

the peace of wild things pdf

the peace of wild things pdf is a sought-after resource for readers interested in the profound and calming poetry of Wendell Berry. This poem, known for its evocative imagery and deep connection to nature, resonates with those seeking solace and reflection. Accessing the peace of wild things pdf allows enthusiasts, scholars, and nature lovers to explore the text conveniently and appreciate its thematic richness. This article delves into the significance of the poem, explores legal and ethical considerations surrounding the pdf, and provides insights into how readers can engage with the content responsibly. Additionally, it covers alternative formats and related literary works to broaden the understanding of Berry's poetic contributions. By examining these aspects, readers gain a comprehensive view of the peace of wild things pdf and its place in contemporary literature and environmental discourse.

- Understanding "The Peace of Wild Things"
- Availability and Access to the Peace of Wild Things PDF
- Legal and Ethical Considerations
- Alternative Formats and Resources
- Impact and Interpretation of the Poem

Understanding "The Peace of Wild Things"

"The Peace of Wild Things" is a renowned poem written by Wendell Berry, an American poet, environmentalist, and farmer. The poem expresses a yearning for peace from the anxieties and stresses of human life by finding solace in the natural world. Berry's vivid descriptions of wild creatures and serene landscapes create a powerful contrast to human worries, emphasizing a return to simplicity and tranquility. The poem is often celebrated for its meditative tone and its ability to evoke a sense of calm, making it a popular piece in both literary and environmental studies.

Themes and Imagery

The poem's central themes revolve around nature as a refuge, the restoration of the human spirit, and the interconnectedness of life. Berry uses imagery such as "the water's peace," "the woods," and "the wild things" to symbolize freedom from human concerns. These elements work together to offer readers a mental escape to a place where worries do not intrude, and peace is inherent in the natural order. This thematic richness contributes to its enduring popularity and frequent inclusion in discussions about nature poetry and ecological mindfulness.

Wendell Berry's Literary Style

Berry's writing style is characterized by simplicity, clarity, and deep reverence for the environment. His use of accessible language combined with profound meaning allows readers from diverse backgrounds to connect with the poem. The rhythm and flow of the poem mimic the calming effect of nature itself, reinforcing the message that peace is attainable through a reconnection with the wild. Understanding Berry's stylistic approach enhances the appreciation of the peace of wild things pdf as a literary work.

Availability and Access to the Peace of Wild Things PDF

Accessing the peace of wild things pdf can be crucial for educators, students, and poetry enthusiasts who wish to study or share the poem conveniently. Various platforms and literary collections may offer the poem in digital format, but availability varies based on copyright status and publishing agreements. It is important to recognize the legitimate sources where the poem can be accessed to ensure quality and legality.

Official Sources and Publications

Wendell Berry's works, including "The Peace of Wild Things," are often published by reputable literary journals, anthologies, and his collected poetry volumes. Some publishers provide authorized pdf versions or e-books that contain the poem, available for purchase or through library lending programs. Utilizing official sources ensures that readers access accurate and complete versions of the poem, with proper attribution to the author.

Online Literary Archives and Libraries

Several online literary archives and educational institutions host collections of poetry, sometimes offering free downloads or viewable pdfs of select poems including "The Peace of Wild Things." These resources may require institutional access or registration but are valuable for academic research. Checking university libraries or digital poetry databases can provide legitimate access to the peace of wild things pdf or related materials.

Legal and Ethical Considerations

When seeking out the peace of wild things pdf, it is essential to consider the copyright protections that apply to Wendell Berry's works. Unauthorized distribution or downloading of copyrighted material can infringe on intellectual property rights and undermine the author's control over their creative output. Understanding these legal frameworks helps promote ethical sharing and usage of the poem.

Copyright Status of Wendell Berry's Poetry

Most of Wendell Berry's poetry, including "The Peace of Wild Things," remains under copyright protection, typically lasting the author's lifetime plus an additional 70 years. This means that free and unrestricted distribution of the poem in pdf form without permission is generally prohibited. Publishers and authors rely on these protections to manage the dissemination of their work and to receive appropriate compensation.

