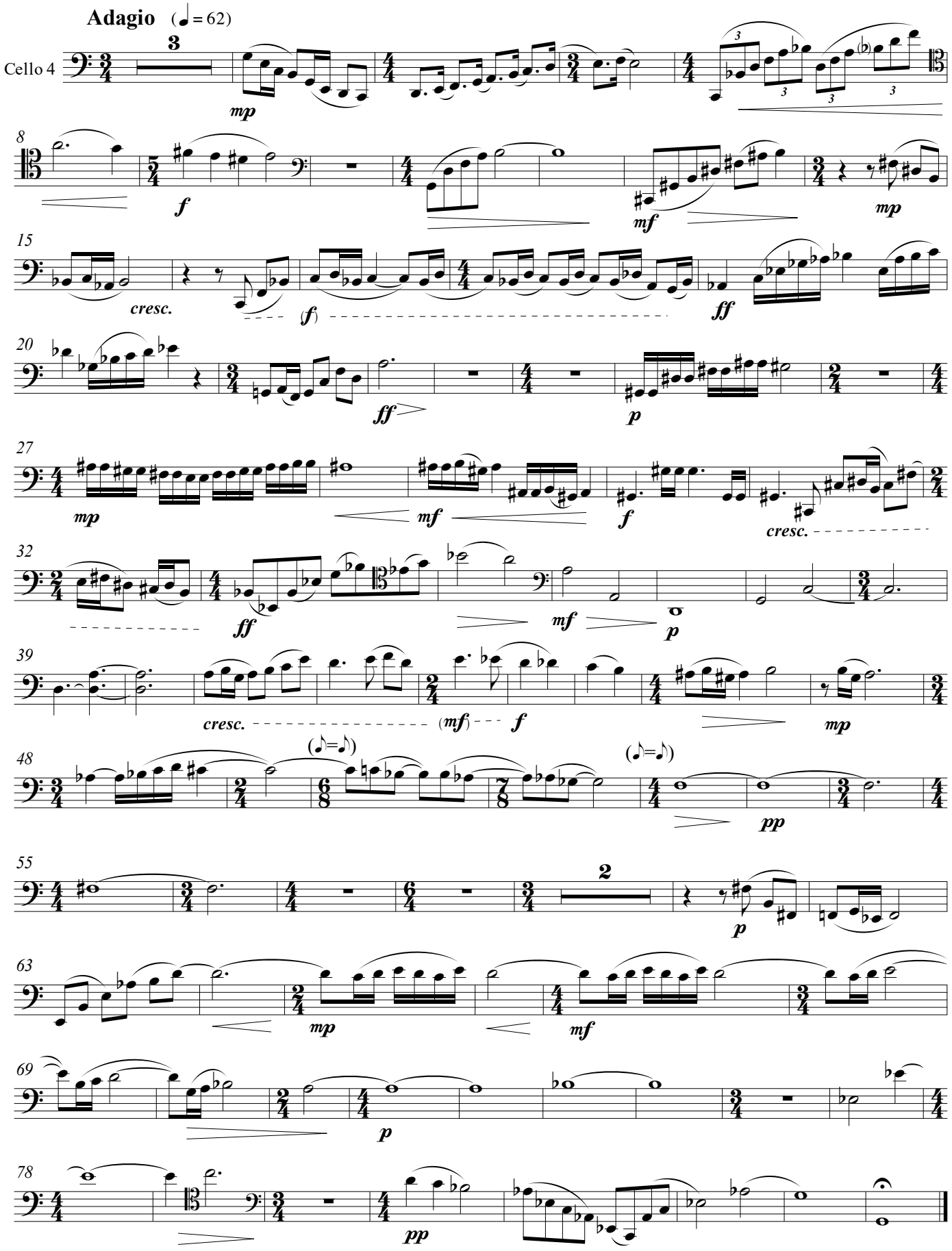II. Watch Your Breath [4:50]