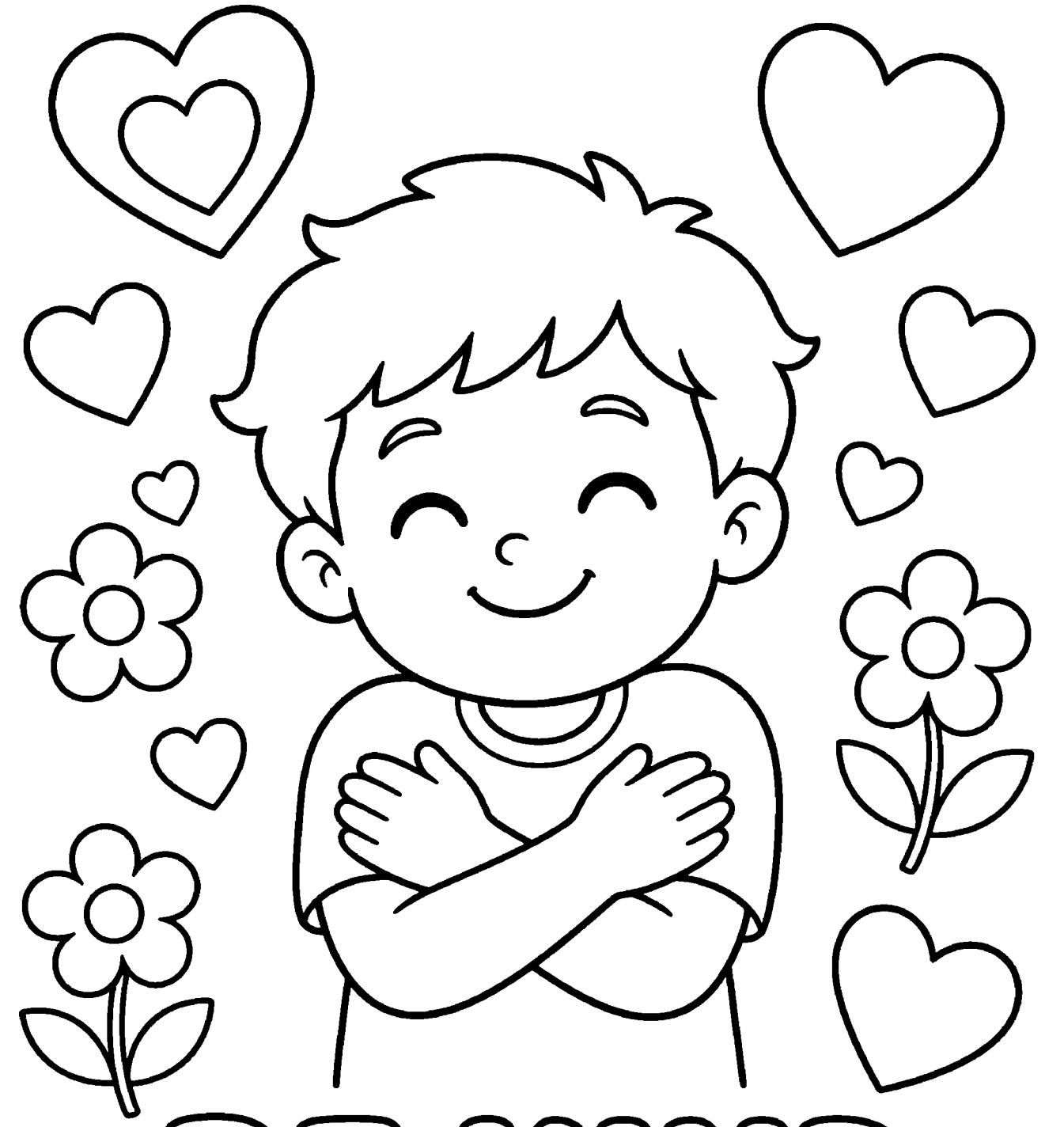

BE KIND
TO YOURSELF