Ethical Use and Sharing Practices

Ethical considerations encourage readers and educators to obtain the poem through authorized channels or to use excerpts under fair use policies for educational purposes. Sharing links to official publications or encouraging library access respects the author's rights while promoting literary appreciation. Avoiding pirated or unauthorized pdf downloads supports the sustainability of literary culture and the ongoing creation of quality work.

Alternative Formats and Resources

Besides the peace of wild things pdf, the poem is accessible in various other formats that cater to different preferences and needs. These alternatives can enhance the reading experience and facilitate broader dissemination of the poem's message.

Printed Anthologies and Books

"The Peace of Wild Things" is included in multiple poetry anthologies and Wendell Berry's collected works. Printed editions offer the advantage of curated contexts, editorial notes, and high-quality presentation. Libraries, bookstores, and online retailers commonly stock these volumes, making them a reliable way to read the poem.

Audio and Visual Interpretations

Audio recordings and video readings of the poem provide an immersive way to experience Berry's words. These formats capture the tone, rhythm, and emotional depth of the poem, enhancing comprehension and appreciation. Some educational platforms and literary organizations produce such content, often available through streaming or download.

Educational Guides and Analyses

Various study guides and critical essays explore the themes, language, and cultural significance of "The Peace of Wild Things." These resources complement the poem itself by offering interpretations and discussion points valuable for students and scholars. Access to these materials can often be found in academic publications or literary websites.

Impact and Interpretation of the Poem

"The Peace of Wild Things" has had a significant impact on readers and the literary community alike. Its message about finding solace in nature resonates strongly in contemporary society, particularly amid growing environmental awareness and mental health concerns. The poem's interpretations reveal its multifaceted relevance across different contexts.

Environmental and Ecological Influence

The poem reinforces the importance of preserving natural habitats and respecting wildlife, themes central to environmental movements. By highlighting the restorative power of the natural world, Berry's work inspires a deeper ecological consciousness and a call to stewardship. This influence extends to educational curricula and environmental advocacy.

Mental Health and Well-being Perspectives

Many readers find comfort in the poem's depiction of escaping human troubles through connection with wild things. The peace of wild things pdf is often used in therapeutic settings or mindfulness practices to promote relaxation and emotional healing. The poem's emphasis on simplicity and presence aligns with contemporary approaches to mental well-being.

Literary Significance and Legacy

As part of Wendell Berry's broader body of work, "The Peace of Wild Things" contributes to his legacy as a leading voice in nature poetry and sustainable living. Literary critics recognize the poem for its evocative language and universal appeal, securing its place in modern American poetry curricula and anthologies.

- Respect copyright laws when downloading or sharing the poem
- Consider purchasing authorized editions for personal collections
- Explore audio and visual formats for enhanced engagement
- Utilize educational resources for deeper understanding
- Reflect on the poem's themes in relation to environmental and mental health topics

Frequently Asked Questions

Where can I download 'The Peace of Wild Things' PDF?

You can find 'The Peace of Wild Things' PDF on various poetry websites, online bookstores, or library platforms. Always ensure to download from legal and authorized sources.

Who is the author of 'The Peace of Wild Things'?

'The Peace of Wild Things' is a poem written by Wendell Berry, a renowned American poet and environmentalist.

What is the main theme of 'The Peace of Wild Things'?

The poem explores themes of nature, peace, and solace found in the natural world amid human anxiety and despair.

Is 'The Peace of Wild Things' part of a larger collection?

Yes, 'The Peace of Wild Things' appears in Wendell Berry's poetry collections, including 'Given' published in 2005.

Can I use 'The Peace of Wild Things' PDF for educational purposes?

Generally, yes, for educational and personal use under fair use policy. However, distributing the PDF without permission may violate copyright laws.

Are there any audiobooks or readings available for 'The Peace of Wild Things'?

Yes, several platforms and poetry enthusiasts have recorded readings of 'The Peace of Wild Things' available on YouTube and audiobook services.

What makes 'The Peace of Wild Things' popular among readers today?

