



- Read
- Sport
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issue / shell

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```
grep -ril "user_zw_0729163656" ~/Library/Mail/V10 | grep "\.emlx$"
```

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```
grep -ril "today079180030@apiproxy.ai" ~/Library/Mail/V10 | grep "\.emlx$" | while read -r file; do  
grep -q "claude.=" "$file" && echo "
```

\$file"
done

QD Claude

<a clicktracking=3D"off" href=3D"https://claude.=
ai/magic-
link#7a5ea3a9222c052abfee31f75c0cb227:dG9kYXkwNzkxODAwMzBAYXBpcHJv=
eHkuYWk=3D" style=3D"

<a href="https://claude.ai/magic-link#7a5ea3a9222c052abfee31f75c0cb227:dG9kYXkwNzkxODAwMzBAYXBpcHJv=eHkuYWk=3D"

https://claude.ai/magic-
link#7a5ea3a9222c052abfee31f75c0cb227:dG9kYXkwNzkxODAwMzBAYXBpcHJveHkuYWk=

h

<a clicktracking=3D"off" href=3D"https://claude.=
ai/magic-link#7a5ea3a9222c052abfee31f75c0cb227:dG9kYXkwNzkxODAwMzBAYXBpcHJv=
eHkuYWk=3D"

https://claude.ai/magic-link#7a5ea3a9222c052abfee31f75c0cb227:dG9kYXkwNzkxODAwMzBAYXBpcHJveHkuYWk=3D"

https://claude.ai/magic-link#7a5ea3a9222c052abfee31f75c0cb227:dG9kYXkwNzkxODAwMzBAYXBpcHJveHkuYWk=3D"

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~~~~~ recode macOS ~~~~~

```
brew install recode
```

~~~~~ Homebrew ~~~~~

```
/bin/bash -c "$(curl -fsSL https://raw.githubusercontent.com/Homebrew/install/HEAD/install.sh)"
```

Date: 2025-07-29  
Words: 163  
Time to read: 1 min

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