# 

# LA NIGHT

13

## Itinérances photographiques Prises de vue noctumes

Cours de photo de nuit. Dans la lignée de ses « stages balades » à la découverte du Paris méconnu, ces Itinérances proposent des cours de nuit pour déjouer les impénétrables mystères de l'ouverture et du flash. Mini cours théorique et dîner convivial, déambulation entre Chinatown et les quais pour s'attaquer aux prises de vue statiques et en mouvement (les fameux danseurs de tango qui s'entraînent quai Saint-Bernard). En fin de soirée, on retourne au studio pour approfondir quelques notions de retouche d'images.

CONVIVIAL

Tout âge. Séance: 150 € (avec dîner). Stage, 1 fois/mois de 17h à minuit. 12, rue des Cinq-Diamants. 09 51 73 29 46 www.itinerancesphoto.org

M\* Convisart, Noctilien: N15, N22, N31, Station Vélib': 13022.

### Paris La Night Nouvel Observateur Les Guides

**SB Merriam** 

Paris La Night Nouvel Observateur Les Guides:

Ignite the flame of optimism with is motivational masterpiece, **Paris La Night Nouvel Observateur Les Guides** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

https://crm.avenza.com/data/publication/index.jsp/part 2 mythology study guide answers.pdf

#### **Table of Contents Paris La Night Nouvel Observateur Les Guides**

- 1. Understanding the eBook Paris La Night Nouvel Observateur Les Guides
  - The Rise of Digital Reading Paris La Night Nouvel Observateur Les Guides
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Paris La Night Nouvel Observateur Les Guides
  - 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 Paris La Night Nouvel Observateur Les Guides
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Paris La Night Nouvel Observateur Les Guides
  - Personalized Recommendations
  - Paris La Night Nouvel Observateur Les Guides User Reviews and Ratings
  - Paris La Night Nouvel Observateur Les Guides and Bestseller Lists
- 5. Accessing Paris La Night Nouvel Observateur Les Guides Free and Paid eBooks
  - Paris La Night Nouvel Observateur Les Guides Public Domain eBooks
  - o Paris La Night Nouvel Observateur Les Guides eBook Subscription Services
  - Paris La Night Nouvel Observateur Les Guides Budget-Friendly Options
- 6. Navigating Paris La Night Nouvel Observateur Les Guides eBook Formats

- o ePub, PDF, MOBI, and More
- Paris La Night Nouvel Observateur Les Guides Compatibility with Devices
- Paris La Night Nouvel Observateur Les Guides Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Paris La Night Nouvel Observateur Les Guides
  - Highlighting and Note-Taking Paris La Night Nouvel Observateur Les Guides
  - o Interactive Elements Paris La Night Nouvel Observateur Les Guides
- 8. Staying Engaged with Paris La Night Nouvel Observateur Les Guides
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Paris La Night Nouvel Observateur Les Guides
- 9. Balancing eBooks and Physical Books Paris La Night Nouvel Observateur Les Guides
  - Benefits of a Digital Library
  - o Creating a Diverse Reading Collection Paris La Night Nouvel Observateur Les Guides
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Paris La Night Nouvel Observateur Les Guides
  - Setting Reading Goals Paris La Night Nouvel Observateur Les Guides
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Paris La Night Nouvel Observateur Les Guides
  - Fact-Checking eBook Content of Paris La Night Nouvel Observateur Les Guides
  - 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

#### Paris La Night Nouvel Observateur Les Guides Introduction

Paris La Night Nouvel Observateur Les Guides 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. Paris La Night Nouvel Observateur Les Guides Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Paris La Night Nouvel Observateur Les Guides: 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 Paris La Night Nouvel Observateur Les Guides : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Paris La Night Nouvel Observateur Les Guides Offers a diverse range of free eBooks across various genres. Paris La Night Nouvel Observateur Les Guides Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Paris La Night Nouvel Observateur Les Guides Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Paris La Night Nouvel Observateur Les Guides, especially related to Paris La Night Nouvel Observateur Les Guides, might be challenging as theyre 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 Paris La Night Nouvel Observateur Les Guides, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Paris La Night Nouvel Observateur Les Guides books or magazines might include. Look for these in online stores or libraries. Remember that while Paris La Night Nouvel Observateur Les Guides, sharing copyrighted material without permission is not legal. Always ensure youre 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 Paris La Night Nouvel Observateur Les Guides 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 Paris La Night Nouvel Observateur Les Guides full book, it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Paris La Night Nouvel Observateur Les Guides eBooks, including some popular titles.

