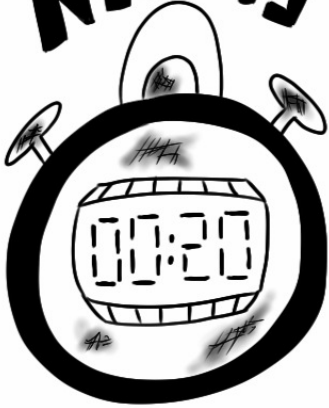
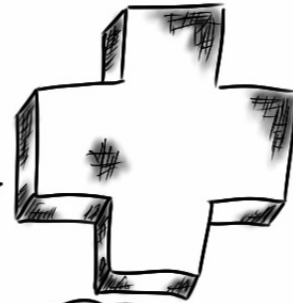


THE 20 SECOND RULE

**ALL YOU
NEED IS**



SECONDS OF...



**EMBARRASSING
BRAVERY**



JUST



**INSANE
COURAGE**

