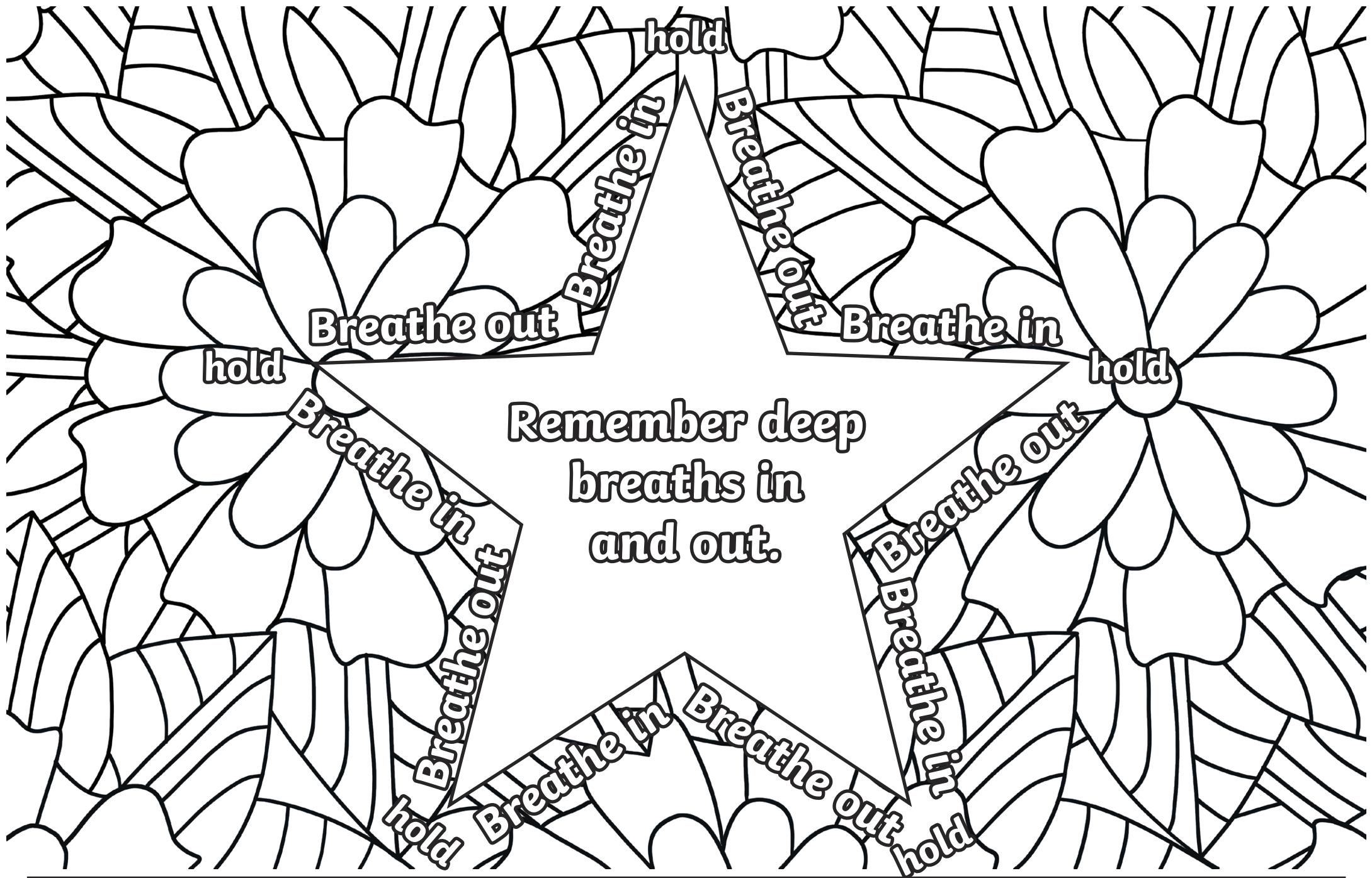




Remember deep
breaths in
and out.

