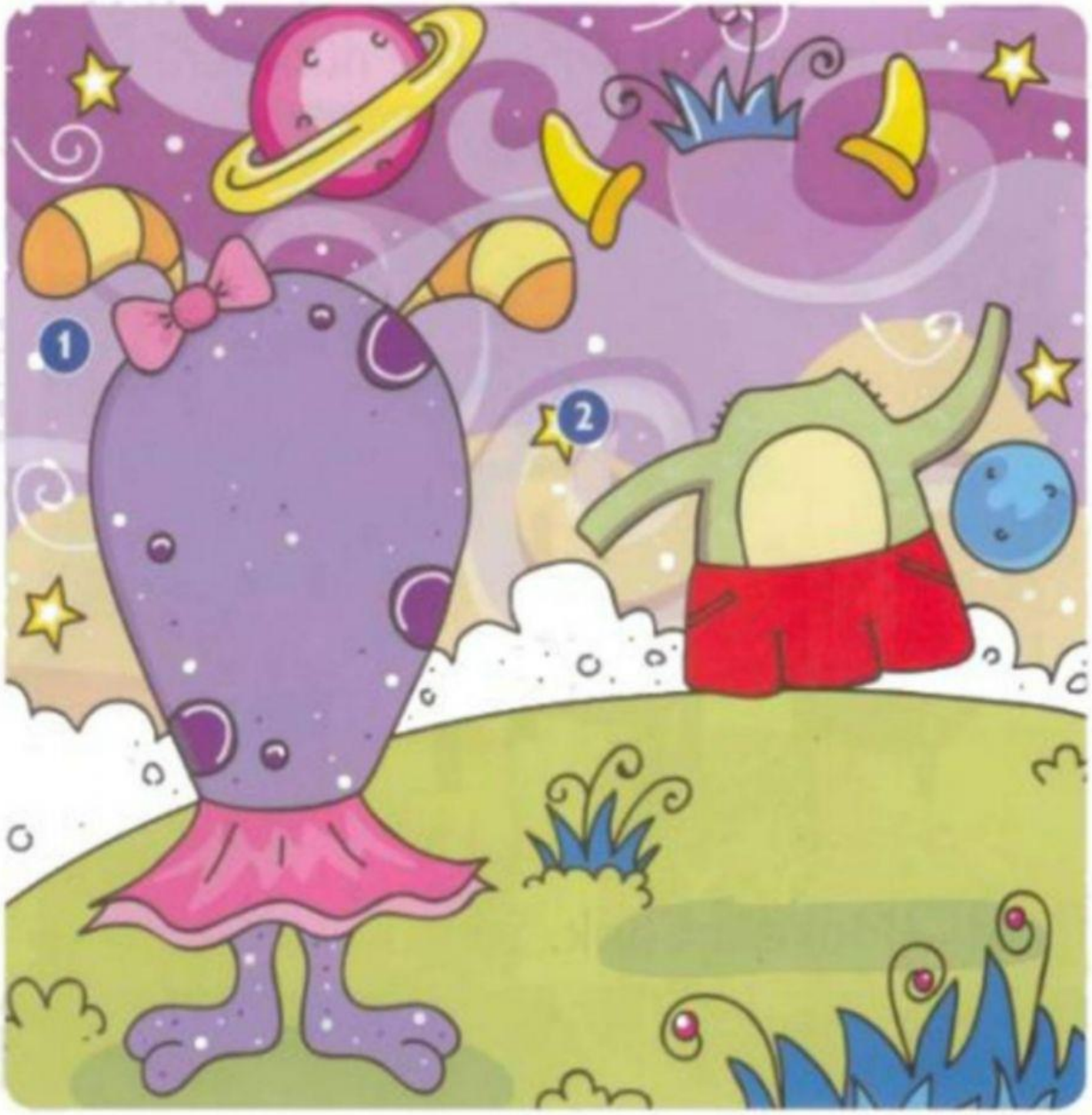6 My body (page 45)