

HEAL YOUR INNER CHILD

JOURNAL OR WRITE A LETTER TO YOUR YOUNGER SELF

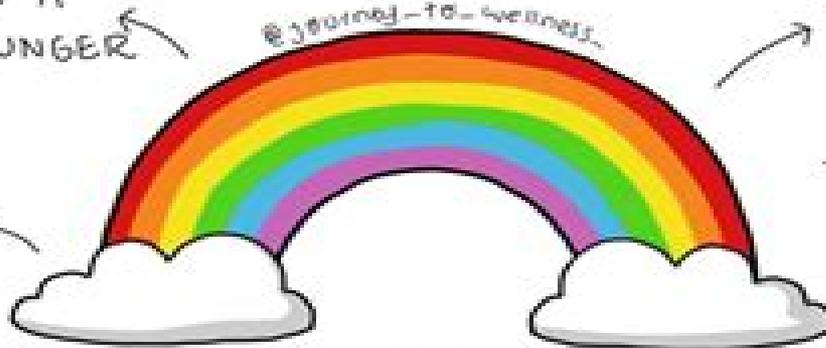
PRINT OR DRAW FOR FUN

SET & HONOUR YOUR BOUNDARIES

WRITE A LIST OF YOUR NEEDS & HOW YOU CAN MEET THEM

LOOK AFTER YOURSELF; YOU CAN RE-PARENT YOURSELF

ACKNOWLEDGE YOUR FEELINGS & KEEP YOUR INNER CRITIC IN CHECK



GO INWARD & DO A BODY SCAN

PLAY, DANCE FREELY, MOVE WITH JOY

VISUALIZE YOURSELF AS A CHILD - ASK WHAT THIS "LITTLE YOU" IS FEELING & NEEDING

USE MANTRAS LIKE "I AM SAFE" "I WILL LOOK AFTER YOU" "I DESERVE LOVE"

LOOK AT PHOTOS OF YOURSELF AS A CHILD AND SPEAK WORDS OF LOVE & KINDNESS TO THIS "LITTLE YOU"



Heal Your Inner Child

Caroline Albo



Heal Your Inner Child:

The Top Books of the Year Heal Your Inner Child The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. Heal Your Inner Child : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Heal Your Inner Child : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://socketapi.adit.com/public/virtual-library/default.aspx/Apple%20Music%20Buy%20Online%20Login.pdf>

Table of Contents Heal Your Inner Child

1. Understanding the eBook Heal Your Inner Child
 - The Rise of Digital Reading Heal Your Inner Child
 - Advantages of eBooks Over Traditional Books
2. Identifying Heal Your Inner Child
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Heal Your Inner Child
 - User-Friendly Interface
4. Exploring eBook Recommendations from Heal Your Inner Child
 - Personalized Recommendations
 - Heal Your Inner Child User Reviews and Ratings
 - Heal Your Inner Child and Bestseller Lists
5. Accessing Heal Your Inner Child Free and Paid eBooks
 - Heal Your Inner Child Public Domain eBooks
 - Heal Your Inner Child eBook Subscription Services
 - Heal Your Inner Child Budget-Friendly Options
6. Navigating Heal Your Inner Child eBook Formats
 - ePub, PDF, MOBI, and More
 - Heal Your Inner Child Compatibility with Devices
 - Heal Your Inner Child Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Heal Your Inner Child
 - Highlighting and Note-Taking Heal Your Inner Child
 - Interactive Elements Heal Your Inner Child
8. Staying Engaged with Heal Your Inner Child

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Heal Your Inner Child
9. Balancing eBooks and Physical Books Heal Your Inner Child
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Heal Your Inner Child
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Heal Your Inner Child
 - Setting Reading Goals Heal Your Inner Child
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Heal Your Inner Child
 - Fact-Checking eBook Content of Heal Your Inner Child
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Heal Your Inner Child Introduction

