KINTSUGI EMBRACE YOUR IMPERFECTIONS AND FIND HAPP Workbook

kintsugi embrace your imperfections and find happ. In a world that often emphasizes perfection and flawless appearances, the ancient Japanese art of kintsugi offers a profound philosophy: embracing imperfections can lead to a more meaningful and joyful life. Kintsugi, which translates to ?golden joinery,? is not merely about repairing broken ceramics but also about celebrating the beauty of flaws and imperfections. This philosophy encourages us to see our vulnerabilities and scars as unique aspects of our identity that contribute to our overall beauty and authenticity. By embracing our imperfections through the lens of kintsugi, we can foster self-acceptance, resilience, and happiness.

Understanding Kintsugi: The Art and Philosophy

What is Kintsugi?

Kintsugi is an ancient Japanese art form that involves repairing broken pottery with lacquer mixed with powdered gold, silver, or platinum. The technique highlights the cracks and repairs rather than hiding them, transforming what might be perceived as damage into a striking feature of the object. The result is a piece of art that is more beautiful and valuable because of its history and imperfections.

The Philosophy Behind Kintsugi

Beyond its aesthetic appeal, kintsugi embodies a philosophical outlook that values imperfection, resilience, and the acceptance of change. It aligns closely with concepts such as:

- Wabi-sabi: The Japanese aesthetic that finds beauty in imperfection and transience.
- Resilience and Growth: Recognizing that setbacks and damages are part of life's journey and can contribute to personal growth.
- Self-Acceptance: Embracing one?s flaws and vulnerabilities as integral to one's identity.

This philosophy encourages us to see our scars?emotional, mental, or physical?not as faults but as stories of survival and strength.

Applying Kintsugi Philosophy to Personal Growth

Embracing Imperfections for Self-Improvement

Many individuals struggle with feelings of inadequacy or perfectionism. Adopting the kintsugi mindset can help shift this perspective. Here?s how:

- Acceptance of Flaws: Recognize that nobody is perfect, and imperfections are natural and valuable.
- Viewing Failures as Opportunities: See setbacks as opportunities to learn and grow rather than as failures.
- Celebrating Personal History: Your scars and mistakes are part of your unique story, adding depth and character.

Steps to Embrace Your Imperfections

To integrate kintsugi principles into your life, consider the following steps:

- Practice Self-Compassion: Be kind and gentle with yourself when you make mistakes.
- Reflect on Your Flaws: Write down your imperfections and see how they have contributed to your resilience.
- Reframe Negative Self-Talk: Shift from criticizing yourself to appreciating your growth and journey.
- Create a Personal ?Kintsugi? Ritual: Use art, journaling, or mindfulness to celebrate your scars and imperfections.

Benefits of Embracing Imperfections

Psychological and Emotional Benefits

Embracing your imperfections can lead to numerous mental health benefits, including:

- Increased self-esteem
- Reduced anxiety and stress
- Greater resilience in facing life's challenges
- Enhanced authenticity and genuine relationships

Physical and Lifestyle Benefits

Recognizing and accepting imperfections can also influence your lifestyle positively:

- Encourages a healthier body image
- Promotes mindful living and gratitude
- Inspires creativity and self-expression

Practical Tips to Live a Kintsugi-Inspired Life

1. Practice Mindfulness and Self-Awareness

Mindfulness helps you stay present and accept your current state without judgment. Techniques include meditation, deep breathing, and body scans.

2. Celebrate Your Scars and Flaws

Instead of hiding imperfections, display them proudly. This could mean sharing your story or decorating your space with meaningful symbols.

3. Engage in Creative Expression

Artistic activities like pottery, painting, or journaling can help you process emotions and celebrate your uniqueness.

4. Cultivate Resilience and Acceptance

Face setbacks with an open mind, viewing them as opportunities for growth rather than failures.

5. Surround Yourself with Supportive People

Build relationships with those who accept and celebrate your authentic self.

Inspiring Stories of Embracing Imperfections

Personal Stories

Many individuals have found happiness and self-acceptance by adopting a kintsugi mindset:

- A Survivor?s Journey: Someone who overcame trauma and now sees their scars as symbols of strength.
- Creative Artists: Using imperfections in their art to create authentic and meaningful pieces.
- Self-Love Advocates: Promoting body positivity by embracing physical flaws.

