
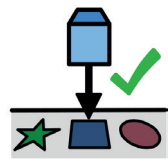




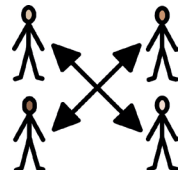

Golden Rules for Choosing
 
a Helpful Solution

   
It makes me feel better

   
It doesn't hurt me or


anyone else