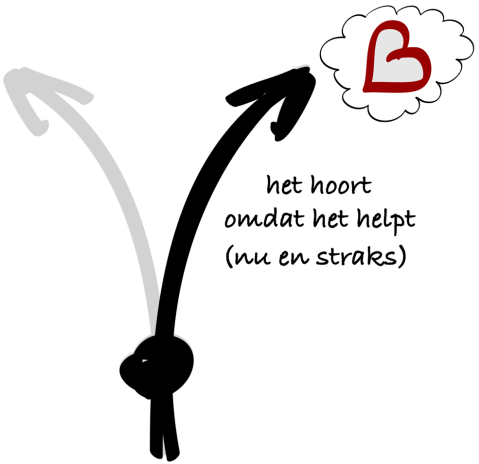

Welke dingen horen, maar helpen tegelijkertijd enorm?