'The Peace of Wild Things' resonates due to its comforting message about finding refuge in nature during stressful times, making it widely shared especially in the context of mental health and mindfulness.

Additional Resources

1. *The Peace of Wild Things* by Wendell Berry

This collection of essays and poems explores the profound connection between nature and human well-being. Wendell Berry reflects on how the natural world offers solace and a

sense of peace amid modern life's chaos. His contemplative writing encourages readers to slow down and find comfort in the wild.

2. *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed

Cheryl Strayed recounts her transformative journey hiking over a thousand miles on the Pacific Crest Trail. The memoir highlights themes of healing, self-discovery, and the restorative power of nature. Her vivid descriptions of the wilderness evoke a deep sense of connection to the natural world.

3. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer

This book blends indigenous knowledge with scientific understanding, emphasizing the reciprocal relationship between humans and nature. Kimmerer's poetic prose invites readers to appreciate the lessons plants and ecosystems offer. It's a profound meditation on gratitude, ecology, and sustainability.

4. *Where the Crawdads Sing* by Delia Owens

Set in the marshlands of North Carolina, this novel intertwines a coming-of-age story with a mystery. Owens' rich descriptions of the natural environment reveal the healing and protective qualities of the wilderness. The book explores themes of loneliness, resilience, and the quiet peace found in nature.

5. *The Hidden Life of Trees: What They Feel, How They Communicate* by Peter Wohlleben

Peter Wohlleben shares fascinating insights into the secret social networks of trees and forests. This work encourages readers to rethink their relationship with nature and recognize the intelligence within ecosystems. It offers a compelling argument for environmental stewardship and respect.

6. *Into the Wild* by Jon Krakauer

This non-fiction book tells the story of Christopher McCandless, a young man who abandons society to live in the Alaskan wilderness. Krakauer explores themes of freedom, isolation, and the allure of the wild. It's a poignant examination of the human desire for connection with nature.

7. *Pilgrim at Tinker Creek* by Annie Dillard

Annie Dillard's Pulitzer Prize-winning work is a series of interconnected essays about observing the natural world in Virginia's Blue Ridge Mountains. Her vivid, poetic prose captures the wonder and complexity of life in the wild. The book invites readers to contemplate the spiritual and philosophical aspects of nature.

8. *Desert Solitaire: A Season in the Wilderness* by Edward Abbey

This classic memoir recounts Abbey's experiences as a park ranger in the American Southwest. It's a passionate defense of wilderness preservation and a critique of modern environmental destruction. Abbey's candid and poetic reflections celebrate the solitude and beauty of the desert landscape.

9. *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative* by Florence Williams

Florence Williams investigates scientific research on how spending time in nature improves mental and physical health. The book combines personal narrative with empirical evidence to explain nature's positive effects on the brain. It's an inspiring read for anyone seeking

peace and balance through outdoor experiences.

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The Peace of Wild Things: Finding Solace in Nature's Embrace

Are you overwhelmed by the relentless pace of modern life? Do you feel disconnected from yourself and the natural world, yearning for a sense of calm and inner peace that seems perpetually out of reach? The constant barrage of information, demands on your time, and societal pressures leave you feeling stressed, anxious, and depleted. You crave a respite, a place where you can reconnect with your inner self and find solace. This ebook offers a pathway to that peace.

Inside, you'll discover a powerful guide to finding tranquility through mindful engagement with nature, helping you to:

- Reduce stress and anxiety
- Improve mental clarity and focus
- Cultivate a deeper sense of self-awareness
- Reconnect with the natural world and appreciate its beauty
- Develop sustainable practices for ongoing peace and well-being

By [Your Name/Pen Name]

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The Peace of Wild Things: Finding Solace in Nature's Embrace (Article)

Introduction: The Urgent Need for Peace in a Chaotic World

In today's fast-paced, technology-driven world, finding inner peace can feel like an elusive dream. We're constantly bombarded with information, deadlines, and societal expectations, leaving many feeling stressed, anxious, and disconnected from themselves and the natural world. This pervasive sense of unease significantly impacts our mental and physical health, leading to burnout, depression, and a general lack of well-being. The pursuit of peace is not a luxury; it's a necessity for navigating the challenges of modern life and thriving. This book explores the profound restorative power of nature and provides practical steps to cultivate inner peace through mindful engagement with the natural environment.

