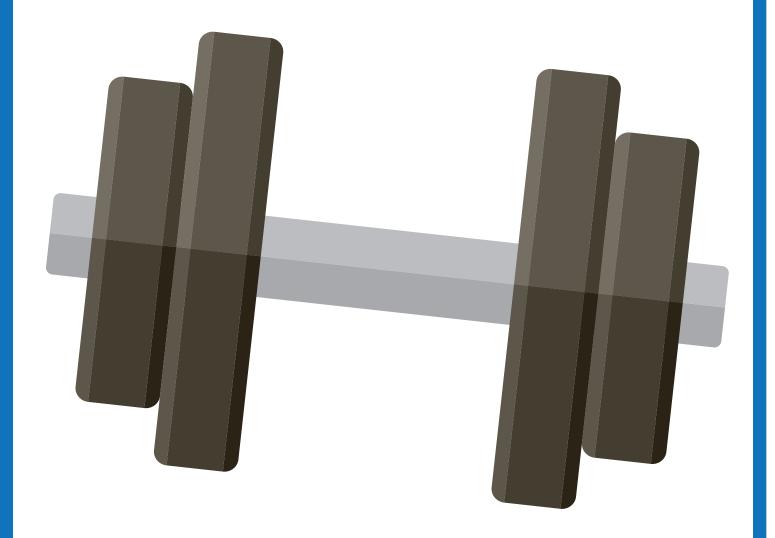
## TRAINING IN



SELF-CONTROL