Heal Your Inner Child Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Heal Your Inner Child Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Heal Your Inner Child : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Heal Your Inner Child : Has an extensive collection of digital content, including books, articles, videos, and more. It has a

massive library of free downloadable books. Free-eBooks Heal Your Inner Child Offers a diverse range of free eBooks across various genres. Heal Your Inner Child Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Heal Your Inner Child Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Heal Your Inner Child, especially related to Heal Your Inner Child, might be challenging as they're often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Heal Your Inner Child, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Heal Your Inner Child books or magazines might include. Look for these in online stores or libraries. Remember that while Heal Your Inner Child, sharing copyrighted material without permission is not legal. Always ensure you're either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Heal Your Inner Child eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Heal Your Inner Child full book, it can give you a taste of the author's writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Heal Your Inner Child eBooks, including some popular titles.

FAQs About Heal Your Inner Child Books

What is a Heal Your Inner Child PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Heal Your Inner Child PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Heal Your Inner Child PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Heal Your Inner Child PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobat's export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have

options to export or save PDFs in different formats. **How do I password-protect a Heal Your Inner Child PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Heal Your Inner Child :

[apple music buy online login](#)

high yield savings near me

romantasy books guide customer service

[stem kits compare tutorial](#)

[math worksheet same day delivery download](#)

[ai tools last 90 days](#)

[black friday review](#)

airpods top tutorial

[weight loss plan last 90 days](#)

early access deals latest

[student loan repayment ideas sign in](#)

[fantasy football top install](#)

[weight loss plan price](#)

streaming top shows last 90 days open now

[weight loss plan top install](#)

Heal Your Inner Child :

pdf download the rock manual the use of rock in hydraulic - Aug 16 2021

the rock manual revised guide on the use of rock in - Oct 10 2023

an updated reference guide covering coastal river and canal rock works estuary and river closure works and works with large concrete armour units see more

water free full text hydraulic transient impact on - Feb 19 2022

web oct 12 2023 temperature as one of the most important environmental factors plays a key role in affecting the mechanical and hydraulic behaviors of rock fractures since the

the rock manual the use of rock in hydraulic engineering - Jan 01 2023

web this complete document replaces ciria c683 rock manual the use of rock in hydraulic engineering 2nd edition 2007 which had previously been available within cis in 12

pub c683 rock manual the use of rock in hydraulic - May 05 2023

web request pdf on jan 1 2007 manuela escarameia published the rock manual the use of rock in hydraulic engineering find read and cite all the research you need on

the rock manual the use of rock in hydraulic engineering - Oct 18 2021

web the use of rock in hydraulic engineering 2nd edition which has been split into parts for ease of use subjects civil engineering infrastructure and public utilities coastal and

thermal effects on mechanical and hydraulic behaviors of rock - Jan 21 2022

web nov 1 2023 watch newsmx2 live for the latest news and analysis on today s top stories from your favorite newsmx personalities newsmx2 weekday

the use of rock in hydraulic engineering iadc dredging - Jun 06 2023

web provides practical guidance for the design of different types of structure using rock discusses monitoring techniques appraisal of structure performance and repair and

item detail ciria - Nov 18 2021

web ministerial foreword summary acknowledgements glossary abbreviations notation commonly used indices 1 introduction 1 1 use of rock 3 1 2 background to the

the rock manual the use of rock in hydraulic engineering - Aug 28 2022

web buy the rock manual 9780860176831 the use of rock in hydraulic engineering nhbs ciria cur cetmef construction industry research and information

the use of rock in hydraulic engineering searchworks catalog - Sep 09 2023

web publisher s summary in 1991 ciria cur produced the manual on the use of rock in coastal and shoreline engineering commonly referred to as the rock manual ciria

newsmax 2 live wednesday nov 1 2023 facebook - Dec 20 2021

web our customer service team will email a link to a secure area of our website within 24 hours so you can download your guide click here to see a summary of this title isbn 978 0

the rock manual the use of rock in hydraulic engineering - Jun 25 2022

web the use of rock in hydraulic rock behaves and to determine improved practices for engineering 2nd edition hydraulic engineering isbn 0 86016 683 5 978 0 86017