Chapter 1: Understanding the Benefits of Nature Connection

Numerous scientific studies have demonstrated the remarkable benefits of spending time in nature. Exposure to natural environments has been shown to:

Reduce Stress Hormones: Studies show that time spent in nature lowers levels of cortisol, the primary stress hormone. The sights, sounds, and smells of nature have a calming effect on the nervous system. (Keyword: stress reduction, nature therapy)

Boost Mood and Reduce Anxiety: Nature has a demonstrable positive impact on mood, reducing symptoms of anxiety and depression. This is partly due to the release of endorphins, natural mood boosters. (Keyword: anxiety relief, nature's mood boost)

Improve Focus and Attention: The restorative qualities of nature help to improve cognitive function, enhancing focus, attention span, and creativity. Escaping the constant stimulation of urban environments allows the mind to rest and recharge. (Keyword: improved focus, nature and concentration)

Enhance Physical Health: Spending time outdoors promotes physical activity, leading to improved cardiovascular health, stronger immune systems, and reduced risk of chronic diseases. (Keyword: physical health benefits, nature and wellness)

Foster a Sense of Awe and Wonder: Experiencing the vastness and beauty of nature can evoke feelings of awe and wonder, prompting a sense of perspective and gratitude. This shift in perspective can be transformative in reducing stress and enhancing well-being. (Keyword: awe in nature, nature's restorative power)

Chapter 2: Practical Techniques for Mindful Nature Engagement

Simply being in nature isn't enough; mindful engagement is key. This chapter explores techniques to enhance your experience and deepen your connection with the natural world:

Mindful Walking: Slow down and pay attention to the sensations of walking – the feel of the ground beneath your feet, the rhythm of your breath, the sights, sounds, and smells around you. (Keyword: mindful walking, nature meditation)

Nature Journaling: Record your observations in a journal, noting details about the plants, animals, and landscape. This act of observation enhances mindfulness and fosters deeper appreciation.

(Keyword: nature journaling, outdoor journaling prompts)

Sensory Awareness: Engage all your senses - sight, sound, smell, taste, and touch - to fully immerse yourself in the natural environment. Notice the nuances and details that you might otherwise miss.

(Keyword: sensory awareness exercises, mindful nature observation)

Forest Bathing (Shinrin-Yoku): This Japanese practice involves slowly walking through a forest, taking in the sights, sounds, and smells, and fully immersing yourself in the atmosphere. (Keyword: forest bathing, shinrin-yoku benefits)

Nature Photography: Capture the beauty of nature through photography, paying close attention to composition and detail. This creative act can be deeply meditative and fulfilling. (Keyword: nature photography, mindfulness and photography)

Chapter 3: Creating a Personal Nature Sanctuary

Even if you live in an urban environment, you can create a personal nature sanctuary. This could be a small balcony garden, a window box filled with herbs, or even a single potted plant. The key is to create a space where you can connect with nature, even if it's on a small scale. This sanctuary provides a consistent point of connection and enhances the effects of other practices. (Keyword: creating a nature sanctuary, indoor nature connection)

Chapter 4: Overcoming Obstacles to Connecting with Nature

Many people face obstacles to connecting with nature, such as lack of time, access to green spaces, or fear of the outdoors. This chapter addresses these challenges and provides strategies for overcoming them:

Time Management: Schedule regular time for nature, even if it's just 15-20 minutes a day. Prioritize it as you would any other important appointment. (Keyword: time management techniques, prioritizing nature)

Accessibility: Explore local parks, nature reserves, or even your own backyard. Consider using public transportation or cycling to reduce reliance on cars. (Keyword: nature accessibility, urban nature connection)

Overcoming Fear: Start slowly and gradually increase your exposure to nature. Begin with familiar environments and gradually venture into new ones. (Keyword: overcoming fear of nature, nature anxiety)

Chapter 5: Integrating Nature into Your Daily Life

Integrating nature into your daily routine can significantly enhance its benefits. This chapter explores ways to weave nature into your daily life:

Nature Walks During Lunch Breaks: Take short walks in a nearby park or green space during your lunch break.

