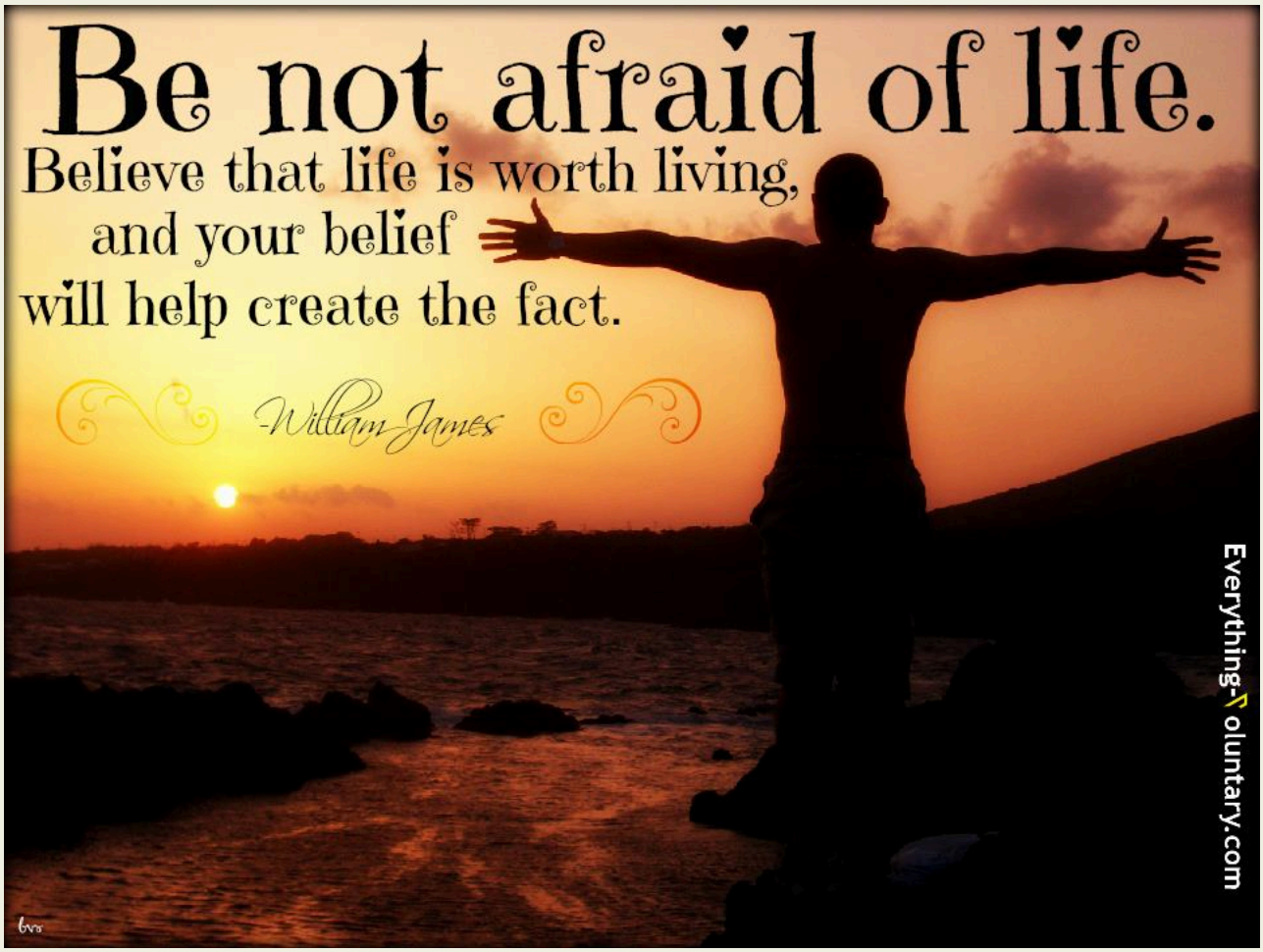Be Not Afraid of Life