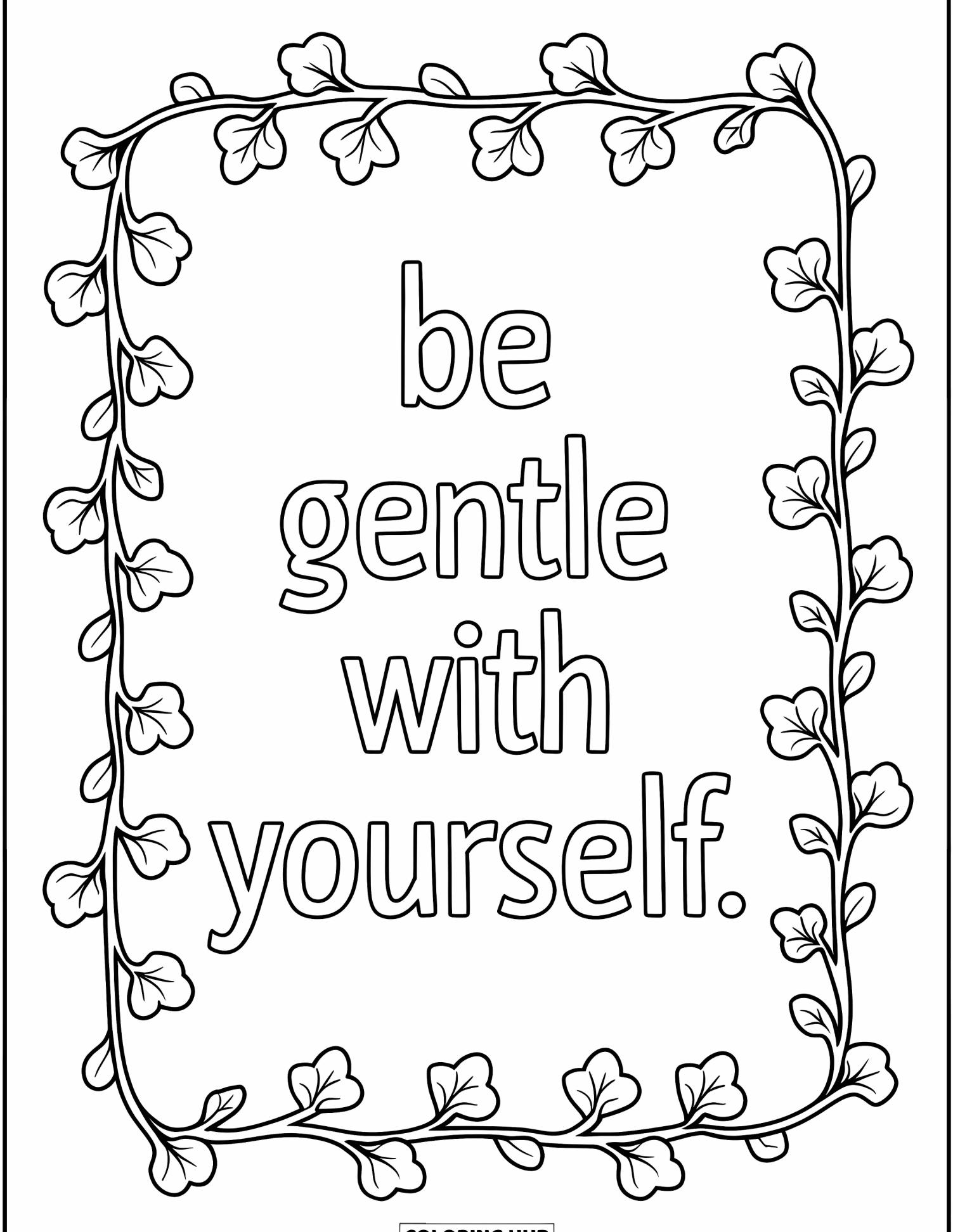




be
gentle
with
yourself.