Mindful Moments in Nature: Pause throughout the day to appreciate the natural elements around you - the sun on your skin, the wind in your hair, the sound of birds.

Nature-Inspired Decor: Incorporate natural elements into your home décor, such as plants, flowers, or natural materials.

Nature-Based Hobbies: Engage in hobbies that connect you with nature, such as gardening, birdwatching, or hiking.

Chapter 6: The Long-Term Cultivation of Inner Peace

Inner peace is not a destination but a journey. This chapter emphasizes the importance of consistency and self-compassion in cultivating long-term peace. It explores the concept of developing a daily practice of mindfulness and nature connection as part of a holistic approach to well-being. (Keyword: long-term peace, sustainable wellbeing)

Conclusion: Embracing the Peace of Wild Things

By embracing the peace of wild things, you embark on a journey of self-discovery and healing. Through mindful engagement with nature, you can reduce stress, enhance your well-being, and cultivate a deeper connection with yourself and the world around you. The practice is ongoing; it requires consistent effort and a commitment to making nature a vital part of your life.

FAQs:

1. How much time do I need to spend in nature to experience benefits? Even short periods, like 15-20 minutes, can make a difference.
2. What if I don't live near green spaces? Even small pockets of nature, like a balcony garden or a window box, can be beneficial.
3. Is this suitable for people with physical limitations? Yes, adapt the practices to your abilities; even observing nature from a window can be beneficial.
4. Can children benefit from this approach? Absolutely! Connecting children with nature early on fosters a lifelong appreciation and understanding.
5. What if I find it difficult to relax in nature? Start slowly, focus on your breath, and gradually increase your time spent outdoors.
6. Are there any scientific studies to support the claims in this book? Yes, numerous studies have shown the positive effects of nature on mental and physical health.
7. How can I integrate this into a busy schedule? Schedule time for nature as you would any other important appointment.
8. What if I feel overwhelmed by the natural world? Start in a familiar and comfortable environment. Gradually expand your explorations as your comfort level increases.
9. Is this a quick fix for anxiety and stress? No, it's a practice requiring consistent effort for long-term benefits.

Related Articles:

1. The Science of Nature Therapy: A detailed exploration of the scientific research supporting the benefits of nature connection.
2. Mindful Nature Walks: A Step-by-Step Guide: A practical guide to incorporating mindful walking

into your routine.

3. Creating Your Personal Nature Sanctuary: Tips and ideas for creating a nature sanctuary, regardless of your living situation.
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8. Integrating Nature into Your Daily Routine: Practical tips for incorporating nature into your daily life, even with a busy schedule.
9. The Long-Term Benefits of Nature Connection: A discussion on the sustainable benefits of nature connection and its role in long-term well-being.

the peace of wild things pdf: The Peace of Wild Things Wendell Berry, 2018-02-22 If you stop and look around you, you'll start to see. Tall marigolds darkening. A spring wind blowing. The woods awake with sound. On the wooden porch, your love smiling. Dew-wet red berries in a cup. On the hills, the beginnings of green, clover and grass to be pasture. The fowls singing and then settling for the night. Bright, silent, thousands of stars. You come into the peace of simple things. From the author of the 'compelling' and 'luminous' essays of *The World-Ending Fire* comes a slim volume of poems. Tender and intimate, these are consoling songs of hope and of healing; short, simple meditations on love, death, friendship, memory and belonging. They celebrate and elevate what is sensuous about life, and invite us to pause and appreciate what is good in life, to stop and savour our fleeting moments of earthly enjoyment. And, when fear for the future keeps us awake at night, to come into the peace of wild things.

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that she cannot even imagine it. Full color.