Cultural Impact

Kintsugi has influenced modern psychology, therapy, and wellness practices, encouraging people worldwide to embrace imperfections and find happiness through acceptance.

Conclusion: Your Personal Kintsugi

Embracing imperfections through the philosophy of kintsugi is a powerful way to cultivate happiness and resilience. It reminds us that flaws and scars are not signs of failure but symbols of survival, growth, and beauty. By accepting ourselves fully, including our vulnerabilities, we open the door to authentic happiness and a more meaningful life. Remember, just as a broken pot can be transformed into a work of art with gold, your imperfections can be the foundation for your most beautiful self. Start your journey today?embrace your flaws, celebrate your scars, and find happiness in your unique story.

Keywords for SEO Optimization

- Kintsugi
- Embrace imperfections
- Find happiness
- Self-acceptance
- Personal growth
- Resilience
- Wabi-sabi
- Celebrating flaws
- Emotional healing
- Mindfulness
- Authenticity
- Inner peace
- Self-love
- Transforming scars into beauty

By integrating the principles of kintsugi into your life, you can learn to cherish your imperfections and turn life's challenges into opportunities for growth and happiness. After all, true beauty lies in authenticity, resilience, and the acceptance of our unique stories.

Kintsugi: Embrace Your Imperfections and Find Happiness

Kintsugi, the ancient Japanese art of repairing broken pottery with gold, is more than just a craft?it is a profound philosophy that encourages us to see beauty in imperfection and to embrace our flaws

as integral parts of our identity. This art form offers a powerful metaphor for life, reminding us that our scars and imperfections can tell meaningful stories and contribute to our unique beauty. In today?s world, where perfectionism is often celebrated and vulnerability is sometimes shunned, kintsugi provides a refreshing perspective on self-acceptance, resilience, and happiness. This article explores the origins of kintsugi, its cultural significance, and how adopting its principles can help us find joy and fulfillment by embracing our imperfections.

Origins and Cultural Significance of Kintsugi

Kintsugi, which translates to "golden joinery," originated in Japan during the 15th century. Legend attributes its creation to a Japanese shogun whose broken Chinese porcelain was repaired with gold lacquer, resulting in a beautiful piece more valuable and unique than before. Over centuries, artisans refined this technique, developing intricate methods for mending ceramics with precious metals like gold, silver, or platinum.

Cultural Significance:

- Philosophy of Wabi-Sabi: Kintsugi aligns with the Japanese aesthetic of wabi-sabi, which finds beauty in transience, imperfection, and the incomplete. It encourages appreciating things as they are, rather than striving for flawlessness.
- Resilience and Continuity: The repaired object becomes a symbol of resilience, illustrating that damage and repair can create something more meaningful and beautiful than the original.
- Acceptance and Mindfulness: Kintsugi teaches patience, mindfulness, and acceptance, urging us to acknowledge our flaws and imperfections without shame.

Features of Kintsugi:

- Use of gold, silver, or platinum to highlight the cracks and repairs
- Emphasizing the history and damage rather than disguising it
- Creating one-of-a-kind, valuable art pieces from broken objects

The Philosophy Behind Embracing Imperfections

Kintsugi embodies a mindset that celebrates imperfections rather than conceals them. It?s about recognizing that flaws and damage are part of our story, contributing to our individuality and depth. When applied to life, this philosophy encourages us to accept our vulnerabilities, mistakes, and scars as essential components of our growth and beauty.

Key Principles:

- Imperfection is Beautiful: Just as the gold veins in a kintsugi repair enhance the object's aesthetic, our flaws can add character and authenticity.
- Resilience Through Repair: Damage is not the end but an opportunity for renewal and transformation.
- Honoring the Past: Our scars and imperfections carry stories of resilience, learning, and experience that shape who we are.

How It Translates to Personal Growth:

- Self-Acceptance: Recognizing and accepting our imperfections reduces shame and promotes inner peace.
- Growth Through Adversity: Life?s challenges, like the cracks in pottery, can be opportunities for strength and renewal.
- Authentic Living: Embracing imperfections encourages authentic self-expression and vulnerability, leading to deeper connections and happiness.