#### FAQs About Paris La Night Nouvel Observateur Les Guides Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Paris La Night Nouvel Observateur Les Guides is one of the best book in our library for free trial. We provide copy of Paris La Night Nouvel Observateur Les Guides in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Paris La Night Nouvel Observateur Les Guides online for free? Are you looking for Paris La Night Nouvel Observateur Les Guides online for free? Are you looking for Paris La Night Nouvel Observateur Les Guides PDF? This is definitely going to save you time and cash in something you should think about.

#### Find Paris La Night Nouvel Observateur Les Guides :

part 2 mythology study guide answers parts manual model 395cav036090

parts manual for 4024tf270
parent letter for end year collection
pascals triangle project

parts manual john deere 2030

paris magnum when in
paris fashion a cultural history
partnership thank you letter
paris museacutees paris en photos t
parts manual for kubota v2015 engine
parking brake 20dodge ram 15diagram

parts manual for ford f550 xl

#### parts catalog manual service 310 lsa fwa 199

passerelle tremplin russir tage mage arpge

#### Paris La Night Nouvel Observateur Les Guides :

appendix 1000 japanese basic words wiktionary - Jul 15 2023

web aug 23 2021 appendix 1000 japanese basic words contents 1 nouns 1 1 people 1 1 1 occupations 1 1 2 body 1 2 family 1 3 life 1 3 1 animals 1 3 2 plants 1 3 3 crops 1 4 food 1 5 drink 1 6 seasoning 1 7 time 1 8 week days 1 9 weather 1 10 directions and positions 1 11 materials 1 12 weights and measures 1 13 society 1 14 human made objects 1 14 1

#### 1000 most common japanese words with a memrise - Dec 08 2022

web 1000 most common japanese words with audio 1000 most commonly used japanese words japanese core 1000 with audio excludes particles and other words this course was taken from iknow iknow jp content japanese series 3423 kanji version of this course here memrise com course 1137112 japanese core 1000 kanji 1000

first 1 000 words in japanese book review japanese tactics - May 01 2022

web oct 15 2017 back in the day a company called usborne books came out with a series of books known as first thousand words for the most commonly used languages that people wanted to learn i happened to get the first 1 000 words in japanese book back when i was a kid

top 1000 japanese words you need to know japan switch - Jun 14 2023

web a brief overview of japanese words for those of you who are starting from zero with japanese let s go over some basics japanese words fall into a couple major categories native japanese words including onomatopoeia sino japanese words and loan words

#### vocab by usefulness kanshudo - Apr 12 2023

web here we present an ordered list of the 10 000 most useful words in japanese broken into five sections corresponding to the first 5 levels in kanshudo s usefulness rating system a measure of how useful words are you to as a japanese learner list of 1000 categorized japanese words suki desu - Jul 03 2022

web nihongo ads advertisement in this article we will share a list of 1000 japanese words separated by category you will find from verbs adverbs adjectives and nouns all categorized lembrando que essa lista é apenas um apoio

level 1 1 1 kanji 1000 2000 most common japanese words - Dec 28 2021

web kanji 1000 2000 most common japanese words created by jay1232 level 2 level 1 1 1 learn these words 10 words 0 ignored ready to learn ready to review ignore words check the boxes below to ignore unignore words then click save at the

