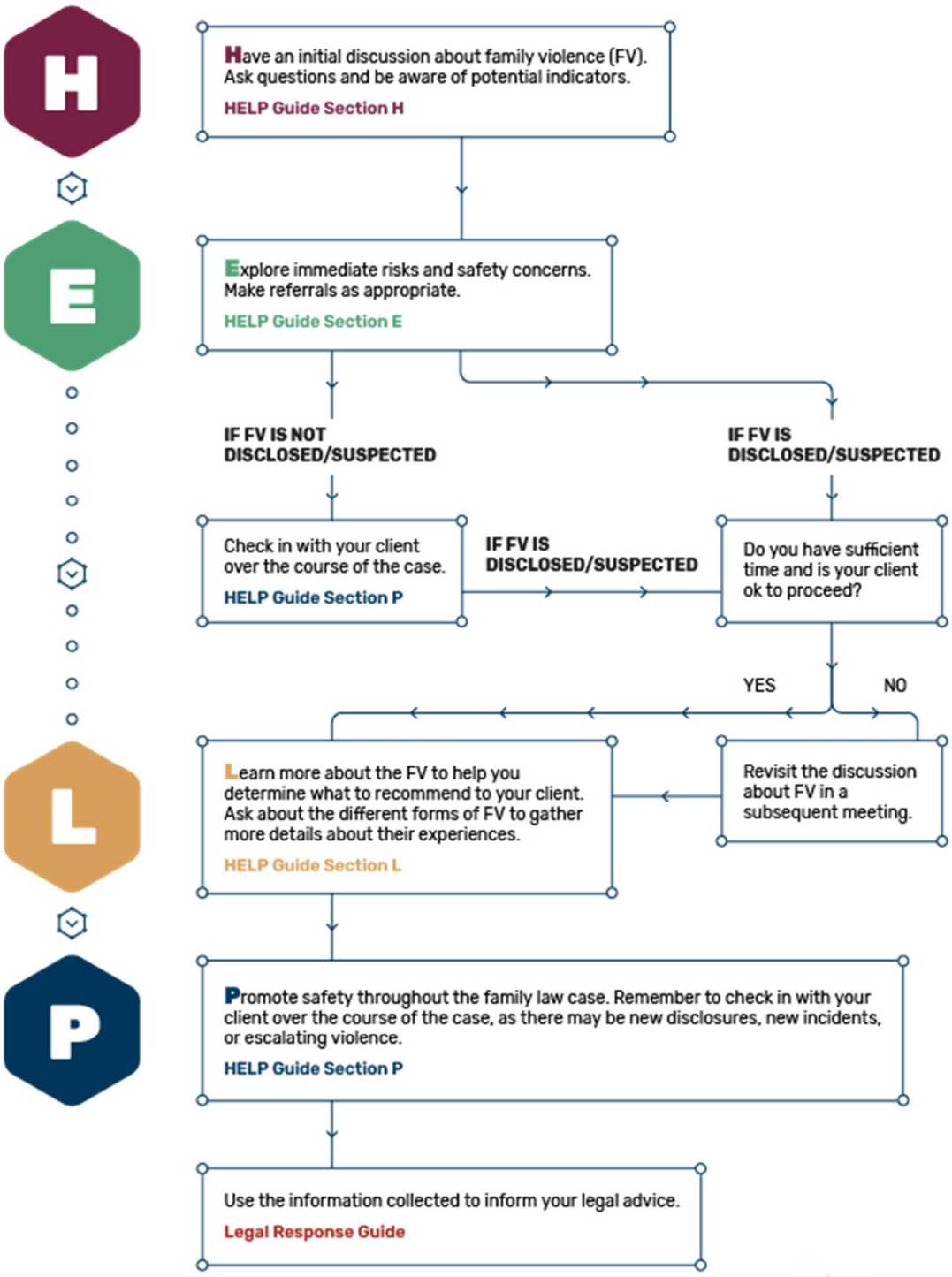
HELP Approach

Designed to be used flexibly in your practice