

to hell and back

To hell and back is a phrase that resonates deeply with stories of resilience, perseverance, and overcoming unimaginable obstacles. It encapsulates the essence of enduring extreme hardship and emerging stronger on the other side. Whether in personal tales, historical accounts, or popular culture, this expression symbolizes a journey through darkness and chaos, ultimately leading to redemption and hope. In this comprehensive guide, we'll explore the origins of the phrase, its significance in various contexts, inspiring stories of survival, and how embracing the "to hell and back" mentality can transform challenges into opportunities for growth.

Origins and Meaning of the Phrase "To Hell and Back"

Historical Roots

The phrase "to hell and back" has been part of the English language for centuries, with its earliest recorded usage dating back to the 19th century. It draws imagery from literary and religious traditions that depict hell as a place of torment and suffering, and the journey "to hell" signifies experiencing extreme adversity.

Evolving Usage

Initially, the phrase was used to describe intense suffering or hardship, often in a metaphorical sense. Over time, it gained popularity through military contexts, especially among soldiers describing their harrowing experiences in war zones.

The Significance of "To Hell and Back" in Popular Culture

Literature and Films

Many stories across literature and cinema have cemented the phrase's association with overcoming adversity:

- **Movies:** The 1990 film "To Hell and Back," starring Audie Murphy, depicts the true story of one of the most decorated American soldiers of World War II who survived brutal battles and personal trauma.
- **Books:** Numerous autobiographies and novels explore characters who endure harrowing experiences and emerge victorious, embodying the phrase's essence.

Music and Art

Artists often use the phrase metaphorically to express overcoming personal struggles, addiction, or mental health challenges, making it a universal symbol of resilience.

Inspiring Real-Life Stories of "To Hell and Back"

Survivors of War and Conflict

Many soldiers and civilians have faced life-threatening situations and managed to survive against the odds:

1. **Audie Murphy:** A WWII hero who survived extreme combat conditions, injuries, and post-war trauma.
2. **Malala Yousafzai:** Survived an assassination attempt by the Taliban and became a global advocate for education and women's rights.

Personal Battles with Illness and Addiction

Individuals battling severe illnesses or addiction often describe their journey as "to hell and back" to emphasize the intensity of their struggles:

- Overcoming cancer and returning to a healthy life after grueling treatments.
- Recovering from severe substance abuse and rebuilding a stable,

fulfilling life.

Natural Disasters and Personal Tragedies

People who have survived earthquakes, hurricanes, or personal loss often recount their experiences with resilience and hope:

- Rebuilding homes and communities after devastating natural disasters.
- Finding purpose and strength after losing loved ones or facing traumatic events.

Strategies for Overcoming Extreme Challenges

Developing Mental Toughness

Building resilience is crucial when facing life's darkest moments. Some effective approaches include:

1. **Positive mindset:** Focusing on solutions rather than problems.
2. **Setting small goals:** Breaking down overwhelming situations into manageable steps.
3. **Seeking support:** Connecting with friends, family, or mental health professionals.

Practical Steps to Recover and Thrive

Beyond mental strength, practical actions can facilitate recovery:

1. **Accept reality:** Acknowledge the pain and difficulty instead of denying it.
2. **Leverage resources:** Use available tools, whether medical, financial, or emotional support systems.

3. **Stay persistent:** Understand that healing and progress take time.

Lessons Learned from "To Hell and Back" Experiences

People who have faced extreme adversity often share valuable lessons:

- The importance of resilience and mindset.
- The power of community and support networks.
- Recognizing inner strength and potential for growth amid hardship.

How to Embrace the "To Hell and Back" Philosophy

Shifting Perspective on Challenges

Rather than avoiding difficulties, view them as opportunities to learn and grow. This mindset transforms obstacles into stepping stones.

Building a Supportive Environment

Surround yourself with positive influences who encourage resilience and provide emotional support during tough times.

Continuous Self-Improvement

Use adversity as motivation to develop new skills, improve mental health, and foster personal growth.

Practicing Gratitude and Reflection

Regularly reflect on past hardships and recognize your progress, reinforcing your strength and resilience.

The Power of "To Hell and Back" Stories in Inspiring Others

Motivating Through Personal Narratives

Sharing stories of overcoming adversity can inspire others to persevere through their own challenges.