Applying Kintsugi Principles to Daily Life

Embracing the kintsugi philosophy involves practical steps in how we view ourselves and navigate life's challenges. Here are some ways to incorporate these principles into everyday life:

1. Practice Self-Compassion

- Acknowledge your flaws and mistakes without harsh judgment.
- Treat yourself with the same kindness you would offer a friend.
- Celebrate your resilience and growth through hardships.

2. Reframe Failures and Setbacks

- View failures as opportunities for learning and transformation.
- Recognize that setbacks are part of your unique journey, adding depth to your character.
- Use setbacks as a chance to reflect and grow stronger.

3. Cultivate Mindfulness and Presence

- Practice being present with your feelings and imperfections.
- Accept your current state without resistance or denial.

- Engage in activities like meditation, journaling, or art to deepen self-awareness.

4. Celebrate Your Unique Story

- Share your experiences, including hardships and scars, as part of your authentic identity.
- Use your story as a source of strength and inspiration for others.
- Decorate your space or wardrobe with items that reflect your journey and imperfections.

5. Create Art Inspired by Kintsugi

- Engage in creative activities that help you process and embrace your flaws.
- Use art as a therapeutic tool to visualize healing and renewal.
- Consider repairing broken items with gold leaf or other materials as a symbolic act of embracing life's cracks.

The Benefits of Embracing Your Imperfections

Adopting the kintsugi mindset can have profound impacts on mental health, relationships, and overall happiness. Here are some key benefits:

Pros:

- Enhanced Self-Esteem: Accepting imperfections fosters self-love and reduces self-criticism.
- Resilience and Adaptability: Viewing damage as part of growth builds emotional strength.
- Authenticity: Living authentically attracts genuine relationships and deeper connections.
- Reduced Anxiety: Letting go of the need for perfection alleviates stress and anxiety.
- Increased Creativity: Embracing imperfections opens up new avenues for creative expression.

Cons or Challenges:

- Cultural Expectations: Societal standards often promote perfection, making acceptance challenging.
- Internalized Criticism: Overcoming ingrained self-critical thoughts requires effort and mindfulness.
- Patience Required: Embracing imperfections is a gradual process that demands patience and consistency.

Real-Life Examples and Inspiration

Many individuals and artists exemplify the principles of kintsugi in their lives, inspiring others to embrace their scars.

- Brené Brown: A renowned researcher emphasizing vulnerability and authenticity as sources of strength.
- Artists and Creatives: Many use broken or discarded objects, repairing them with gold or other materials, creating stunning art that celebrates imperfections.
- Personal Stories: People who have overcome trauma, illness, or loss often find renewed purpose and beauty in their scars, embodying the spirit of kintsugi.

These stories demonstrate that embracing imperfections can lead to a richer, more meaningful life, full of resilience and joy.

Conclusion: Finding Happiness Through Imperfection

Kintsugi teaches us that our flaws, scars, and brokenness are not signs of failure but markers of resilience and beauty. By adopting this philosophy, we learn to embrace our imperfections, transforming them into sources of strength and authenticity. Happiness, after all, is not about being perfect but about accepting ourselves wholly?cracks, scars, and all. Just as the gold veins in repaired pottery make it more beautiful than before, our imperfections can make us more genuine, resilient, and beautiful individuals. Embracing your imperfections is a journey?a path to self-love, resilience, and ultimately, happiness. Let the art of kintsugi inspire you to see your life as a masterpiece, beautifully imperfect and uniquely yours.

QuestionAnswer What is the philosophy behind kintsugi and how does it encourage embracing imperfections? Kintsugi is the Japanese art of repairing broken pottery with gold, symbolizing that imperfections and cracks add unique beauty and value. It encourages embracing flaws as part of our story, promoting self-acceptance and resilience. How can practicing kintsugi inspire me to find happiness in my imperfections? By viewing your imperfections as beautiful and part of your journey, kintsugi teaches us to accept ourselves fully, fostering confidence and happiness. It reminds us that our flaws contribute to our uniqueness and strength. What are practical ways to apply the lessons of kintsugi in everyday life? You can practice self-compassion, view setbacks as opportunities for growth, and celebrate your unique qualities. Just like repairing pottery with gold, repair and cherish your imperfections to cultivate resilience and happiness. Can embracing imperfections through kintsugi lead to improved mental health? Yes, embracing imperfections fosters self-acceptance and reduces feelings of shame or inadequacy. This mindset can improve mental well-being, promote emotional resilience, and help you find happiness in authenticity. Are there specific mindfulness practices that align with the kintsugi philosophy? Practices like self-compassion meditation, gratitude

journaling, and mindful acceptance help you appreciate your imperfections and find joy in your authentic self, aligning perfectly with the kintsugi philosophy of embracing flaws.

