

A close-up photograph of a person's hand holding a black pen, writing on a lined notebook. The hand is positioned in the lower half of the frame, with the pen tip touching the paper. The notebook has horizontal lines and some text is visible, including "Maj May / May" and "18 17 16 15 14 13 12 11 10 9 8". The background is slightly blurred, showing a grey fabric sleeve. The overall image has a torn paper effect around the title.

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