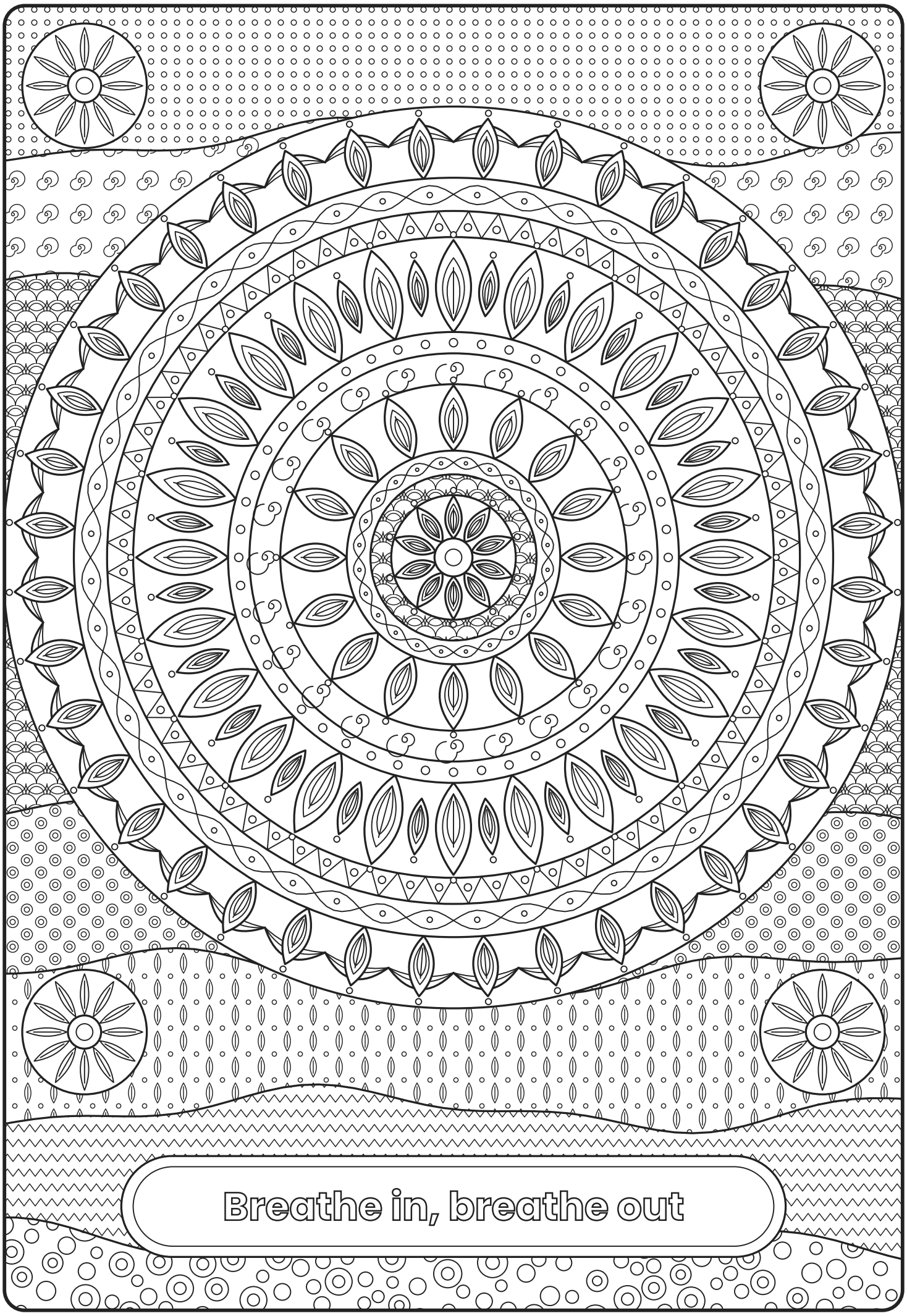
Breathe in, breathe out