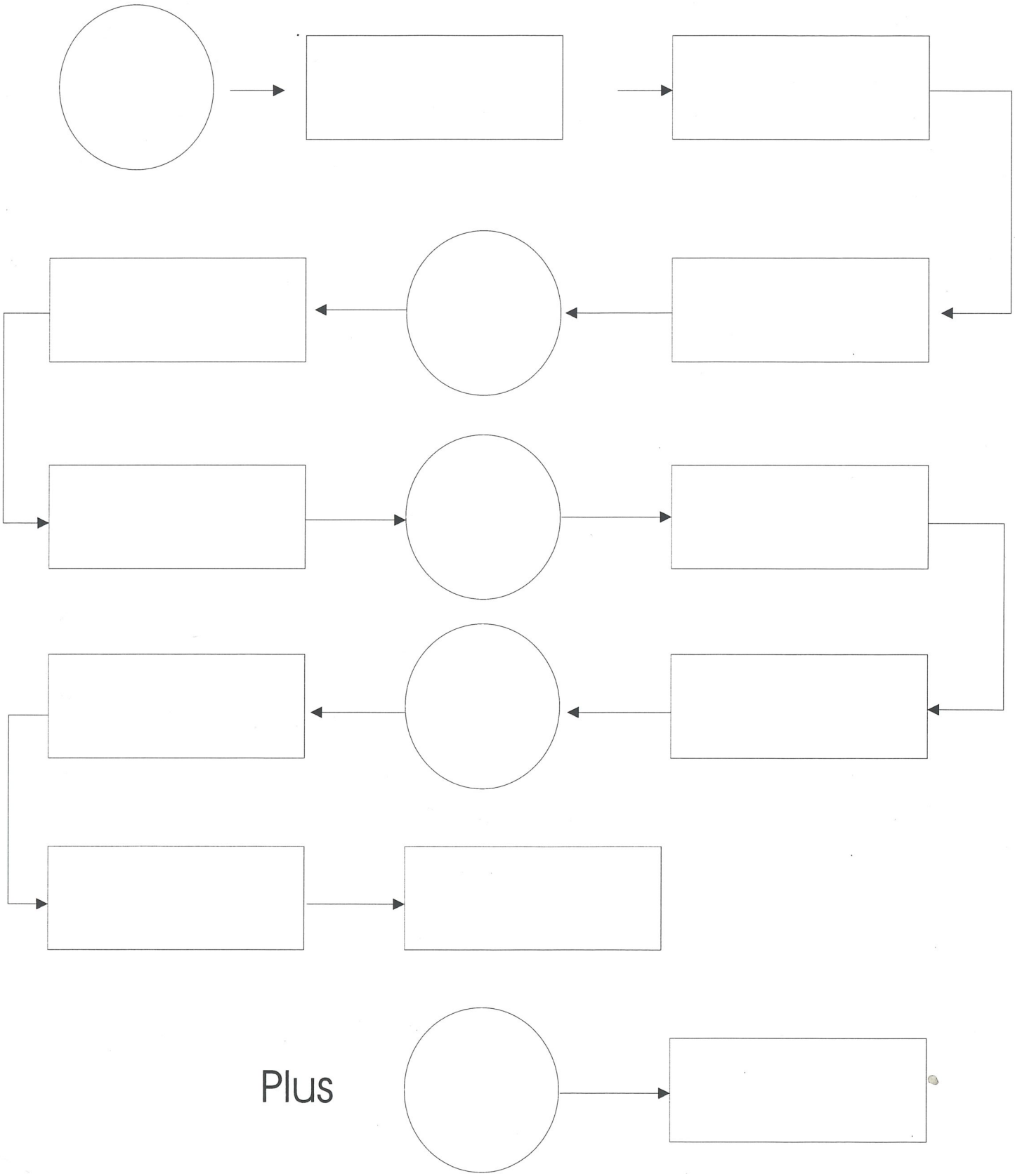
'The METHOD'



Plus