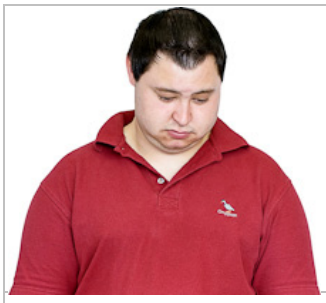

when I feel depressed I…..