Paris La Night Nouvel Observateur Les Guide
bottom ignored words will never appear in any learning session
1000 most common japanese words part 1 nihongo - Oct 06 2022
web 1000 most common japanese words part 1 1 $\square$ iku go 2 $\square$ miru see look at 3 $\square$ ooi a lot of many 4 $\square$ ie home household
the master list of core japanese vocabulary 1000 s of words to - Feb 10 2023
web sep 6 2023 15 beautiful japanese words that don t exist in english fluentu japanese blog what are the most beautiful
japanese words in this post we share 15 beautiful japanese words everyone should know you ll learn words such as
1000 japanese basic words learn japanese free - Nov 07 2022
web 1000 japanese basic words basic japanese words with english translation i wish you good study good exam people verbs
download here
100 most common japanese words jumpspeak - Feb 27 2022
web if you want to learn beyond the initial 100 japanese words today here they are 1 000 most common japanese words flash
card version 5 000 most common japanese words memrise basic greetings in japanese
1000 most common japanese words learn japanese online - Aug 16 2023
web dec 25 2019 in this post learn japanese daily would like to provide you 1000 most common japanese words the list is
divided in to each 10 so that you can learn it everyday with 10 word and each page have 60 words for you to learn everyweek
1000 japanese words by theme learn japanese free - Jan 09 2023
web 1000 japanese basic words people [[[[]] []] human being ningen [[]] person hito [[]] [] man otoko [[]] [] woman onna [[]]
□□ children kodomo □□□ □□ family kazoku □□ □ i
1000 words every japanese beginner must know youtube - Jan 29 2022
web feb 11 2020 this is the best video to get started with the japanese language bit ly 37ouzqb click here to learn japanese
twice as fast with free pdf check how
100 basic japanese words for complete beginners preply - Aug 04 2022
web sep 29 2022 knowing a few basic japanese sentences is a must especially if you stray away from a main tourist area
here are some basic japanese words you could use hai 🔲 yes iie 🔲 no namae wa nan des ka 🔠 🛗 what is your name
watashi wa des 🔲 🔲 i am kara kimashita 🖤 🛗 i came
1 10 1000 most common innance words with audio mamrica. Jun 02 2022

#### 1 10 1000 most common japanese words with audio memrise - Jun 02 2022

web 1000 most commonly used japanese words japanese core 1000 with audio excludes particles and other words this course was taken from iknow jp content japanese series 3423 kanji version of this course here memrise com course 1137112 japanese core 1000 kanji 1000 most

2000 most common japanese words learn japanese online - May 13 2023

web dec 3 2020 in this post we would like to introduce to you 2000 most common japanese words 1000 words more next to previous 1000 words list the list is divided in to each 10 words so that you can learn it everyday with 10 word and each page have 60 words for you to learn everyweek 2000 most common japanese words week 1 day 1

#### study set 10 000 frequently used japanese words pt 1 - Mar 11 2023

web a list of most frequently used japanese words by a company that scanned over 250 million japanese words on the internet first 5 000 words

japanese words 2000 level 1 coscom - Sep 05 2022

web japanese words 2000 level 1 500 we carefully selected 2 000 important words and introduced here with audio you must know these words to speak japanese

1 000 most popular japanese words with pronunciation - Mar 31 2022

web feb 4 2023 1 000 most popular japanese words with pronunciation shared decks lizardwizard february 4 2023 4 03am 1 basic flash cards with a japanese word in kanji hiragana and romanji on the front it has pronunciation audio and english translation on the back you can use this deck to learn the english translation of japanese words

coping with kidney disease a 12 step treatment program to help - May 28 2023

web jan 1 2004 the centerpiece of coping with kidney disease is dr walser's revolutionary 12 step program for avoiding dialysis based on treatments he has pioneered with his own patients at the johns hopkins university school of medicine the program calls for a supplemented low protein diet supported by treatments to control blood pressure and end stage renal disease diagnosis and treatment mayo clinic - Feb 10 2022

web oct 12 2021 a kidney transplant is a surgical procedure to place a healthy kidney from a live or deceased donor into a person whose kidneys no longer function properly a kidney transplant is often the treatment of choice for end stage renal disease compared with a lifetime on dialysis the kidney transplant process takes time

chronic kidney disease diagnosis and treatment mayo clinic - Sep 19 2022

web often though chronic kidney disease has no cure treatment usually consists of measures to help control signs and symptoms reduce complications and slow progression of the disease if your kidneys become severely damaged you might need treatment for end stage kidney disease

coping with kidney disease a 12 step treatment program to help - Apr 14 2022

web buy coping with kidney disease a 12 step treatment program to help you avoid dialysis online on amazon eg at best prices fast and free shipping free returns cash on delivery available on eligible purchase

coping with kidney disease a 12 step treatment program to help - Jun 16 2022

web abebooks com coping with kidney disease a 12 step treatment program to help you avoid dialysis 9780471274230 by

walser mackenzie thorpe betsy and a great selection of similar new used and collectible books available now at great prices coping with kidney disease a 12 step treatment program to help - Mar 14 2022

web may 11 2004 booktopia has coping with kidney disease a 12 step treatment program to help you avoid dialysis by mackenzie walser buy a discounted paperback of coping with kidney disease online from australia s leading online bookstore coping with kidney disease a 12 step treatment program to help - Jul 30 2023

web 4 treating kidney failure 5 step 1 assess your current treatment plan 6 step 2 make lifestyle changes 7 step 3 follow a low protein diet 8 step 4 treat salt and water problems 9 step 5 regulate your blood pressure 10 step 6 treat acidosis 11 step 7 treat anemia and iron deficiency 12 step 8 treat potassium problems 13

coping with kidney disease a 12 step treatment program to help you - Feb 22 2023

web apr 12 2004 4 treating kidney failure 5 step 1 assess your current treatment plan 6 step 2 make lifestyle changes 7 step 3 follow a low protein diet 8 step 4 treat salt and water problems 9 step 5 regulate your blood pressure 10 step 6 treat acidosis 11 step 7 treat anemia and iron deficiency 12 step 8 treat

