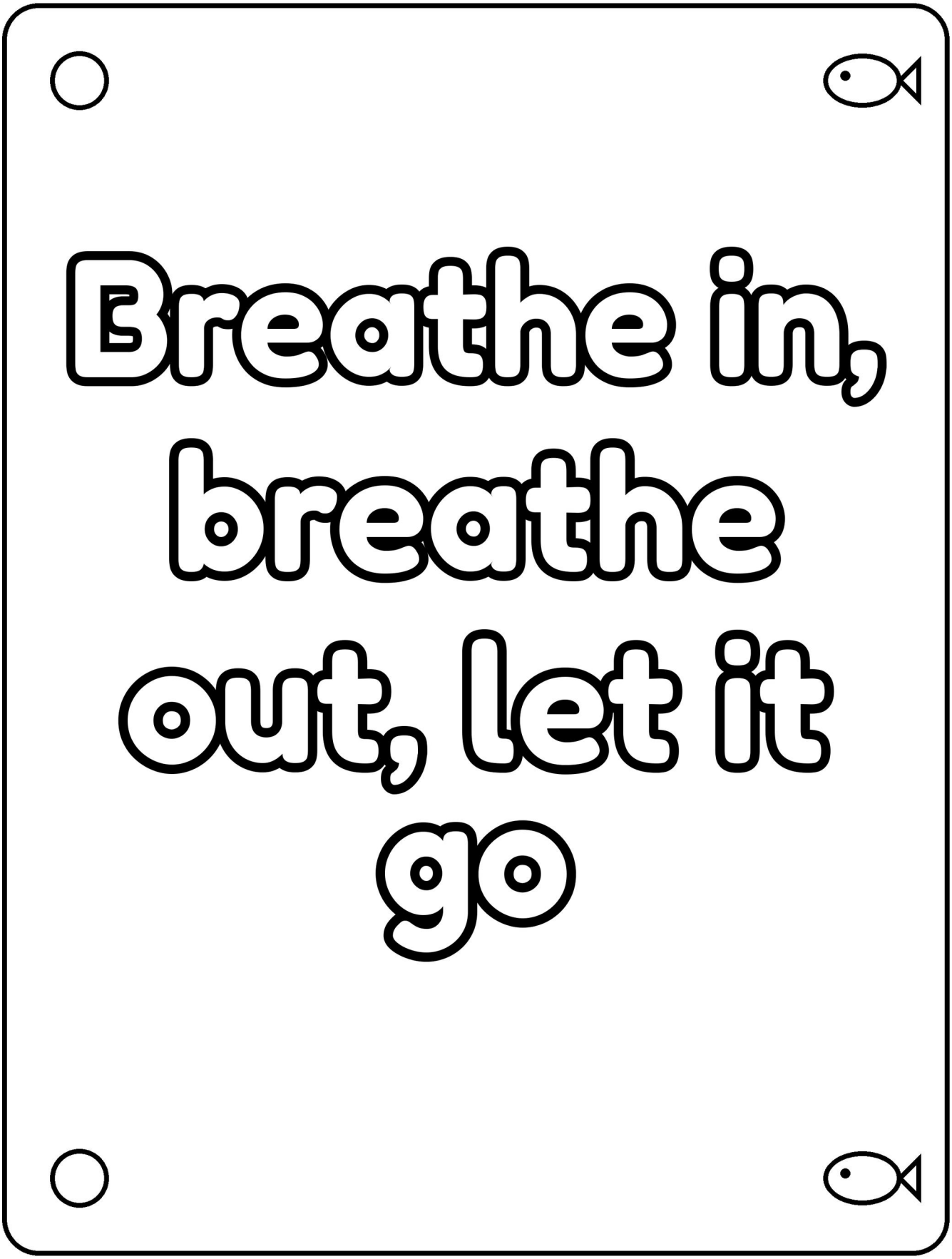

Breathe in,
breathe
out, let it
go