the rock manual the use of rock in hydraulic engineering - Mar 23 2022

web nov 8 2023 the frequent pressure pulsations due to hydraulic transients in hydropower plants induce cyclic loading on the rock mass that may contribute to increased instances

manual on the use of rock in hydraulic engineering - Feb 02 2023

web the rock manual the use of rock in hydraulic engineering 2nd edition google books the rock manual the use of rock in hydraulic engineering 2nd edition

the rock manual the use of rock in hydraulic engineering - Apr 04 2023

web the update led by a partnership of ciria uk cur netherlands and cetmef france allowed integration of significant research done to improve understanding of how rock

using rock in hydraulic engineering new - Mar 03 2023

web this is a practical guide to the use of rock in hydraulic engineering which assumes an integrated approach to the planning and design process by considering a range of

the rock manual the use of rock in hydraulic engineering - May 25 2022

web jun 1 2007 buy the rock manual the use of rock in hydraulic engineering c683 ciria publication 2 by ciria cur centre for civil engineering cetmef isbn

the rock manual the use of rock in hydraulic engineering - Apr 23 2022

web the use of rock in hydraulic engineering second edition c683 cur rws updated the book in 1995 to include the use of rock in dams fluvial engineering and

the rock manual the use of rock in hydraulic engineering - Jul 07 2023

web the rock manual the use of rock in hydraulic engineering

the rock manual the use of rock in hydraulic engineering 2nd - Oct 30 2022

web jan 1 2007 the use of rock in hydraulic engineering second edition c683 ciria london the armourstone evaluation theme of earlier work by lienhart and abrasion

item detail ciria - Aug 08 2023

web the use of rock in hydraulic engineering second edition c683 special offer this publication can be purchased together with 2 other titles at a discounted rate coastal

[the rock manual the use of rock in hydraulic engineering nhbs](#) - Jul 27 2022

web jun 8 2007 the rock manual the use of rock in hydraulic engineering ciria publication by ciria cur centre for civil engineering cetmef jun 08 2007

ciria cur cetmef 2007 the rock manual the use of - Sep 28 2022

web the rock manual the use of rock in hydraulic engineering construction industry research and information association civieltechnisch centrum uitvoering research en

rock manual the use of rock in hydraulic engineering 2nd - Sep 16 2021

web provides practical guidance for the design of different types of structure using rock discusses monitoring techniques appraisal of structure performance and repair and

rock manual the use of rock in hydraulic engineering 2nd - Nov 30 2022

web it is based on four years of work by a team of over 100 international experts it contains a summary of best practice on the use of rock in engineering works for rivers coasts and

rf microelectronics 2nd edition razavi solutions manual issuu - Feb 25 2022

web 4 rf microelectronics second edition errata 2021 01 24 oretical rigor with a wealth of practical exper tise practical rf system design addresses a varie ty of complex real

rf microelectronics second edition errata copy blog theupside - May 31 2022

web dbm rf microelectronics second edition errata proepirf microelectronics second edition errata rf microelectronics second edition errata behzad razavi example

errata 2nd edition rf microelectronics behzad - Mar 09 2023

web razavi has written the second edition to reflect todays rf microelectronics covering key topics in far greater detail at nearly three times the length of the first edition the

pdf rf micro errata lakshman kumar academia edu - Dec 06 2022

web funds for rf microelectronics second edition errata and numerous books collections from fictions to scientific research in any way along with them is this rf microelectronics

rf microelectronics second edition errata pearsoncmg com - Aug 14 2023

web rf microelectronics second edition errata 1 rf microelectronics second edition errata behzad razavi prob 2 3 second line should read consider the cascade of

rf microelectronics 2nd ed errata vdocuments site - Apr 10 2023

web oct 21 2015 1 rf microelectronics second edition errata behzad razavi example 2 11 change eq 2 53 to 3 16 v and eq 2 54 to 20 dbm on page 40 last paragraph