Creating Supportive Communities

Online forums, support groups, and community initiatives allow individuals to connect and share their "to hell and back" journeys.

Encouraging a Culture of Resilience

Promoting stories of resilience helps foster a society that values strength, hope, and perseverance.

Conclusion

"To hell and back" is more than just a phrase; it embodies the human capacity to endure suffering and emerge victorious. From personal health battles to global conflicts, stories of survival serve as powerful reminders that even in our darkest moments, hope and resilience can prevail. Embracing this mindset not only transforms adversity into opportunity but also inspires others to find their own strength. Remember, everyone faces their own hells—what defines us is how we choose to come back from them.

Meta Description: Discover the meaning, origins, and inspiring stories behind the phrase "to hell and back." Learn how resilience and perseverance help individuals overcome life's toughest challenges.

Frequently Asked Questions

What does the phrase 'to hell and back' mean?

The phrase 'to hell and back' means experiencing extreme hardship, suffering, or danger and surviving or overcoming it.

Where did the phrase 'to hell and back' originate from?

The phrase is believed to have originated from military literature and popularized by the 1941 film 'To Hell and Back,' based on Audie Murphy's war experiences.

How is 'to hell and back' used in everyday language?

It's often used to describe situations where someone has endured a tough ordeal and emerged stronger, such as 'I've been to hell and back with this project.'

Are there similar idioms to 'to hell and back'?

Yes, idioms like 'through thick and thin,' 'over the hills and far away,' and 'weathering the storm' convey similar ideas of enduring hardship.

Can 'to hell and back' be used literally?

While it is primarily a figurative expression, some people use it literally to describe actual dangerous or hellish experiences, often in personal stories or literature.

Has the phrase 'to hell and back' appeared in popular culture?

Yes, it has been used in movies, songs, and books, including the famous 1941 film 'To Hell and Back' starring Audie Murphy, a war hero.

Is 'to hell and back' considered a positive or negative phrase?

It generally has a negative connotation due to the hardships implied, but it can also be used positively to highlight resilience and triumph over adversity.

How can someone recover after going 'to hell and back'?

Recovery often involves emotional support, reflection, healing, and sometimes professional help to process traumatic experiences and rebuild strength.

Are there cultural differences in the use of 'to hell and back'?

Yes, while the phrase is common in English-speaking countries, other cultures

have similar idioms expressing extreme hardship, but the exact phrase may vary.

Additional Resources

To Hell and Back: An In-Depth Exploration of the Phrase, Its Origins, and Cultural Significance

Introduction

The phrase "to hell and back" is one of the most evocative idioms in the English language, conjuring images of extreme hardship, resilience, and ultimate survival. Its vivid imagery and potent emotional resonance have made it a staple in storytelling, personal narratives, and pop culture references. But what exactly does this phrase mean? Where did it originate? How has its usage evolved over time? This comprehensive article aims to dissect the phrase from multiple angles, offering an expert-level understanding of its linguistic roots, cultural significance, and contemporary interpretations.

Origins of the Phrase: Tracing the Roots

Historical Roots and Literary Mentions

The phrase "to hell and back" has been part of the English lexicon for over a century, though its conceptual antecedents can be traced further into literary history.

- **Early Usage:** The earliest recorded use of a similar expression appears in the 19th century. However, it gained widespread popularity after the publication of the autobiographical account by Audie Murphy in 1949, titled *To Hell and Back*. Murphy, one of the most decorated American soldiers of World War II, used the phrase to describe his harrowing wartime experiences, cementing its association with near-death encounters and extreme endurance.
- **Literary and Cultural Milestones:**
 - The phrase was popularized further by the 1950 film adaptation of Murphy's autobiography, starring Murphy himself. This cinematic portrayal reinforced the phrase's connotation of surviving unimaginable adversity.
 - Before Murphy's memoir, similar expressions such as "through hell" or "out of hell" appeared in various literary works, but none captured the same cultural resonance as "to hell and back."

Etymology and Symbolism

- **"Hell" as a metaphor:** In Western religious and cultural traditions, hell represents the ultimate place of suffering, torment, and despair. When

someone says they have been "to hell and back," they metaphorically describe having endured a journey through extreme hardship, crossing the threshold of suffering and emerging on the other side.