Related keywords: kintsugi, embrace imperfections, self-acceptance, mindfulness, healing, resilience, beauty in flaws, personal growth, self-love, emotional healing

Porcelain a memoir

Porcelain A Memoir

Porcelain: A Memoir of Fragility and Resilience

porcelain a memoir invites us into a world where fragility meets endurance, where

delicate artistry embodies profound stories. Porcelain, often seen as a symbol of elegance and re?nement, carries with it a rich history and emotional resonance that transcends its physical form. This memoir explores the intricate relationship between porcelain and human experience, revealing how this timeless material re?ects our vulnerabilities, strengths, and the beauty found within imperfection.

The Origins of Porcelain: A Journey Through Time

Porcelain?s story begins in ancient China, where it was ?rst crafted over a thousand years ago. Known as ?china? in many parts of the world, porcelain revolutionized ceramics with its unique blend of kaolin clay and ?red at extremely high temperatures. This process created an exceptionally hard, translucent, and white material that dazzled collectors and connoisseurs alike.

The Birth of a Craft

The early artisans who developed porcelain faced countless challenges. Achieving the perfect balance of materials and ?ring temperatures required patience and innovation. Their success not only produced a beautiful material but also laid the foundation for a global trade that would shape economies and cultures.

Porcelain in Western Culture

Europe?s fascination with porcelain began in the 16th century, fueled by tales of its unmatched beauty. For centuries, Western artisans struggled to replicate the Chinese secret, leading to the eventual discovery of European porcelain in the early 18th century. This breakthrough sparked new artistic movements and transformed decorative arts.

Porcelain as a Metaphor: Fragility and Strength

When thinking of porcelain, the ?rst image that often comes to mind is something delicate?easily shattered if handled carelessly. However, this fragility belies an incredible resilience. Porcelain can withstand intense heat and pressure, symbolizing the complex nature of human endurance.

Life Lessons from Porcelain

Much like porcelain, people can be vulnerable on the surface but possess an inner strength born from experience and hardship. The cracks and chips that sometimes mar porcelain?s surface are reminders of survival, imperfections that add character rather than diminish value.

Kintsugi: The Art of Embracing Imperfection

A beautiful example of this philosophy is the Japanese art of kintsugi, where broken porcelain is repaired with lacquer mixed with gold or silver. Rather than hiding damage, kintsugi highlights it, turning ?aws into a feature that tells a story of resilience and rebirth. This practice perfectly mirrors how we might approach personal growth and healing.

Porcelain in Modern Life: Beyond Decorative Objects

Today, porcelain isn?t con?ned to museum pieces or delicate teacups. It has found practical applications in technology, medicine, and even dentistry. Its biocompatibility and durability make it ideal for dental crowns and implants, while its insulating properties serve critical roles in electronics.

Porcelain in Art and Design

Contemporary artists continue to push the boundaries of porcelain, using it to create sculptures, installations, and functional art. The medium?s versatility allows for intricate detailing and smooth ?nishes, making it a favorite for those seeking to blend tradition with innovation.

Collecting and Caring for Porcelain

For collectors, porcelain a memoir is not just about acquisition but about stewardship. Proper care involves avoiding extreme temperature changes, handling with clean hands, and storing pieces in padded environments to prevent damage. Understanding the history and techniques behind each piece deepens appreciation and connection.

Porcelain?s Emotional Resonance: Stories Told Through Ceramics

Each porcelain piece carries a narrative?whether it?s a family heirloom passed down

through generations or a contemporary creation imbued with personal meaning. These objects serve as tangible links to memory, culture, and identity.

Porcelain in Personal Narratives

Many memoirs and stories use porcelain as a metaphor for life?s delicate moments and enduring bonds. The act of creating, breaking, and restoring porcelain parallels human experiences of love, loss, and recovery.

