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The body of your paper begins here. If you need to include headers, level 1 headers will be bolded and centered, while level 2 headers will be flush left and bolded (see below for examples).

**Level 1 Headings**

**Level 2 Headings**

**References**

Freeman, E., Cox, S. (2020). Sample references in APA 7th edition: A guide to formatting your paper in 2020. https://www.sample.org