- Duality of the phrase: The phrase emphasizes not just experiencing difficulty, but surviving the most severe circumstances imaginable—a journey that involves descending into the depths of suffering and returning victorious.

Cultural Significance and Usage

Literary and Pop Culture References

The phrase has permeated various domains, from literature and music to film and everyday speech.

- Literature: Many authors have employed the phrase to depict characters facing insurmountable odds, emphasizing resilience and perseverance.
- Music: Numerous songs and albums reference "to hell and back," often as metaphors for overcoming personal struggles or traumatic experiences.
- Films and Media:
 - The 1950 film *To Hell and Back* remains the most iconic representation, directly drawing from Murphy's memoir.
 - The phrase is frequently used in war movies, adventure stories, and autobiographies to highlight survival against all odds.
- Personal Narratives: Ordinary individuals often use the phrase to describe overcoming personal tragedies, addiction, illness, or life-altering events.

Idiomatic and Psychological Implications

- Resilience and Endurance: The phrase encapsulates the human capacity to endure extreme adversity and emerge stronger.
- Celebration of Survival: It's often used to celebrate overcoming adversity, marking a triumphant return from suffering.
- Psychological Connotations:
 - The phrase can also imply trauma, emphasizing the toll such experiences take.
 - It often carries a tone of humility, acknowledging the depth of hardship faced.

Modern Interpretations and Variations

Contemporary Usage

Today, "to hell and back" is employed in both literal and figurative contexts:

- Literal context: Rarely used to describe actual journeys to hell, but rather as hyperbole to emphasize severity.
- Figurative context: Describing emotional, physical, or mental struggles, such as battling illness, recovering from disaster, or overcoming personal crises.

Variations and Related Phrases

- "Been through hell": Similar but less intense.
- "Come out the other side": Focuses on recovery.
- "Survived the storm": Emphasizes resilience.

Cultural Sensitivity and Evolving Language

While generally accepted, the phrase's religious overtones can sometimes be sensitive or inappropriate in certain contexts. As language evolves, some prefer alternative expressions that maintain the essence of resilience without religious connotations.

The Phrase as a Symbol of Human Resilience

Psychological Perspective

Research in psychology underscores the importance of resilience—the ability to recover from adversity. The phrase "to hell and back" encapsulates this concept, embodying the human spirit's capacity to withstand trauma.

- Post-Traumatic Growth: Many who have faced severe hardships report personal growth, increased empathy, and a renewed sense of purpose.
- Narrative Identity: Framing struggles as journeys "to hell and back" can help individuals process trauma and foster a sense of accomplishment.

Societal and Cultural Reflections

- Military and Veteran Culture: The phrase resonates strongly within military communities, symbolizing the brutal realities of war and the triumph of soldiers.
- Mental Health Discourse: It is often invoked in discussions about mental health struggles, emphasizing perseverance and hope.

Critical Analysis: The Impact and Limitations

Strengths of the Phrase

- Vivid Imagery: Immediately evokes a sense of extreme hardship and survival.
- Universal Appeal: Applicable across various contexts—personal, professional, or collective.
- Motivational: Inspires resilience and hope.

Limitations and Controversies

- Potential Glorification of Trauma: Overuse can trivialize genuine suffering.
- Religious Overtones: Could be perceived as insensitive or inappropriate in some contexts.
- Cultural Variability: Not all cultures interpret hell or suffering in the same way; thus, the phrase may lack universality.

Practical Insights for Usage

If you choose to incorporate "to hell and back" in communication or storytelling, consider the following:

- Context Matters: Ensure the phrase suits the emotional tone and audience.
- Sensitivity: Be mindful of cultural and religious sensitivities.
- Authenticity: Use it authentically to reflect genuine hardship or resilience.

Conclusion

The phrase "to hell and back" stands as a powerful testament to human resilience and endurance. Its origins in autobiographical literature and popular culture have cemented its status as an idiomatic expression of overcoming extreme adversity. Whether used in personal anecdotes, motivational narratives, or artistic works, it continues to evoke a deep sense of struggle and triumph.

As language and cultural perceptions evolve, so too does the way we interpret and employ this evocative phrase. Nonetheless, its core message remains universally compelling: no matter how dark the journey, there is hope for survival and renewal. The enduring appeal of "to hell and back" lies in its raw honesty and universal recognition of the human capacity to endure even the most harrowing experiences—and emerge victorious.