Healing and Re?ection Through Porcelain

Engaging with porcelain?whether through collecting, crafting, or simply appreciating?can be a meditative practice. It encourages mindfulness and respect for the passage of time, fostering a deeper understanding of our own stories.

Tips for Exploring Porcelain a Memoir in Your Own Life

If the idea of porcelain as a memoir resonates with you, consider ways to incorporate its lessons and beauty into your daily routine:

Start a collection: Seek out porcelain pieces that speak to your personal history or

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aesthetic. Each item can become a chapter in your own memoir.

Learn the craft: Try your hand at making or painting porcelain to connect with the

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material on a deeper level.

Practice kintsugi: Repair broken ceramics as a symbolic act of embracing

3.

imperfection and resilience.

Visit museums and galleries: Explore exhibitions dedicated to porcelain to gain

4.

insight into its cultural signi?cance.

Re?ect through writing: Use porcelain as a metaphor in journaling or storytelling

5.

to explore your personal journey.

Porcelain a memoir is more than a story about a material; it?s a re?ection on the human condition, capturing the delicate balance between vulnerability and strength. Whether admired for its beauty, crafted with intention, or used as a symbol for personal growth, porcelain continues to inspire and connect us across time and space.

Question

Answer

What is 'Porcelain: A

Memoir' about?

'Porcelain: A Memoir' is a personal narrative that explores

the author's journey through challenges, self-discovery, and

growth, often re?ecting on themes of fragility and strength.

Who is the author of

'Porcelain: A Memoir'?

The author of 'Porcelain: A Memoir' is Megumi Iwasa, who

shares her intimate experiences and re?ections throughout

the book.

What themes are central

to 'Porcelain: A Memoir'?

Central themes in 'Porcelain: A Memoir' include vulnerability,

resilience, identity, and the delicate nature of human

emotions, symbolized by porcelain.

Why is the memoir titled

'Porcelain'?

The title 'Porcelain' symbolizes the fragility and beauty of the

human experience, highlighting how delicate moments and

emotions shape the author's life story.

Has 'Porcelain: A Memoir'

received critical acclaim?

Yes, 'Porcelain: A Memoir' has been praised for its lyrical

prose and honest portrayal of personal struggles, resonating

deeply with readers seeking authenticity.

Where can I purchase or

read 'Porcelain: A

Memoir'?

You can purchase 'Porcelain: A Memoir' through major

bookstores like Amazon, Barnes & Noble, or ?nd it in digital

formats on platforms such as Kindle and Apple Books.

Porcelain: A Memoir ? An Intimate Exploration of Fragility and Resilience

porcelain a memoir emerges as a compelling narrative that intertwines the delicate

nature of porcelain with the complexities of human experience. This memoir, rich with evocative storytelling and nuanced re?ection, invites readers to consider the metaphorical signi?cance of porcelain as both a material and a symbol. In examining this work, one ?nds a layered investigation into themes of vulnerability, strength, and transformation, all framed through a personal lens that resonates beyond the con?nes of the text.

Exploring the Essence of Porcelain in Memoir Form

The choice to center a memoir around porcelain is a fascinating one. Porcelain, known for its translucent beauty and fragile constitution, serves as a powerful metaphor for the human condition. Throughout the memoir, the author draws parallels between the physical characteristics of porcelain and the emotional landscapes navigated in life?s journey. This approach lends the book a distinct narrative style that balances poetic imagery with grounded, relatable experiences.

In literary terms, porcelain is often associated with re?nement and fragility, but also with

endurance?the ability to withstand heat and pressure without losing form. The memoir leverages these dual qualities to explore how individuals cope with personal challenges, trauma, and healing. The narrative?s strength lies in its ability to weave these elements seamlessly, o?ering readers a textured understanding of resilience.

The Symbolism of Porcelain: Fragility Meets Strength

Porcelain?s symbolism is central to the memoir?s thematic framework. The author delves into the notion that, like porcelain, people are susceptible to cracks and breaks, yet these imperfections can reveal deeper beauty and character. This concept aligns with philosophies such as kintsugi, the Japanese art of repairing broken pottery with gold, which the memoir subtly references to underscore themes of restoration and acceptance. The memoir does not shy away from the complexities of emotional fragility. Instead, it presents vulnerability as an essential facet of authenticity. By embracing moments of brokenness, the narrative argues, individuals can emerge stronger and more self-aware. This perspective challenges traditional perceptions of weakness, reframing fragility as a form of courage.

