "lang": "en"
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        "offset": 1587.919,
        "lang": "en"
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        "offset": 1589.76,
        "lang": "en"
    },
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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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{  
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  "lang": "en"  
},  
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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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},  
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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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}
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},
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},
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  "lang": "en"
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},
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  "offset": 1697.36,
  "lang": "en"
},
{
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  "duration": 4.24,
  "offset": 1698.88,
  "lang": "en"
},
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  "text": "yeah i never",
  "duration": 2.721,
  "offset": 1700.399,
  "lang": "en"
},
{
  "text": "and can you check in with this part just",
  "duration": 6.48,
  "offset": 1706,
  "lang": "en"
},
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  "offset": 1708.08,  
  "lang": "en"  
},  
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  "duration": 4.319,  
  "offset": 1712.96,  
  "lang": "en"  
},  
{  
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  "duration": 4,  
  "offset": 1715.12,  
  "lang": "en"  
},  
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  "lang": "en"  
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  "lang": "en"  
},  
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  "offset": 1721.12,  
  "lang": "en"  
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  "duration": 5.559,  
  "offset": 1724.24,  
  "lang": "en"  
},  
{  
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}
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        "offset": 1738.559,
        "lang": "en"
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        "offset": 1743.44,
        "lang": "en"
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        "lang": "en"
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        "lang": "en"
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        "offset": 1755.919,
        "lang": "en"
    },
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        "lang": "en"
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        "offset": 1766.96,
        "lang": "en"
    },
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        "offset": 1771.84,
        "lang": "en"
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        "duration": 5.559,
        "offset": 1774.48,
        "lang": "en"
    },
    {
        "text": "oh wow",
        "duration": 3.319,
        "offset": 1776.72,
        "lang": "en"
    },
    {
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        "duration": 3.439,
        "offset": 1781.36,
        "lang": "en"
    },

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  "lang": "en"  
},  
{  
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  "duration": 2.641,  
  "offset": 1784.799,  
  "lang": "en"  
},  
{  
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  "duration": 4.16,  
  "offset": 1786.399,  
  "lang": "en"  
},  
{  
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  "duration": 5.4,  
  "offset": 1787.44,  
  "lang": "en"  
},  
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  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 3.559,  
  "offset": 1792.84,  
  "lang": "en"  
},  
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  "text": "and when you get the vision of this",  
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  "text": "little girl",  
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        "lang": "en"
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    {
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        "duration": 2.24,
        "offset": 1801.039,
        "lang": "en"
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        "lang": "en"
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        "lang": "en"
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        "duration": 3.44,
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    {
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        "duration": 3.04,
        "offset": 1812.08,
        "lang": "en"
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        "lang": "en"
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        "lang": "en"
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    {
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        "offset": 1819.679,
        "lang": "en"
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        "offset": 1821.44,
        "lang": "en"
    },
    {
        "text": "yeah",
        "duration": 4.08,
        "offset": 1823.44,
        "lang": "en"
    },
    {
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        "duration": 3.839,
        "offset": 1824.96,
        "lang": "en"
    },
    {
        "text": "wow",
        "duration": 3.039,
        "offset": 1827.52,
        "lang": "en"
    },

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  "duration": 6.441,  
  "offset": 1828.799,  
  "lang": "en"  
},  
{  
  "text": "whole life oh yeah definitely",  
  "duration": 4.681,  
  "offset": 1830.559,  
  "lang": "en"  
},  
{  
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  "duration": 5.201,  
  "offset": 1836.159,  
  "lang": "en"  
},  
{  
  "text": "now that we know who this part is",  
  "duration": 5.039,  
  "offset": 1839.12,  
  "lang": "en"  
},  
{  
  "text": "protecting can we ask this part if it's",  
  "duration": 4.96,  
  "offset": 1841.36,  
  "lang": "en"  
},  
{  
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  "duration": 6.281,  
  "offset": 1844.159,  
  "lang": "en"  
},  
{  
  "text": "this five or six year old",  
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  "offset": 1846.32,  
  "lang": "en"  
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"duration": 3.36,
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},
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"text": "and",
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"offset": 1860.799,
"lang": "en"
},
{
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"duration": 6.399,
"offset": 1861.76,
"lang": "en"
},
{
"text": "allowing us to continue this work",
"duration": 4.719,
"offset": 1863.44,
"lang": "en"
},
{
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"duration": 3,
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"lang": "en"
},
{
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"duration": 2.559,
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"lang": "en"
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        "text": "five or six year old can you just",
        "duration": 5.12,
        "offset": 1882.96,
        "lang": "en"
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    {
        "text": "just kind of check in and",
        "duration": 4.721,
        "offset": 1885.919,
        "lang": "en"
    },
    {
        "text": "ask her",
        "duration": 4.319,
        "offset": 1888.08,
        "lang": "en"
    },
    {
        "text": "what does she want you to know",
        "duration": 4.8,
        "offset": 1890.64,
        "lang": "en"
    },
    {
        "text": "where she and and also where is she at",
        "duration": 5.12,
        "offset": 1892.399,
        "lang": "en"
    },
    {
        "text": "in time and space when you when she",
        "duration": 5.68,
        "offset": 1895.44,
        "lang": "en"
    },
    {
        "text": "comes to mind where is she at",
        "duration": 3.601,
        "offset": 1897.519,
        "lang": "en"
    },

