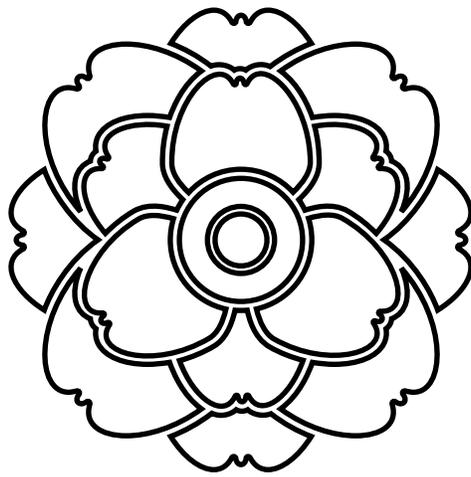


take a deep breath.  
believe in yourself.



try again.  
ask for help.