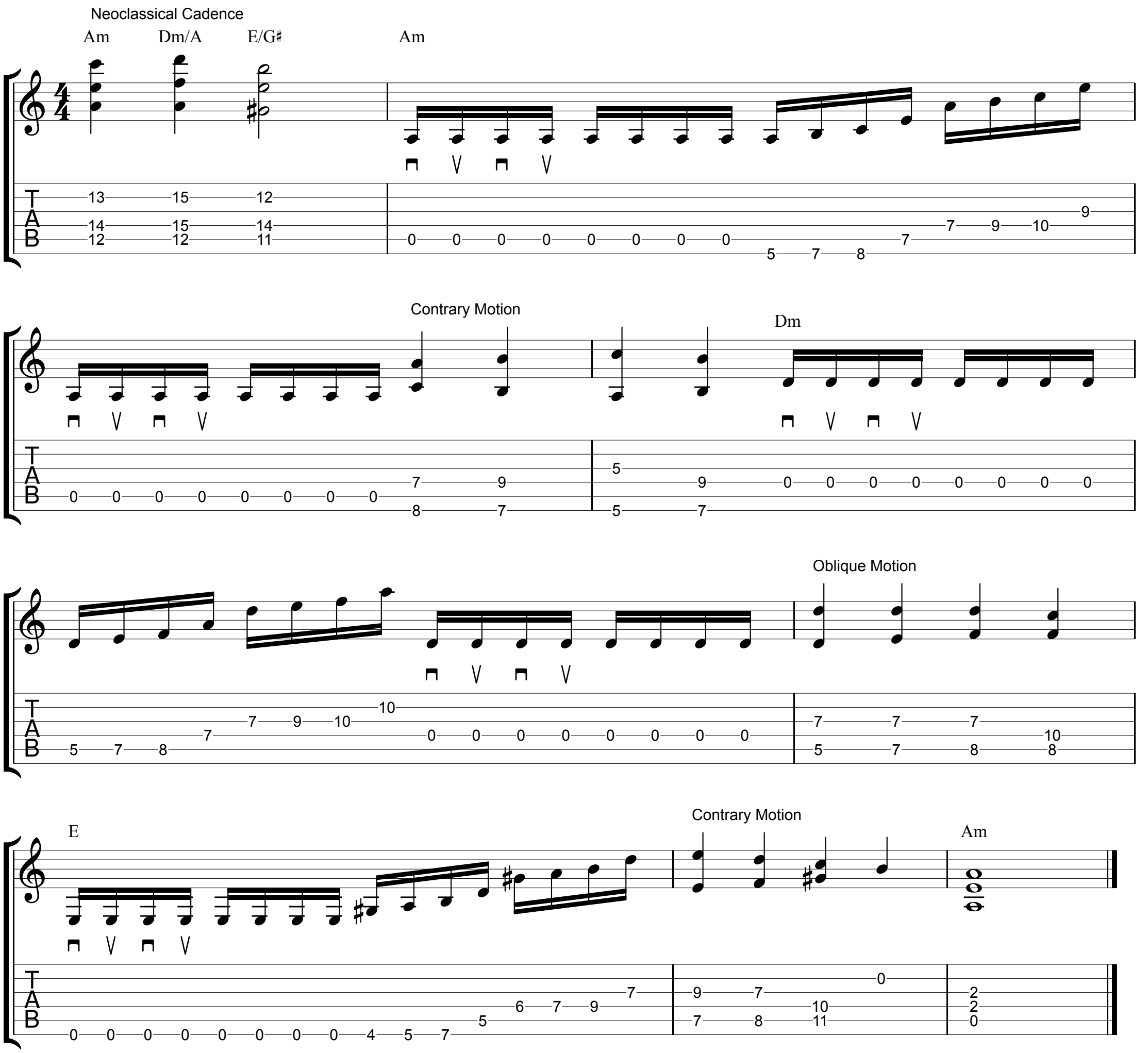
# Best Way To Practice PERIOD

by Shred