Disclaimer: This article aims to provide an in-depth, comprehensive understanding of the phrase "to hell and back." The content is for informational purposes and does not diminish the real suffering associated

with traumatic experiences.

To Hell And Back

to hell and back: **To Hell and Back** Audie Murphy, 2002-05 Adult Audie's army missions. 4.

to hell and back: Dark Dreams Sonja Dechian, Eva Sallis, Heather Millar, 2004 Written by children and young adults and selected from a nationwide school competition, this anthology of essays, interviews, comments and short stories imaginatively recreates the experiences of young individuals who came to Australia as refugees. From escaping the Holocaust and surviving terrible boat journeys from Vietnam to persevering war-torn Croatia and Bosnia and fleeing oppression in Afghanistan and Iraq, these stories provide a representative sample of the various backgrounds and amazing experiences of asylum seekers in Australia over the last 50 years. Written with both the humor and innocence of children and the frank compassion of young adults, the recurrent theme of friendships that have been lost, broken, remembered, and found emerge as these young asylum seekers relive their escapes and relate their experiences fleeing to a new world.

to hell and back: To Hell and Back Lilith Saintcrow, 2008-01-01 The pulse-pounding finale to Lilith Saintcrow's urban fantasy series featuring Dante Valentine. Dante Valentine has been through Hell. Literally. Her body shattered and her mind not far behind, she's dumped back into her own world to survive -- or not -- as a pawn in one of Lucifer's endless games. Unfortunately, he's just messed with the wrong Necromance. And this time she's mad enough to do something about it. This time, the Devil will pay.

to hell and back: *Dogface Soldiers* Daniel R. Champagne, 2005-12

to hell and back: *Texas Loud, Proud, and Brash* Rusty Williams, 2023-08-01 The history of New Texas, the Texas we know today—oil-rich, insufferably loud, and unbearably proud of itself—begins in the late 1920s, when a horned frog wakes from its thirty-one-year nap in a courthouse cornerstone and flabbergasts the nation. In slightly over two decades ten individuals—their words, actions, and accomplishments—come to define the New Texas of the twenty-first century. While the history of Old Texas rests on oft-told legends of Houston, Austin, Travis, Crockett, Rusk, Lamar, and Seguin, today's New Texas—proud, loud, self-promotional, sports-crazy, and too rich for its own good—is the Texas that percolates throughout the nation's popular culture. In *Texas Loud, Proud, and Brash: How Ten Mavericks Created the Twentieth-Century Lone Star State*, author Rusty Williams profiles ten largely unsung men and women responsible for the Texas you love, hate, and (secretly) envy today.

to hell and back: **Native Tongue** Suzette Haden Elgin, 2000 A brilliant cult classic of literary science fiction--back in print.

to hell and back: *Professional Photography* Grant Scott, 2014-07-11 Since the 2006 photographic digital revolution, the world of professional photography has been on a rollercoaster of evolution. Not only has new camera technology transformed every aspect of the professional photographer's workflow, but it has also changed business practices across the industry. This essential handbook uses a global approach to teach photographers how to thrive in a fast-changing and competitive international marketplace. Highlights include practical examples and detailed advice about: Being well-versed in creating both still and moving images. Designing and maintaining a well-structured website. The importance of engaging with social media. Exploring personal projects to find new clients. Managing print sales and exhibiting. Understanding budgeting and copyright in a digital world. The accompanying podcast interviews with some of today's top professional photographers provide additional insider information to help photographers understand their place in both the commercial and creative worlds.

to hell and back: Long Ago and Far Away Robert Fyne, 2008-05-20 The Second World War was