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the peace of wild things pdf: Of the Nature of Things Titus Lucretius Carus, 1921

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critically acclaimed African Trilogy. It is a classic narrative about Africa's cataclysmic encounter with Europe as it establishes a colonial presence on the continent. Told through the fictional experiences of Okonkwo, a wealthy and fearless Igbo warrior of Umuofia in the late 1800s, *Things Fall Apart* explores one man's futile resistance to the devaluing of his Igbo traditions by British political and religious forces and his despair as his community capitulates to the powerful new order. With more than 20 million copies sold and translated into fifty-seven languages, *Things Fall Apart* provides one of the most illuminating and permanent monuments to African experience. Achebe does not only capture life in a pre-colonial African village, he conveys the tragedy of the loss of that world while broadening our understanding of our contemporary realities.

the peace of wild things pdf: We Have Always Lived in the Castle Shirley Jackson, 1962 *We Have Always Lived in the Castle* is a deliciously unsettling novel about a perverse, isolated, and possibly murderous family and the struggle that ensues when a cousin arrives at their estate.

the peace of wild things pdf: Peace Pilgrim Peace Pilgrim, 1994 Peace Pilgrim was born Mildred Lisette Norman to Ernest and Josephine Norman in 1908 on a poultry farm in Egg Harbor City, New Jersey. Her father was a carpenter, and her mother was a tailor. Mildred Lisette Norman adopted the name Peace Pilgrim in 1953 in Pasadena, California, and walked across the United States for 28 years. 'Peace Pilgrim: her life and work in her own words' was compiled by some of her friends in Santa Fe, New Mexico in 1982. Composed mainly in her own words except for the reproduced newspaper articles and the introduction. There are comments by people she met while on her 28 year pilgrimage for peace.

the peace of wild things pdf: Jayber Crow Wendell Berry, 2001-08-30 "This is a book about Heaven," says Jayber Crow, "but I must say too that . . . I have wondered sometimes if it would not finally turn out to be a book about Hell." It is 1932 and he has returned to his native Port William to become the town's barber. Orphaned at age ten, Jayber Crow's acquaintance with loneliness and want have made him a patient observer of the human animal, in both its goodness and frailty. He began his search as a "pre-ministerial student" at Pigeonville College. There, freedom met with new burdens and a young man needed more than a mirror to find himself. But the beginning of that finding was a short conversation with "Old Grit," his profound professor of New Testament Greek. "You have been given questions to which you cannot be given answers. You will have to live them out—perhaps a little at a time." "And how long is that going to take?" "I don't know. As long as you live, perhaps." "That could be a long time." "I will tell you a further mystery," he said. "It may take longer." Wendell Berry's clear-sighted depiction of humanity's gifts—love and loss, joy and despair—is seen through his intimate knowledge of the Port William Membership.

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collections of this amazing American voice, the poems take the shape of manifestos, insults, and Whitmanic ravings that are often funny in spite of themselves. The whole is a wonderful testimony to the power of humor to bring even the most terrible consequences into an otherwise unobtainable focus.

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wildness but rather seeks to tame it. As a result, many moms and dads find themselves frustrated, confused, and wearied by their sons' behavior. The truth is, boys don't need to be tamed—they need to be understood, loved, challenged, and encouraged. Based on clinical research and filled with practical tips and suggestions, therapists Stephen James and David Thomas give fresh insight and much-needed encouragement on the road to raising boys by talking about: Parenting the different stages in a boy's life Healthy discipline and correction Sitting still and paying attention Hot topics like screen time and dating Wild Things helps Christian parents, teachers, mentors, and coaches understand and explore the hearts, minds, and ways of boys and the vital role parents and caregivers play on the journey to authentic manhood.

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reckless athlete who is attractive and taunts others. Like the war itself, what happens between the two friends one summer robs these guys and their world of their innocence.

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have? And of course the meaning of it all—If you were handed an envelope with the date of your death inside, and you knew you could do nothing to alter your fate, would you look? The Book of Questions may be the only publication that challenges—and even changes—the way you view the world, without offering a single opinion of its own.

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Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

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