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{
"text": "scene which is interesting",
"duration": 3.88,
"offset": 1928.159,
"lang": "en"
},
{
"text": "see her sitting on the floor with this",
"duration": 3.2,
"offset": 1934,
"lang": "en"
},
{
"text": "doll",
"duration": 4.321,
"offset": 1935.279,
"lang": "en"
},
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"text": "but i",
"duration": 2.4,
"offset": 1937.2,
"lang": "en"
},
{
"text": "and i i see her",
"duration": 6.559,
"offset": 1940,
"lang": "en"
},
{
"text": "this is so wild on this sled",
"duration": 6.24,
"offset": 1942.96,
"lang": "en"
},
{
"text": "old school",
"duration": 5.36,
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        "text": "wooden sled",
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        "offset": 1949.2,
        "lang": "en"
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    {
        "text": "in the snow and this is the so",
        "duration": 4.16,
        "offset": 1952.399,
        "lang": "en"
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    {
        "text": "uh",
        "duration": 3.121,
        "offset": 1955.519,
        "lang": "en"
    },
    {
        "text": "this note one day i was little",
        "duration": 4.081,
        "offset": 1956.559,
        "lang": "en"
    },
    {
        "text": "i remember my dad taking me sled riding",
        "duration": 4.96,
        "offset": 1958.64,
        "lang": "en"
    },
    {
        "text": "on this old wood sled",
        "duration": 5.44,
        "offset": 1960.64,
        "lang": "en"
    },
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        "text": "down the hill in a neighborhood",
        "duration": 4.64,
        "offset": 1963.6,
        "lang": "en"
    },

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  "text": "and i remember i was flying down the",  
  "duration": 3.28,  
  "offset": 1966.08,  
  "lang": "en"  
},  
{  
  "text": "hill",  
  "duration": 2.559,  
  "offset": 1968.24,  
  "lang": "en"  
},  
{  
  "text": "and i looked back and my dad was at the",  
  "duration": 4.88,  
  "offset": 1969.36,  
  "lang": "en"  
},  
{  
  "text": "top of the hill he let me go",  
  "duration": 3.441,  
  "offset": 1970.799,  
  "lang": "en"  
},  
{  
  "text": "and when i turned back around i hit a",  
  "duration": 4.32,  
  "offset": 1975.12,  
  "lang": "en"  
},  
{  
  "text": "pole",  
  "duration": 2.32,  
  "offset": 1977.12,  
  "lang": "en"  
},  
{  
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  "duration": 6.319,  
  "offset": 1980.72,  
  "lang": "en"  
},  
{  
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},
{
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"duration": 2.48,
"offset": 1989.12,
"lang": "en"
},
{
"text": "and",
"duration": 2.32,
"offset": 1990.88,
"lang": "en"
},
{
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"duration": 3.76,
"offset": 1991.6,
"lang": "en"
},
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"duration": 4.479,
"offset": 1993.2,
"lang": "en"
},
{
"text": "without getting all you know emotional",
"duration": 4.319,
"offset": 1995.36,
"lang": "en"
},
{
"text": "and dramatic ability",
"duration": 5.321,
"offset": 1997.679,
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        "offset": 1999.679,
        "lang": "en"
    },
    {
        "text": "wow",
        "duration": 2.4,
        "offset": 2004.72,
        "lang": "en"
    },
    {
        "text": "okay that was interesting",
        "duration": 3.521,
        "offset": 2007.919,
        "lang": "en"
    },
    {
        "text": "that was wild i haven't thought about",
        "duration": 4.921,
        "offset": 2012.159,
        "lang": "en"
    },
    {
        "text": "that in a long time",
        "duration": 3.561,
        "offset": 2013.519,
        "lang": "en"
    },
    {
        "text": "and so this memory of this again is",
        "duration": 6.081,
        "offset": 2018.399,
        "lang": "en"
    },
    {
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        "duration": 3.28,
        "offset": 2021.2,
        "lang": "en"
    },