the greatest social, political, and economic upheaval of the 20th century. As a popular Hollywood subject, WWII still enthralls viewers six decades after Allied commanders affixed their signatures on the victory document in Tokyo Bay. Recreating flag-waving charges, frontal beachhead assaults, commando raids, and even home front heroics, these motion pictures-for better or worse-provide the primary learning experience for postwar generations. After scrutinizing hundreds of screenplays, Robert Fyne has written an in-depth study of World War II films, analyzing the different storylines, points-of-view, and contemporary events found in each. In *Long Ago and Far Away: Hollywood and the Second World War*, Fyne examines WWII films from 1941 to the present, explaining how the content and mood in these productions paralleled national mores and politics. Some titles are laudatory, even chauvinistic, while others are frivolous or sophomoric. Biographical screenplays both glorify and damn various leaders. Some films bombard viewers with horrific experiences, while others, such as goofy science fiction titles with their wraiths and flying saucers, seem inappropriate. Love stories are examined, as well as films revealing Japanese prisoner of war deprivations and Nazi concentration camp atrocities. From *Above and Beyond* to *Zone Troopers* and *The Best Years of Our Lives* to *Flags of Our Fathers*, this is a compelling look at how filmmakers have dramatized this pivotal period in history. For historians, movie watchers, or social commentators, *Long Ago and Far Away*, complete with an elaborate filmography, offers new information about Hollywood's diverse interpretations of the Good War.

to hell and back: Bound by Tears Piper Davenport, 18+ for language and sexual situations... Jesska Shane has suffered a devastating loss, and now pushes away those who love her the most. Kaspar Baldursson is in search of answers concerning his brother's sudden disappearance. When he finds his brother--and his forever mate in the process--he must uncover the threats surrounding his family and protect his mate at all costs. Will Kaspar's love be strong enough to tear down the walls Jesska keeps building around her heart? Will he be able to save her before the secrets in their past destroy them all?

to hell and back: A Time to Dance Frances Pergamo, 2014-02-24 A rich, poignant eBook original about two people's struggles to overcome their demons and find happiness and love. All Niki Katona wants in life is true love with a good man. But when she finds her fiancé with another woman, she's ready to resign herself to a life alone...until she meets paramedic Dylan Clarke. Niki falls for Dylan when she sees him jump into life-saving action to treat a man having a heart attack. But both Dylan and Niki have their own demons. Together, they work towards realizing their dreams and passions, but soon fall into old patterns. The only thing that will pull them through is finding their own self-worth through their love for each other.

to hell and back: Mother Earth's Revenge Joseph Frail, 2013-05 Mother earth having been abused for so long is in a state of toxic shock. With her bountiful natural beauty and her children being devoured by huge corporate conglomerates followed by rogue and maverick nations she unleashes her anger on those who refuse to live in unity of mankind. As she does with her place in the universe more deeply established she purges herself of the demonstrative ego of man and regains control through the unity she has brought to her children. In ways only a mother can know.

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to hell and back: Where Two Rivers Meet Nicola Vidamour, 2022-06-15 A unique exploration of the Christian faith through an encounter with Russian Christianity and culture.

to hell and back: Different Diagnoses, Similar Experiences Michael John Norton, Oliver John Cullen, 2024-08-27 Emerging from an era of changing mental health and addiction services, this edited collection is the first work in its field to gather narratives of mental health, addiction and dual diagnoses into one publication, as well as to critically examine the differences and similarities of these experiences.

to hell and back: Human History on Drugs Sam Kelly, 2025-07-08 A lively, hilarious, and entirely truthful look at the druggie side of history's most famous figures, including Shakespeare, Queen Victoria, and the Beatles, from debut author (and viral historical TikTokker with nearly 100K followers) Sam Kelly Did you know that Alexander the Great was a sloppy drunk, William

Shakespeare was a stoner, and George Washington drank a spoonful of opium every night to staunch the pain from his fake teeth? Or how about the fact that China's first emperor, Qin Shi Huangdi, ingested liquid mercury in an (ironic) attempt to live forever, or that Alexander Shulgin, inventor of no less than 230 new psychedelic drugs, was an employee of the DEA? In *Human History on Drugs*, historian Sam Kelly introduces us to the history we weren't taught in school, offering up irreverent and hysterical commentary as he sheds light on some truly shocking aspects of the historical characters we only thought we knew. With chapters spanning from Ancient Greece ("The Oracle of Delphi Was Huffing Fumes") and the Victorian Era ("Vincent van Gogh Ate Yellow Paint") to Hollywood's Golden Age ("Judy Garland Was Drugged by Grown-Ups") and modern times ("Carl Sagan Got Astronomically High"), Kelly's research spans all manner of eras, places, and, of course, drugs. History is rife with drug use and drug users, and *Human History on Drugs* takes us through those highs (pun intended) and lows on a wittily entertaining ride that uncovers their seriously unexpected impact on our past.

