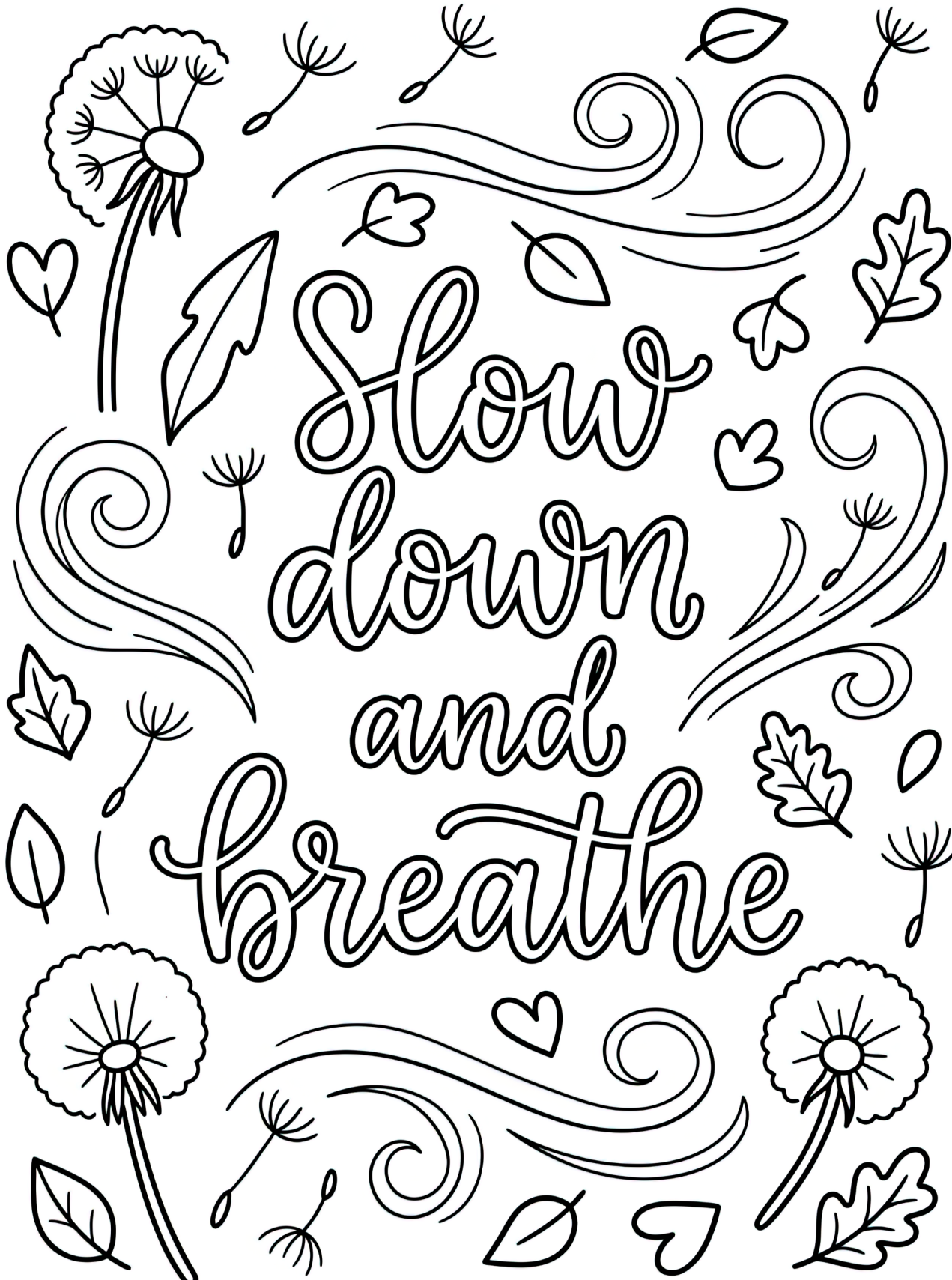




Slow  
down  
and  
breathe