Stylistic and Structural Elements

Porcelain a memoir utilizes a re?ective and introspective writing style, marked by vivid descriptions and thoughtful pauses. The prose often mirrors the delicacy of porcelain itself?carefully crafted, measured, and imbued with subtle power. This stylistic choice enhances the reader?s immersion, making the memoir not just a recounting of events but

an experiential journey.

Structurally, the memoir is non-linear, echoing the fragmented nature of memory and emotional processing. This approach allows the author to juxtapose moments of pain with instances of joy, creating a dynamic rhythm that mirrors the unpredictability of life. The use of sensory detail?touch, sight, even sound?brings the metaphor of porcelain to life, reinforcing its tactile and emotional signi?cance.

The Role of Memory and Identity

Memory plays a pivotal role in porcelain a memoir, serving both as a narrative device and a thematic concern. The memoir interrogates how memories shape identity and in?uence the way individuals perceive their own fragility and resilience. Through recollections that range from childhood experiences to adult re?ections, the author crafts a mosaic of selfhood that is as intricate and nuanced as porcelain patterns.

Identity, in this context, is portrayed as ?uid yet enduring. The memoir suggests that while external circumstances and internal wounds may alter one?s surface, the core essence remains intact?much like porcelain that retains its form despite cracks. This insight resonates deeply in contemporary discussions around mental health and personal growth.

Comparative Context: Porcelain a Memoir Among Contemporary Works

When positioned alongside other memoirs that explore vulnerability and healing, porcelain a memoir stands out for its unique use of metaphor and its elegant prose. Unlike

more straightforward autobiographical works, this memoir embraces a poetic sensibility that enriches the reader?s engagement. Its thematic focus on material culture and symbolic meaning also distinguishes it from typical memoirs centered solely on life events.

In comparison to other memoirs that incorporate art or craft as thematic anchors, porcelain a memoir shares similarities with works exploring ceramics, textiles, or painting. However, its in-depth engagement with the symbolism of porcelain speci?cally o?ers fresh insights into how material objects can re?ect and shape human experience. This dimension makes it a valuable contribution to both literary and cultural discussions.

Pros and Cons of Porcelain a Memoir?s Narrative Approach

Pros: The memoir?s metaphorical richness enhances thematic depth and emotional

1.

resonance. Its lyrical prose creates a memorable reading experience. The non-linear structure re?ects authentic memory patterns, allowing for complex character development.

Cons: The abstract and poetic style may challenge readers seeking a

2.

straightforward narrative. Some may ?nd the symbolism dense, requiring careful and repeated reading to fully appreciate the nuances.

The Broader Implications of Porcelain as Metaphor

Porcelain a memoir encourages broader re?ection on how society perceives fragility and resilience. By elevating porcelain from a mere material to a metaphor for human experience, the memoir invites readers to reconsider cultural attitudes toward vulnerability. In many contexts, fragility is stigmatized, yet this memoir advocates for its recognition as a source of strength and beauty.

This perspective aligns with emerging trends in psychology and wellness that emphasize embracing imperfections and cultivating self-compassion. The memoir?s insights contribute to ongoing conversations about mental health, identity, and the healing process, demonstrating how literature can illuminate lived experience in meaningful ways.

The use of porcelain as a central motif also opens avenues for interdisciplinary dialogue. Anthropologists, art historians, and cultural theorists might ?nd the memoir?s treatment of material culture and symbolism particularly illuminating. It illustrates how objects carry layered meanings that transcend their physical properties, in?uencing personal and collective narratives.

Porcelain a memoir thus operates on multiple levels: as a personal story, a poetic meditation, and a cultural critique. This multiplicity enriches its appeal and ensures its relevance across diverse audiences.

As readers navigate the memoir?s intricate re?ections and evocative imagery, they are invited to reconsider their own notions of strength and delicacy. The metaphor of porcelain becomes a lens through which to examine the human condition, fostering

empathy and deeper self-understanding. In this way, porcelain a memoir transcends its genre, o?ering a profound commentary on the art of living with fragility and grace.

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