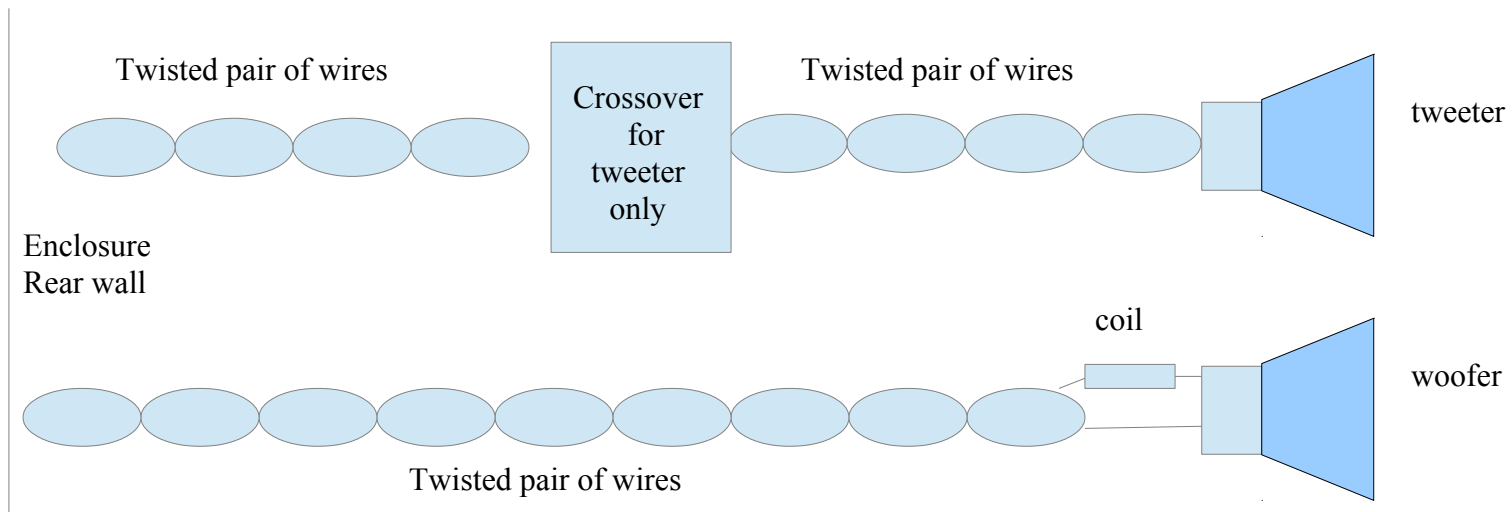


THE INSANE WAY



THE PRACTICAL WAY

