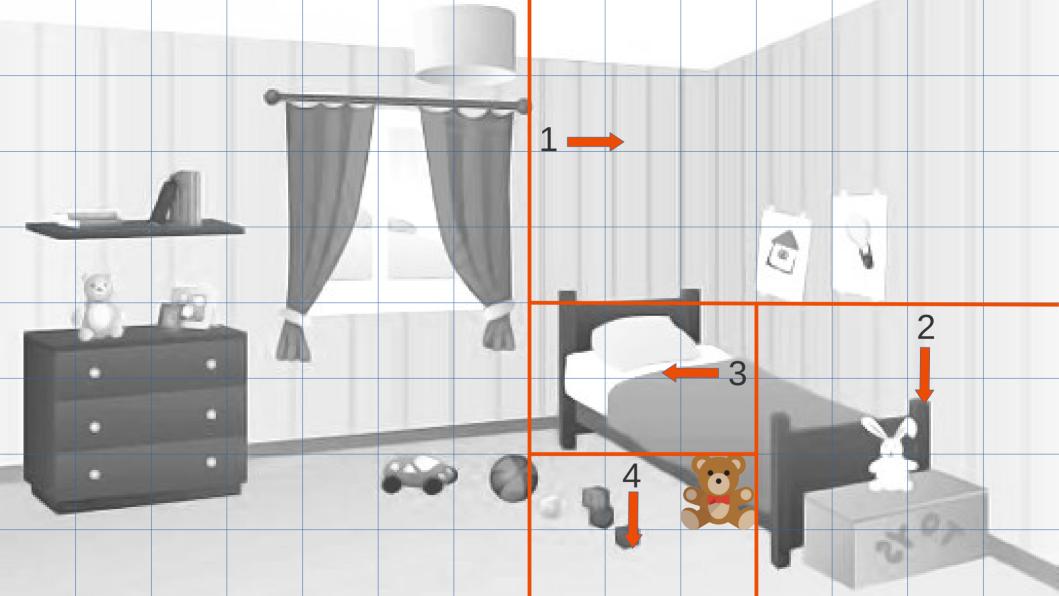
## TRY

## Digital methodologies to spare your brain







## How?

