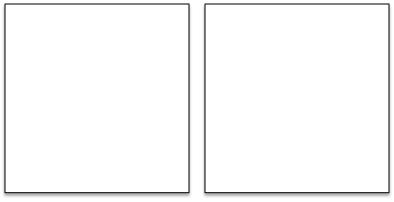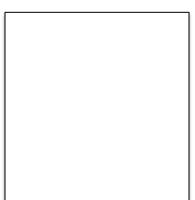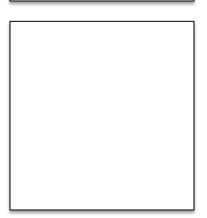# I want to use…

to numb my shot spot.

to belly breathe.

as my activity today.