to hell and back: Get Shorty Elmore Leonard, 2009-10-13 "A Hollywood hit....Taut, inimitable prose and characters who could have only sprung from the mind of Elmore Leonard." —Detroit News The Chicago Tribune has dubbed Elmore Leonard, "the coolest, hottest writer in America." In the same league as the legendary great ones—John D. MacDonald, Dashiell Hammett, James M. Cain—the "King Daddy of crime writers" (Seattle Times) demonstrates his remarkable mastery with *Get Shorty*, one of the most adored of his forty-plus novels. The basis of the hit movie starring John Travolta and Danny DeVito, *Get Shorty* chronicles the over-the-top, sometimes violent Hollywood misadventures of a Florida mob loan shark who chases a deadbeat client all the way to Tinseltown and decides to stick around and make movies. *Get Shorty*'s shylock protagonist, Chili Palmer, is a truly inspired creation—as memorable as another unforgettable Leonard hero, U.S. Marshal Raylan Givens of the hit TV series *Justified*—and readers will relish his moves and countermoves in this electrifying, funny, bullet train-paced winner from "the greatest crime writer of our time, perhaps ever!" (New York Times Book Review)

to hell and back: Glow Kira G., Kailin Gow, 2024-01-09 Where would you go when the world turns crazy, and your mom relocates you to a place decorated like the 60s? *Schitt's Creek* Meets *Stranger Things* AND the *Walking Dead*... I moved with my mother from Hollywood, California to a small town in Texas. I thought my life was over, but... It was the move that would save our lives when the world suddenly turned crazy! ***The Last Lodge on Earth Series* s a YA Fantasy Action Adventure with a nod to *Chronicles of Narnia*, *Harry Potter*, and the *Walking Dead* and is appropriate for age 14 and up!

to hell and back: Groove Interrupted Keith Spera, 2024-09-04 The recent history of New Orleans is fraught with tragedy and triumph. Both are reflected in the city's vibrant, idiosyncratic music community. In Keith Spera's intimately reported *Groove Interrupted*, Aaron Neville returns to New Orleans for the first time after Hurricane Katrina to bury his wife. Fats Domino improbably rambles around Manhattan to promote a post-Katrina tribute CD. Alex Chilton lives anonymously in a battered cottage in the Treme neighborhood. Platinum-selling rapper Mystikal rekindles his career after six years in prison. Jazz trumpeter Terence Blanchard struggles to translate Katrina into music. The spotlight also shines on Allen Toussaint, Pete Fountain, Gatemouth Brown, the Rebirth Brass Band, Phil Anselmo, Juvenile, Jeremy Davenport and the 2006 New Orleans Jazz & Heritage Festival. With heartache, hope, humor and resolve, each of these contemporary narratives stands on its own. Together, they convey that the funky, syncopated spirit of New Orleans music is unbreakable, in spite of Katrina's interruption.

to hell and back: Escape from Hell's Corner E. Roy Hector, 2003-09-30 Gangs of bloodthirsty and ruthless outlaws terrorized the American Southwest before and after Mexico ceded the land now called Texas. One such pack of thirty or forty cutthroats had what they thought was a perfectly impregnable hideout until a trio of U.S. Marshals was given the mission of bringing them to justice. These marshals were no barroom toughs, they'd been brought up church-going citizens, and all three had been schooled in the art of self-defense and survival. The leader of this outlaw gang made

a fatal mistake when he ordered a rancher's beautiful virgin daughter kidnapped. His gunmen terrorized this beautiful maiden with a rattlesnake while threatening her with a life of abuse and humiliation at the hands of the outlaw boss. The boss of this lawless low-life gang of killers took great pride in using his blacksnake whip to maintain his unshakeable hold on his captives and even on the outlaws if they displeased him. He and his gang killed for the thrill of watching the innocent die. Members of this gang would lead the marshals on a chase throughout the Southwest and across the Rio Grande into Mexico, leaving a bloody trail of robbery and death.

to hell and back: *Holy Night* Vincent Tilsley, 2009-10-16 A modern twist on the ancient tale of God's nativity on Earth an intelligent, sci-fi novel inspired by the Gospel of Thomas and the writings of Carl Jung, Matthew Fox and C. S. Lewis exploring life and death, light and darkness, sin and guilt, meaning and despair.

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