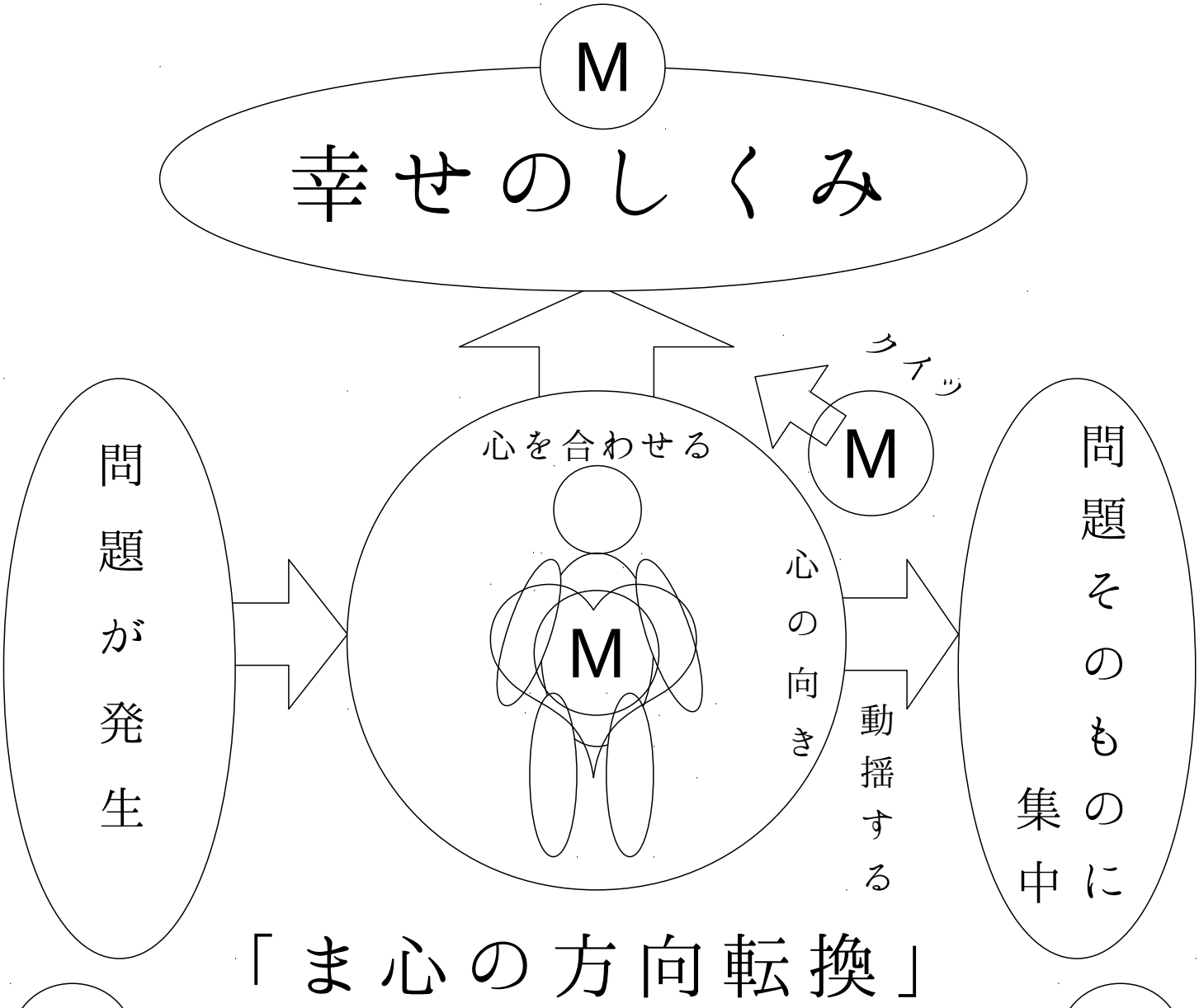

「ま心の方向転換」