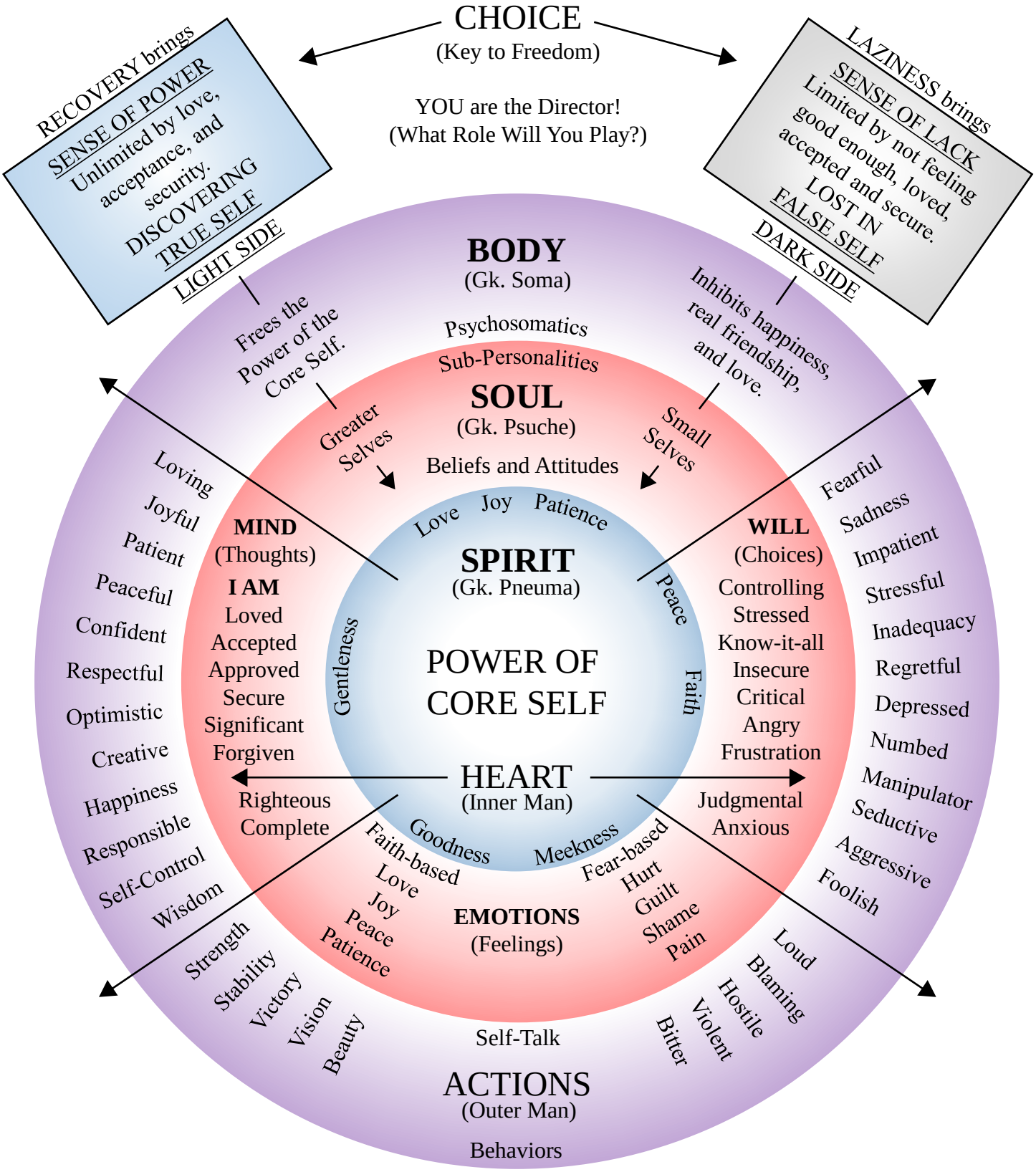SPIRIT, SOUL & BODY