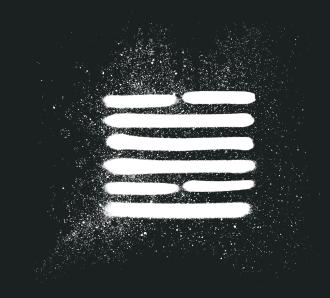


says...



THROW SHIT OFF

Total and radical change is necessary. A plan and clear rules are important.