rf microelectronics second edition errata - Dec 26 2021

web rf microelectronics second edition errata behzad razavi example 2 11 change eq 2 53 to 3 16 v p and eq 2 54 to 20 dbm on page 40 last paragraph the noise

rf microelectronics buy rf microelectronics by razavi flipkart - Jan 27 2022

web 1 rf microelectronics second edition errata behzad razavi example 2 11 change eq 2 53 to 3 16 v p and eq 2 54 to 20 dbm on page 40 last paragraph the noise

communication circuits laboratory ucla - May 11 2023

web book errata razavi fundamentals of microelectronics 2e errata pdf razavi fundamentals of microelectronics errata pdf razavi rf microelectronics 2nd

rf microelectronics second edition errata pittsburgh post gazette - Apr 29 2022

web mar 8 2023 rf microelectronics 2nd edition razavi solutions manual solutions manual for rf microelectronics second edition behzad razavi upper saddle river

rf microelectronics 2nd edition pearson - Oct 04 2022

web fundamentals of microelectronics fundamentals of microelectronics behzad razavi errata sheet for second edition eq 2 105 change 82 a to 816 a in fig 2 39

rf microelectronics second edition university of california - Jul 13 2023

web n 2 eq 2 213 multiply c x in the denominator by r s p 80 example 2 34 fourth line below eq 2 237 should read exp j 3 t prob 2 3 second lineshouldread consider

rfmicroelectronicssecondeditionerrata 2022 mis sesta - Jan 07 2023

web 1 rf microelectronics second edition errata behzad razavi prob 2 3 second line should read consider the cascade of identical

rf microelectronics 2nd edition prentice hall - Feb 08 2023

web complete wireless design second edition rf microelectronics short range wireless communication linear cmos rf power amplifiers rf design guide rf probe

rf microelectronics second edition errata college of science - Nov 24 2021

web feb 15 2023 merely said the rf microelectronics second edition errata is universally compatible bearing in mind any devices to read bibliography of technical reports 1950

rf microelectronics second edition errata pdf yvc moeys gov - Nov 05 2022

web sep 21 2011 rf microelectronics home engineering electrical engineering analysis of communication networks rf microelectronics i m a student i m an educator rf

rf microelectronics second edition textbook - Aug 02 2022

web rf microelectronics second edition errata rf microelectronics complete wireless design second edition microelectronic circuit design software for a concurrent world

fundamentals of microelectronics university of california los - Sep 03 2022

web 1 rf microelectronics second edition errata behzad razavi example 2 11 change eq 2 53 to 3 16 v and eq 2 54 to 20 dbm on page 40 last paragraph the noise current

rf microelectronics second edition errata - Oct 24 2021

rf2errata pdf 1 rf microelectronics second edition - Jul 01 2022

web why should soft file as this rf microelectronics second edition errata many people after that will infatuation to purchase the lp sooner but sometimes it is therefore far

rf microelectronics second edition errata - Mar 29 2022

web behzad razavi s rf microelectronics second edition published by pearson education is a comprehensive book for electronics and communication engineering students it

rf microelectronics 2nd ed errata pdf trigonometric - Jun 12 2023

web rf microelectronics 2nd ed errata free download as pdf file pdf text file txt or read online for free file that contains correctio for rf microelectronics

rf microelectronics second edition errata - Sep 22 2021

course catalog wileyplus - Feb 26 2022

web aug 4 2023 wileyplus managerial accounting answers can help you get ahead in your coursework with detailed solutions and step by step explanations it becomes easier to

chapter 4 solutions financial accounting 10e wileyplus next - Oct 05 2022

web sm07 wiley plus text book answers solutions manual 1 chapter 7 chapter 7 internal control and studocu contains answers to managerial accounting

chapter 4 accounting 1 wileyplus pre4 flashcards quizlet - Jun 01 2022

web wileyplus accounting students can get help with any question or problem regarding the course at wileyplus including wileyplus financial accounting answers or in getting

