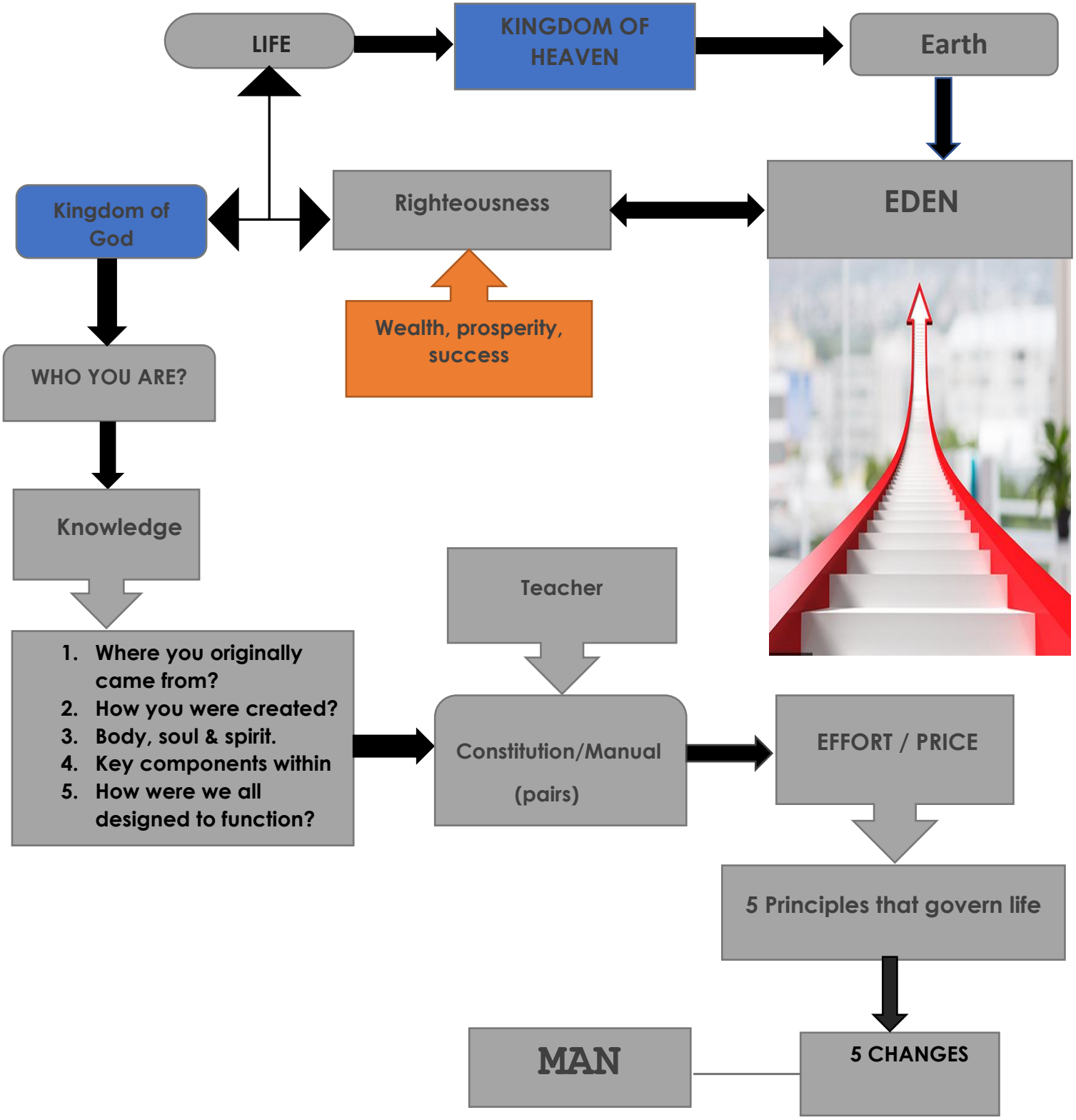CHANGE YOUR LIFE IN 40 DAYS