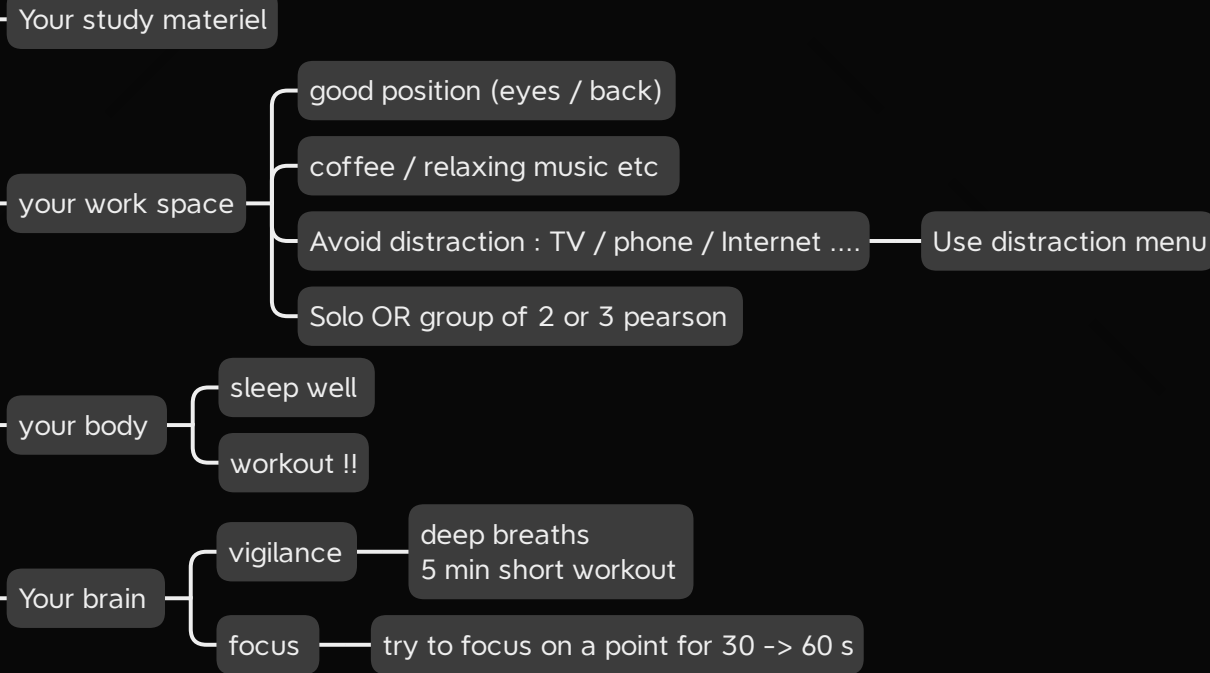
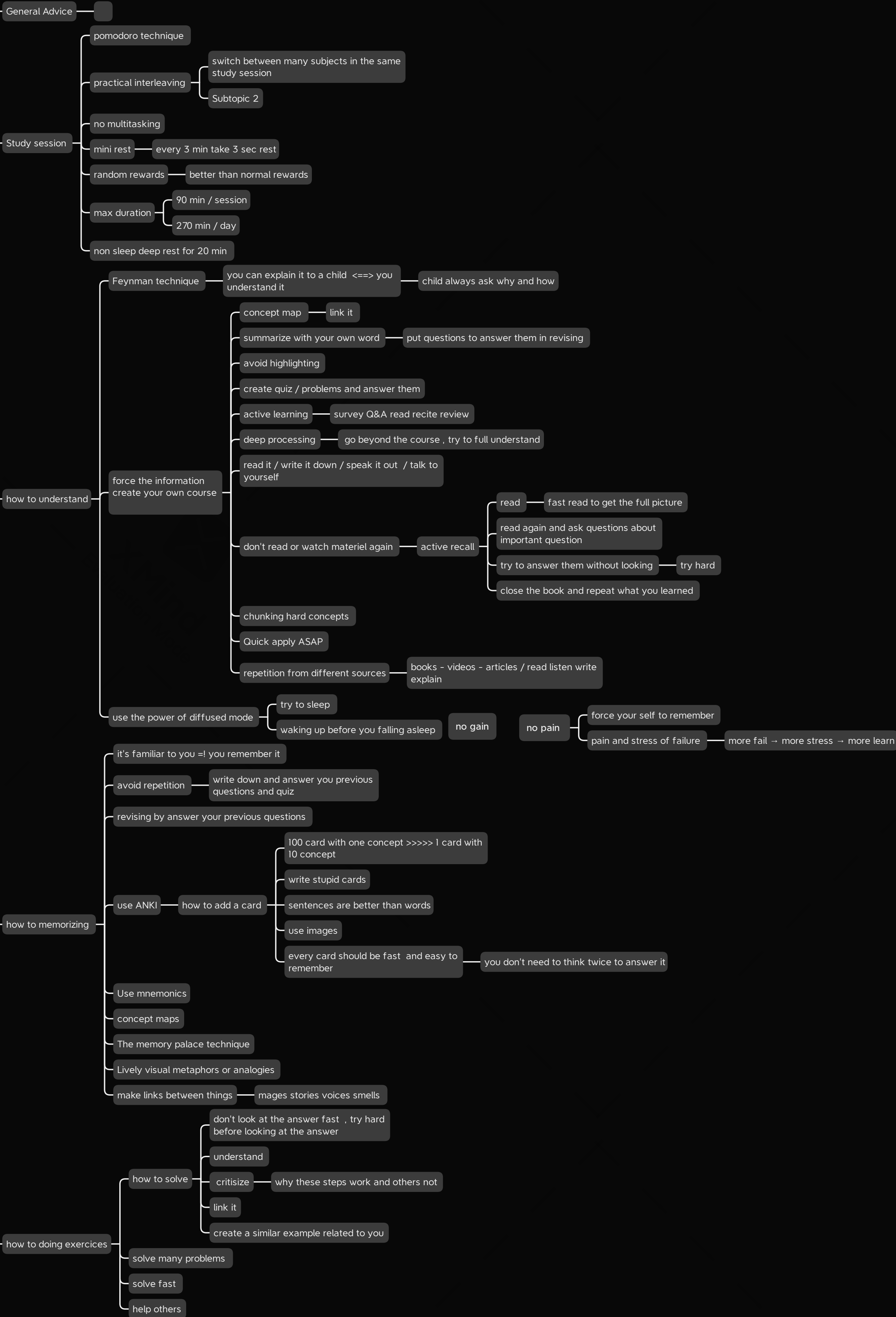


learn how to learn

Before



During study



After