#### wiley coping with kidney disease a 12 step treatment program to help - Dec 23 2022

web the centerpiece of coping with kidney disease is dr walser's revolutionary 12 step program for avoiding dialysis based on treatments he has pioneered with his own patients at the johns hopkins university school of medicine the program calls for a kidney disease a 12 step treatment program to help you avoid - Jul 18 2022

web apr 2 2004 buy kidney disease a 12 step treatment program to help you avoid dialysis 1 by walser mackenzie thorpe betsy isbn 9780471274230 from amazon s book store everyday low prices and free delivery on eligible orders

#### coping with kidney disease a 12 step treatment program to help - Apr 26 2023

web dec  $22\ 2010$  coping with kidney disease a 12 step treatment program to help you avoid dialysis mackenzie walser betsy thorpe john wiley sons dec  $22\ 2010$  medical 240 pages a revolutionary

managing chronic kidney disease niddk - Jan 12 2022

web managing chronic kidney disease if you have chronic kidney disease ckd you can take steps to protect your kidneys from more damage the sooner you know you have kidney disease the better the steps you take to protect your kidneys from damage also may help prevent heart disease and improve your health overall

chronic kidney disease treatment nhs - May 16 2022

web the main treatments are lifestyle changes to help you stay as healthy as possible medicine to control associated problems such as high blood pressure and high cholesterol dialysis treatment to replicate some of the kidney s functions which may be necessary in advanced stage 5 ckd

coping with kidney disease a 12 step treatment program to help - Jun 28 2023

web step one assess your kidney failure treatment chapter 6 step two make life style changes chapter 7 step three follow a low protein diet chapter 8 step four treat salt and water problems chapter 9 step five regulate your blood pressure chapter 10 step six treat acidosis chapter 11 step seven treat anemia and iron

#### coping with kidney disease a 12 step treatment program to help - Aug 31 2023

web apr 12 2004 by mackenzie walser author betsy thorpe author 4 2 484 ratings see all formats and editions a revolutionary program that can indefinitely postpone the need for dialysis if you ve been diagnosed with kidney failure this book could save your life

self management interventions for adults with chronic kidney disease - Mar 26 2023

web primary and secondary outcome measures using a scoping review electronic databases and grey literature were searched in october 2016 to identify self management interventions for adults with ckd stages 1 5 not requiring kidney replacement therapy

#### coping with kidney disease a 12 step treatment program to help - Oct 21 2022

web apr 12 2004 in coping with kidney disease a leading expert tells you in plain english what you need to know to understand kidney failure recognize early warning signs of kidney failure get a

#### coping with kidney disease a 12 step treatment program to help you - Aug 19 2022

web may 18 2009 in coping with kidney disease a leading expert tells you in plain english what you need to know to understand kidney failure recognize early warning signs of kidney failure get a proper diagnosis talk with your doctors about it confidently evaluate treatment options take charge of your treatment delay dialysis or even

coping with kidney disease a 12 step treatment program to help you - Jan 24 2023

web based on treatments he has pioneered with his own patients at the johns hopkins university school of medicine the program calls for a supplemented low protein diet supported by treatments to

#### self management interventions for chronic kidney disease a - Nov 21 2022

web apr 26 2019 background self management intervention aims to facilitate an individual s ability to make lifestyle changes the effectiveness of this intervention in non dialysis patients with chronic kidney disease ckd is limited in this study we applied a systematic review and meta analysis to investigate whether self management intervention theory kathaakar - Oct 24 2022

web brief history of kathak dance define aamad toda tukda tatkar paran chakradar kavit tihai anga pratyanga upanga gat bhay hasta mudra define folk dance

kathak indian classical dance history instruments byju s - Feb 13 2022

web jan 11 2021 tokat tokat ın turhal ilçesinde alacak verecek meselesi yüzünden çıkan kavgada 1 kişi öldü edinilen bilgiye

