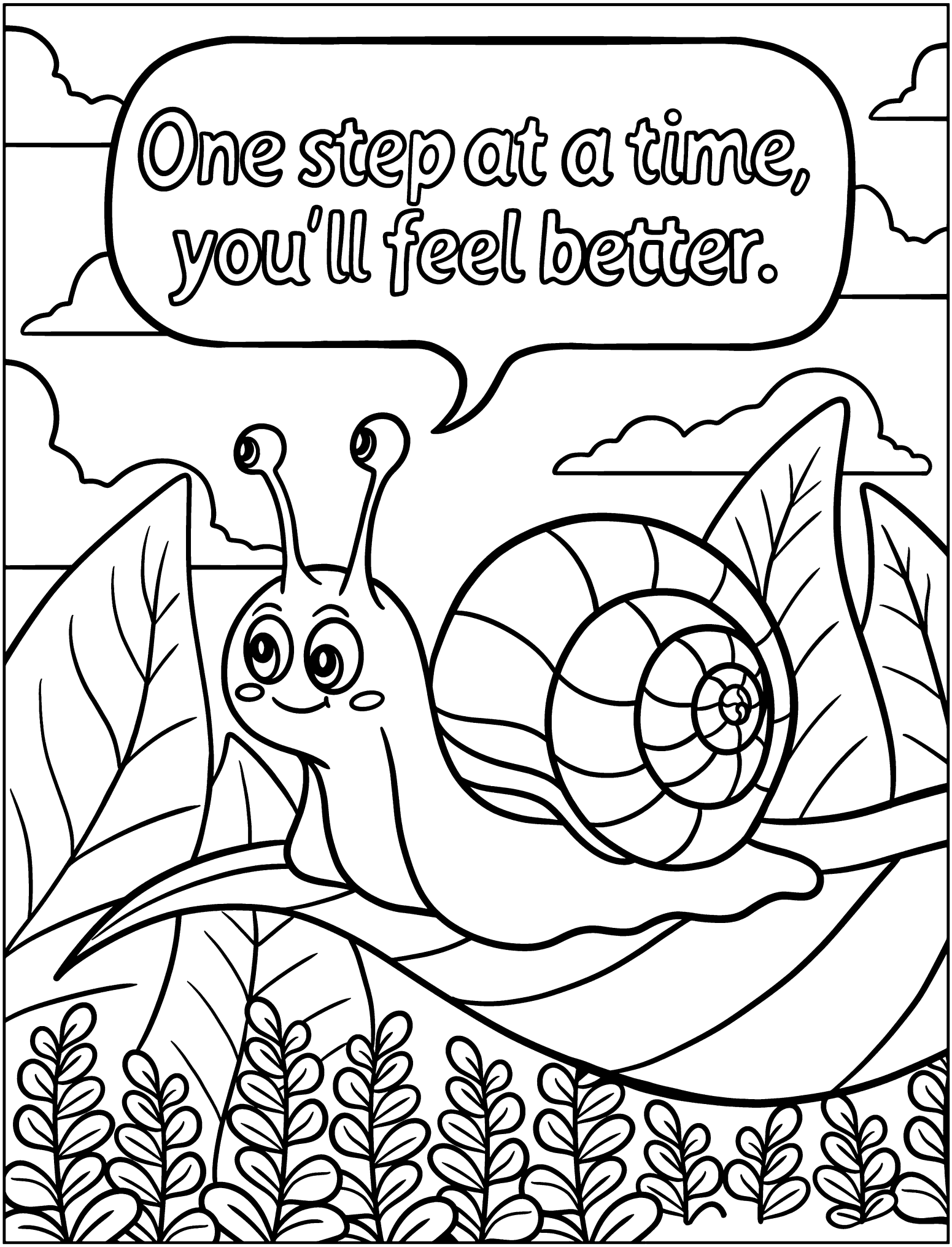

One step at a time,
you'll feel better.