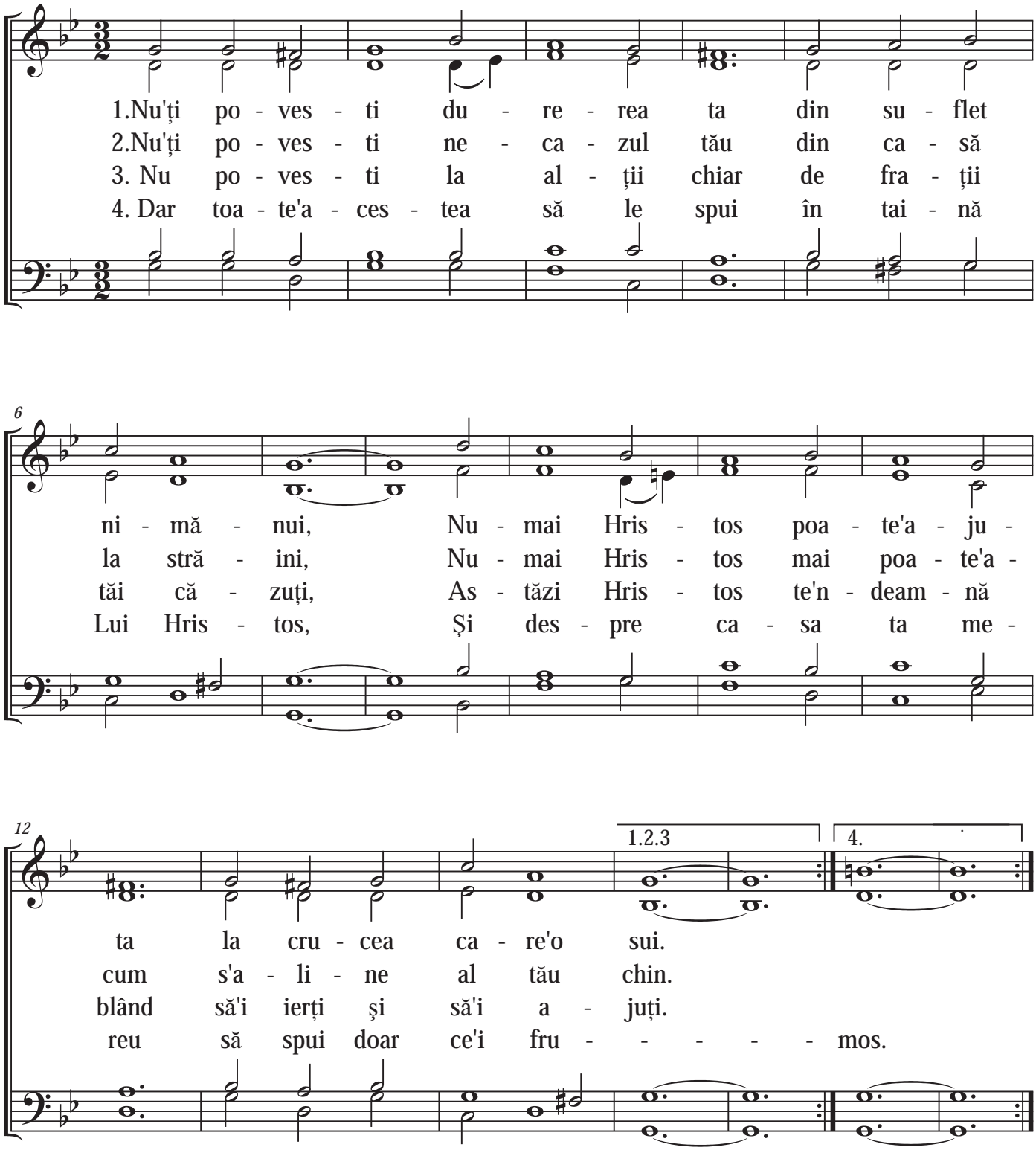Nu-ți povesti durerea