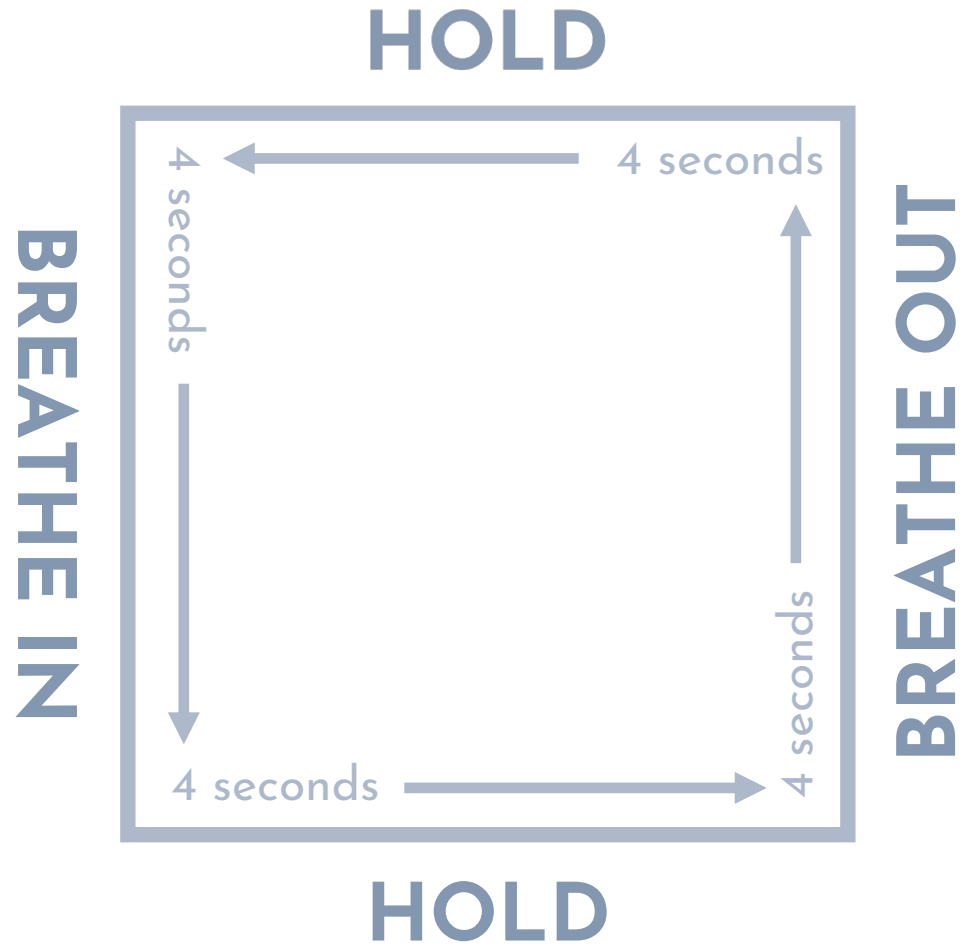


BOX BREATHING



SETTLED WITHIN
the unsettled