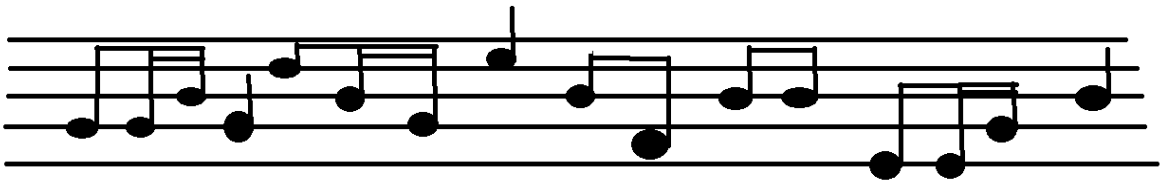https://youtu.be/v580_2Lqh6Q