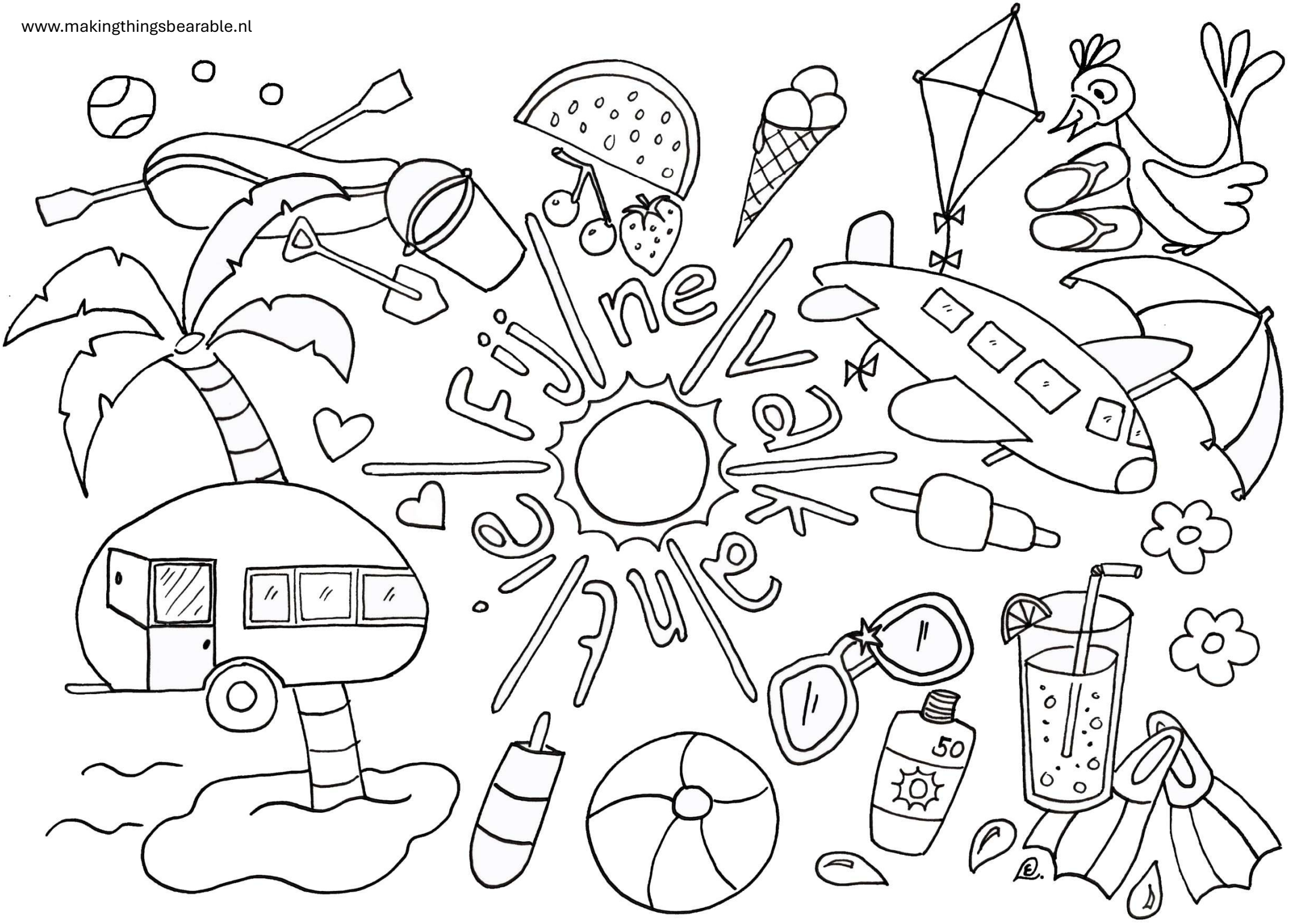www.makingthingsbearable.nl