göre turhal ilçesi cumhuriyet caddesi yavuz selim

#### kathak terminology anjani dance academy - Nov 24 2022

web mar 19 2020 here is a tukda in teentaal more will follow stay tuned

kathak indian classical dances project - Apr 17 2022

web kathak is a prominent ancient indian classical dance and is thought to have started from the wandering bards of north india known as kathakars meaning storytellers for upsc

chakradar toda ghungroo kathak academy top - Jan 27 2023

web in kathak dance the main syllables of tatkaar are ta thei thei tat aa thei thei tat kathak dancers usually perform many variations of tatkaar such as kadhi tatkaar heal

#### what is a toda in kathak fags - Jul 21 2022

web oct 31 2023 shovana narayan started learning the classical dance form at the age of two and soon after trained under kathak legend pandit birju maharaj shovana narayan is

#### kathak chakradar toda youtube - Jul 01 2023

web jul 5 2021 kathak tabla percussionin this video i present toda and chakradhar played while accompanying a kathak performance let me know the other tutorials you w

some importat terms in kathak with defination - Jun 19 2022

web kathak is one of the eight forms of indian classical dance this dance form traces its origins to the nomadic bards of ancient northern india known as kathakars or storytellers its

#### what are the different steps in a kathak performance and how - Feb 25 2023

web watch video and learn ancient and most popular indian dance kathak sada toda no 2 with counting and bol in teentaal toda means creation of various bol which is more

kathak teentaal toda tora nilaksshi nrityashala - Oct 04 2023

web feb 3 2018 watch video and learn ancient and most popular indian dance kathak toda kathak is one of the ten major forms of indian classical dance do like and share if you enjoyed

#### tukkata 2021 mydramalist - Oct 12 2021

kathak tukda in teen taal kathak dance youtube - Apr 29 2023

web aug 4 2017 it then comprises of thaat stylised poses with movements of limbs by the dancer tukda single rotation of any tal rhythm or bol rhythm of lesser matra toda

takashi toda senior research scientist cancer research uk - Nov 12 2021

#### kathak toda in teental youtube - Sep 03 2023

web sep 28 2020 kathak toda 3 for first year my miss art 90 subscribers share save 427 views 2 years ago kathak is one of the eight major forms of indian classical dance 1

about nrityashala kathak by dr soniya - Mar 17 2022

web looking for information on sayaka toda on myanimelist you can learn more about their role in the anime and manga industry myanimelist is the largest online anime and

classes videos nrityashala kathak by dr soniya - Dec 26 2022

web 18 toda in kathak different compositions are known as toda for example kavit toda paran toda chakkardar toda paramelu toda etc toda means dance a dance

#### kathak tutorial tigda tigda series tukda 1 youtube - Sep 22 2022

web jul 28 2023 what is toda in kathak dance when a kathak dancer begins the rhythmic aspect with a particular toda that toda is know as aamad a rhythmic design created

sayaka toda myanimelist net - Jan 15 2022

web traffic 2012 nov 13 11 1481 95 2012 the exocyst complex tethers post golgi secretory vesicles to the plasma membrane prior to docking and fusion in this study we identify

#### kathak toda 3 for first year youtube - Aug 02 2023

web apr 21 2014 watch video and learn ancient and most popular indian dance kathak chakradar todakathak is one of the ten major forms of indian classical dance the origin

tokat ta alacak verecek kavgası 1 ölü son dakika - Dec 14 2021

web mar 25 2021 tukkata 2021 tukkata 2021 suwaparp buys her daughter burana a new doll she soon notices buarana spending a lot of time with this doll in particular there s

#### exams kathak world - Aug 22 2022

web padhant means recitation normally dancers recite the tabla bol followed by the toda bol before dancing this helps the musicians set the laya 4 sum sum is the first beat of an

kathak toda and chakradhar in teental youtube - May 31 2023

web sep 7 2018 kathak tukda in teen taal by madhurilearn kathak by madhuri kathak how to learn kathak enjoy stay connected with us our website

#### exclusive dancer shovana narayan on learning kathak from - May 19 2022

web hello everyone now you can learn kathak on a channel step by step watch video and learn ancient and most popular indian dance kathak sada toda no 3 with counting and bol

#### kathak wikipedia - Mar 29 2023

web chakradar toda when same toda is performed for 3 consecutive times it is called chakkardar toda there are two types of chakradar toda breathless chakradar or