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{  
  "text": "right",  
  "duration": 4.64,  
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  "lang": "en"  
},  
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  "duration": 6.399,  
  "offset": 2025.76,  
  "lang": "en"  
},  
{  
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  "duration": 5.199,  
  "offset": 2029.36,  
  "lang": "en"  
},  
{  
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  "duration": 4.721,  
  "offset": 2032.159,  
  "lang": "en"  
},  
{  
  "text": "right",  
  "duration": 2.321,  
  "offset": 2034.559,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 2.16,  
  "offset": 2037.519,  
  "lang": "en"  
},  
{  
  "text": "and",  
  "duration": 2.641,  
  "offset": 2040.799,  
  "lang": "en"  
},  
{  
  "text": "you know",  
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        "text": "as you are in the room with",
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        "offset": 2043.44,
        "lang": "en"
    },
    {
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        "duration": 4.399,
        "offset": 2048.72,
        "lang": "en"
    },
    {
        "text": "outdoors",
        "duration": 3.52,
        "offset": 2051.119,
        "lang": "en"
    },
    {
        "text": "uh",
        "duration": 3.681,
        "offset": 2053.119,
        "lang": "en"
    },
    {
        "text": "can you can you sense whether she knows",
        "duration": 6.44,
        "offset": 2054.639,
        "lang": "en"
    },
    {
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        "duration": 4.279,
        "offset": 2056.8,
        "lang": "en"
    },
    {
        "text": "or maybe you&#39;re with her as she&#39;s",
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        "offset": 2061.44,
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        "text": "remembering the sledding accident",
        "duration": 4.8,
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        "lang": "en"
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    {
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        "duration": 4.08,
        "offset": 2065.599,
        "lang": "en"
    },
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        "lang": "en"
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},
{
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        "offset": 3271.599,
        "lang": "en"
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        "lang": "en"
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  "lang": "en"  
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  "lang": "en"  
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  "duration": 5.52,  
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  "lang": "en"  
},  
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        "lang": "en"
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        "offset": 3358.96,
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  "lang": "en"  
},  
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  "lang": "en"  
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        "lang": "en"
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        "offset": 3461.359,
        "lang": "en"
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        "lang": "en"
    },
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  "duration": 2.56,  
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  "lang": "en"  
},  
{  
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  "duration": 3.2,  
  "offset": 3537.28,  
  "lang": "en"  
},  
{  
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  "duration": 4.601,  
  "offset": 3539.359,  
  "lang": "en"  
},  
{  
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  "offset": 3540.48,  
  "lang": "en"  
},  
{  
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  "duration": 5.52,  
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  "lang": "en"  
},  
{  
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  "offset": 3545.92,  
  "lang": "en"  
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{  
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}
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    "text": "yeah",
    "duration": 3.279,
    "offset": 3927.76,
    "lang": "en"
},
{
    "text": "yeah",
    "duration": 2.24,
    "offset": 3928.799,
    "lang": "en"
},
{
    "text": "obviously she&#39;s a nature girl so yeah",
    "duration": 6.401,
    "offset": 3931.359,
    "lang": "en"
},
{
    "text": "might even",
    "duration": 4.88,
    "offset": 3935.28,
    "lang": "en"
},
{
    "text": "um",
    "duration": 2.4,
    "offset": 3937.76,
    "lang": "en"
},
{
    "text": "be like a just a hike",
    "duration": 6,
    "offset": 3940.559,
    "lang": "en"
},
{
    "text": "so any uh",
    "duration": 6.639,
    "offset": 3944.16,
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        "lang": "en"
    },
    {
        "text": "waters first but any kind of nature",
        "duration": 6.881,
        "offset": 3946.559,
        "lang": "en"
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    {
        "text": "hug a tree",
        "duration": 2.641,
        "offset": 3950.799,
        "lang": "en"
    },
    {
        "text": "i know that sounds weird but i do have",
        "duration": 4.48,
        "offset": 3954.72,
        "lang": "en"
    },
    {
        "text": "trees when i go out in the wilderness",
        "duration": 7.639,
        "offset": 3956.4,
        "lang": "en"
    },
    {
        "text": "but it it's really soothing to my system",
        "duration": 4.839,
        "offset": 3959.2,
        "lang": "en"
    },
    {
        "text": "so um",
        "duration": 4.16,
        "offset": 3966.72,
        "lang": "en"
    },
    {
        "text": "yeah",
        "duration": 2.24,
        "offset": 3968.64,
        "lang": "en"
    },
    {

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{  
  "text": "does that feel complete",  
  "duration": 3.04,  
  "offset": 3972.16,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 3.92,  
  "offset": 3975.52,  
  "lang": "en"  
},  
{  
  "text": "i like her and all your parts for",  
  "duration": 4.72,  
  "offset": 3977.599,  
  "lang": "en"  
},  
{  
  "text": "showing up today",  
  "duration": 2.879,  
  "offset": 3979.44,  
  "lang": "en"  
},  
{  
  "text": "okay",  
  "duration": 4.08,  
  "offset": 3989.44,  
  "lang": "en"  
},  
{  
  "text": "thank you marcia",  
  "duration": 5.84,  
  "offset": 3990.4,  
  "lang": "en"  
},  
{  
  "text": "he's welcome",  
  "duration": 2.72,  
  "offset": 3993.52,  
  "lang": "en"  
},  
{  
  "text": "all right",  
  "duration": 2.72,  
  "offset": 3996.24,  
  "lang": "en"  
}
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    "duration": 9.58,
    "offset": 3997.119,
    "lang": "en"
},
{
    "text": "[Music]",
    "duration": 7.949,
    "offset": 3998.75,
    "lang": "en"
},
{
    "text": "you",
    "duration": 2.08,
    "offset": 4011.44,
    "lang": "en"
}
]
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