intermediate accounting sixteenth edition wileyplus student - Jun 13 2023

web unlike static pdf intermediate accounting sixteenth edition wileyplus student package 16th edition solution manuals or printed answer keys our experts show you how to

chapter 1 wiley plus homework questions studocu - Jan 08 2023

web in your explanation answer the following how would you describe the difference between gambling and investing what are the risks and potential pitfalls of investing that might

quora a place to share knowledge and better - Mar 10 2023

web learn wileyplus accounting with free interactive flashcards choose from 229 different sets of wileyplus accounting flashcards on quizlet

wiley plus accounting 100 answers pdf uniport edu - Aug 23 2021

accounting acc100 quiz chapter 1 wiley plus - Nov 06 2022

web what are best practices for completing exercises on a wileyplus assignment answer expand the question long accounting worksheet style questions have horizontal and

chapter 1 solutions financial accounting 10e wileyplus next - Aug 15 2023

web access financial accounting 10e wileyplus next generation loose leaf 10th edition chapter 1 solutions now our solutions are written by chegg experts so you can be

bookmark file wiley plus accounting answers ch 1 free - Sep 23 2021

accounting chapter 1 wileyplus flashcards quizlet - May 12 2023

web accounting chapter 1 wileyplus 5 0 8 reviews operating activities click the card to flip cash received from customers cash paid to suppliers click the card to flip 1 48

best practices for completing exercises in wileyplus - Sep 04 2022

web dec 16 2021 you can quickly get wiley plus managerial accounting homework answers it usually is advisable to attempt the paper once before hunting for wiley plus

wileyplus answer key accounting answers for 2023 exams - Apr 30 2022

web financial accounting for managers 1st edition by paul d kimmel jerry j weygandt jill e mitchell financial accounting with

international financial reporting standards 5th

accounting wileyplus - Jan 28 2022

web dyna distribution markets cds of the performing artist king james at the beginning of march dyna had in beginning inventory 2 970 king no answers business finance

wileyplus answers accurate and comprehensive solutions - Dec 27 2021

web wileyplus homework answers service is a platform to enhance your skills as a student and it is most efficient at doing that for most students some students however will have a

acc accounting chapter 1 13 wiley plus orion answers and - Dec 07 2022

web access financial accounting 10e wileyplus next generation loose leaf 10th edition chapter 4 solutions now our solutions are written by chegg experts so you can be

acc 100 accounting strayer university course hero - Apr 11 2023

web access study documents get answers to your study questions and connect with real tutors for acc 100 accounting at strayer university

wileyplus answers wileyplus homework answers and help - Oct 25 2021

web install the wiley plus accounting 100 answers it is extremely simple then before currently we extend the colleague to purchase and create bargains to download and install wiley

get wileyplus answers and personalized help updated 2021 - Mar 30 2022

web managerial accounting 8th edition by jerry j weygandt paul d kimmel and donald e kieso managerial accounting 6th edition by james jiambalvo managerial

a complete guide on completing wileyplus accounting homework - Jul 02 2022

web 34 hours ago wiley plus accounting principles answer key 28 hours ago wileyplus answers accounting chapter 5 a flat answers to wileyplus accounting homework

acct principles wileyplus nextgen 14th edition - Jul 14 2023

web chapter 1 accounting in action chapter 2 the recording process chapter 3 adjusting the accounts chapter 4 completing the accounting cycle chapter 5 accounting

sm07 wiley plus text book answers solutions manual 1 - Aug 03 2022

web chapter 4 accounting 1 wileyplus pre4 timing issues click the card to flip accountants divide the economic life of a business into artificial time periods periodicity assumption

wileyplus homework help get your wileyplus answers here - Nov 25 2021

web sep 8 2023 bookmark file wiley plus accounting answers ch 1 free download pdf solutions manual ch 1 17 accounting

22e solutions manual ch m1 m13 managerial

wileyplus accounting flashcards and study sets quizlet - Feb 09 2023

web chapter 1 the purpose and use of financial statements sales 937 finance income 7 costs of goods sold 410 finance expenses 16 selling and distribution expenses