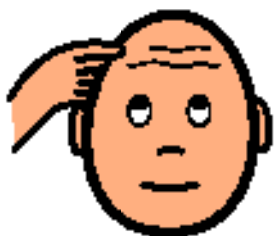


stop



think



take deep breath



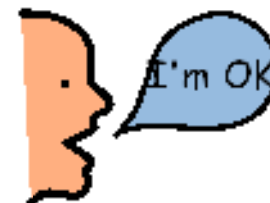
squeeze



relax



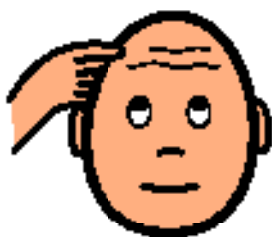
say



stop



think



take deep breath



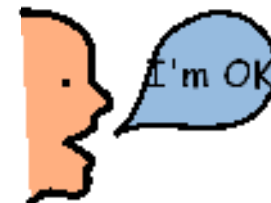
squeeze



relax



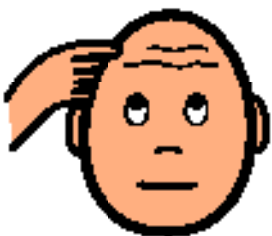
say



stop



think



take deep breath



squeeze



relax



say

