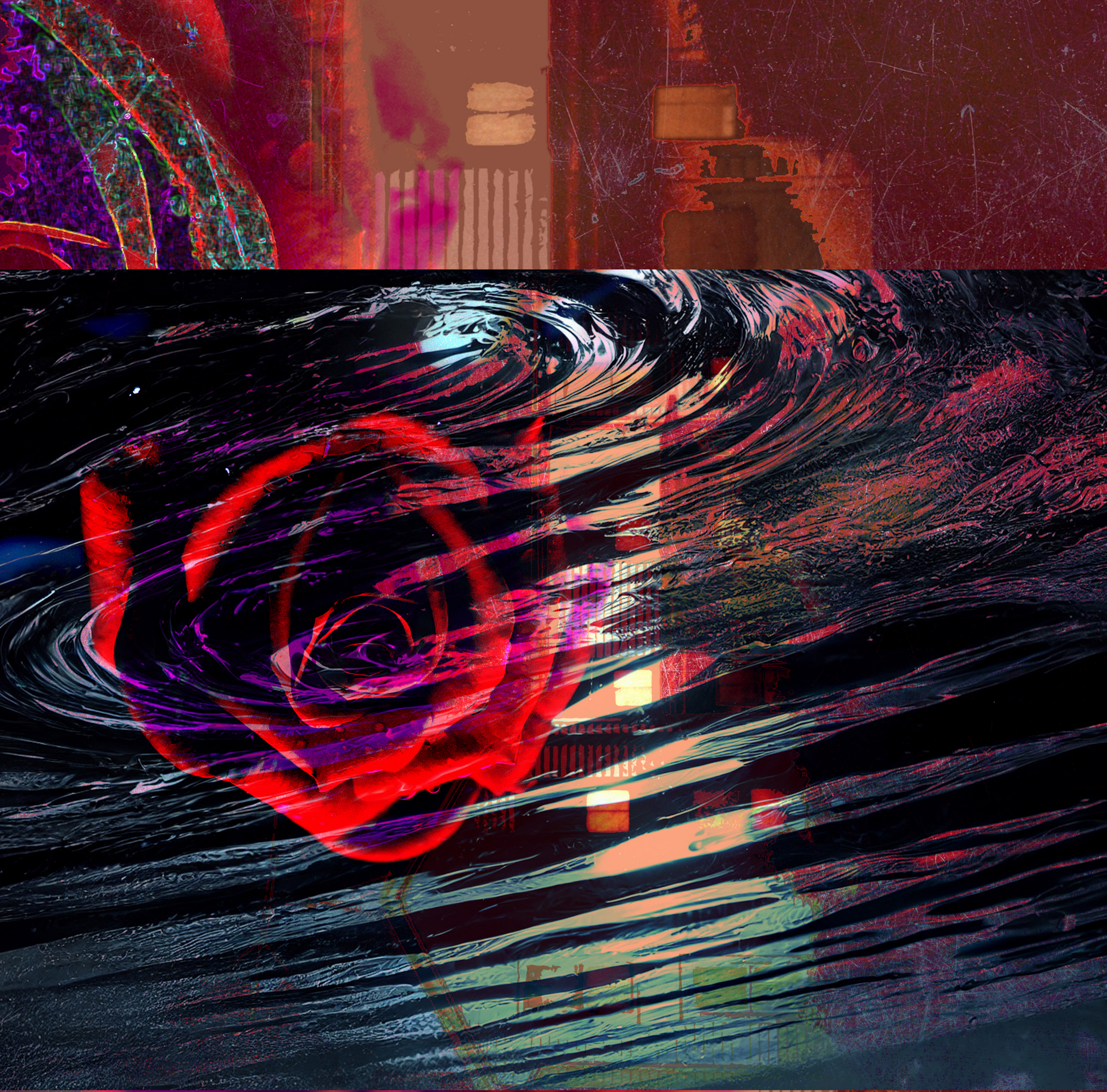Don’t let them get to you.