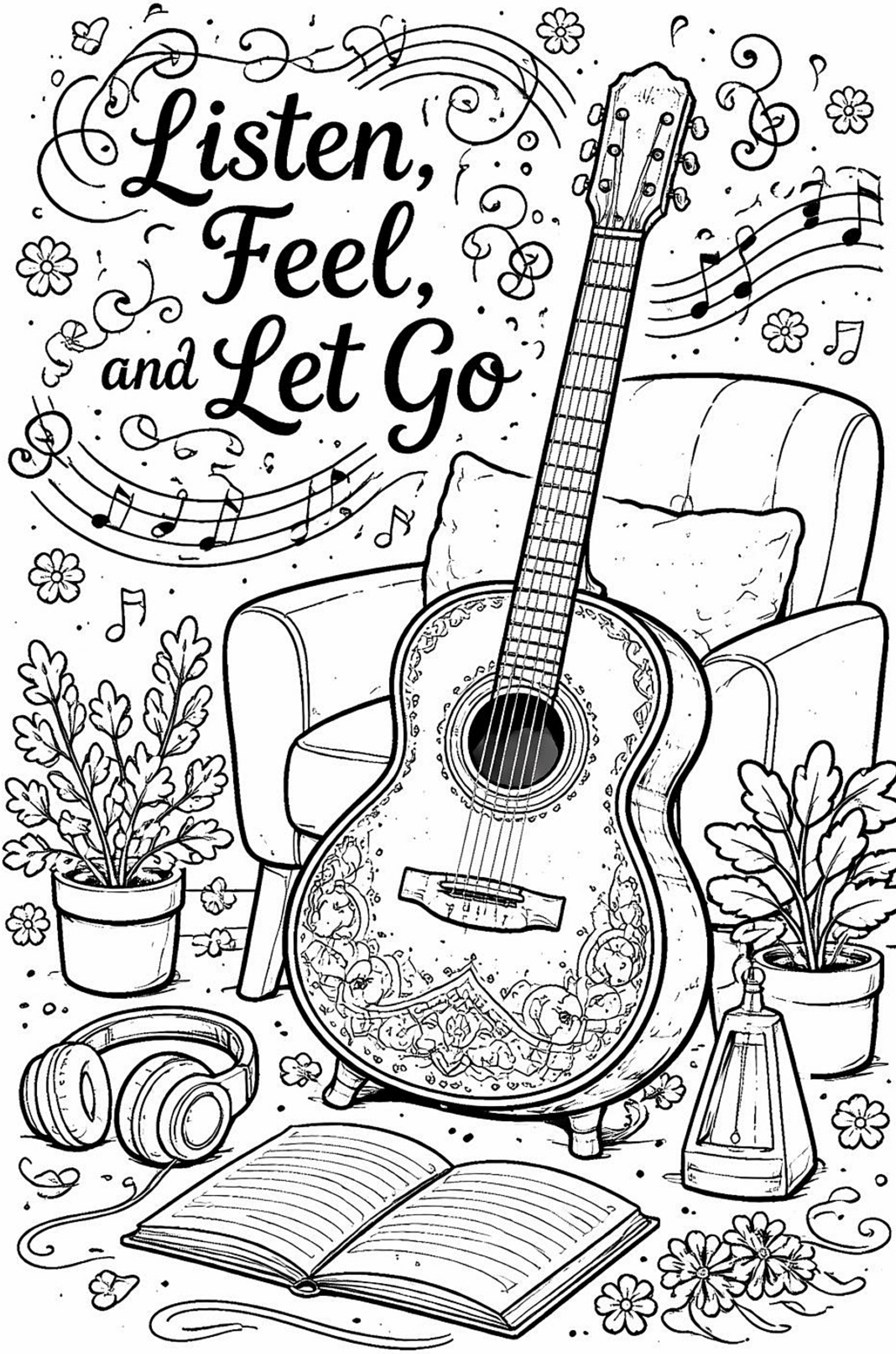
Listen,
Feel,
and Let Go