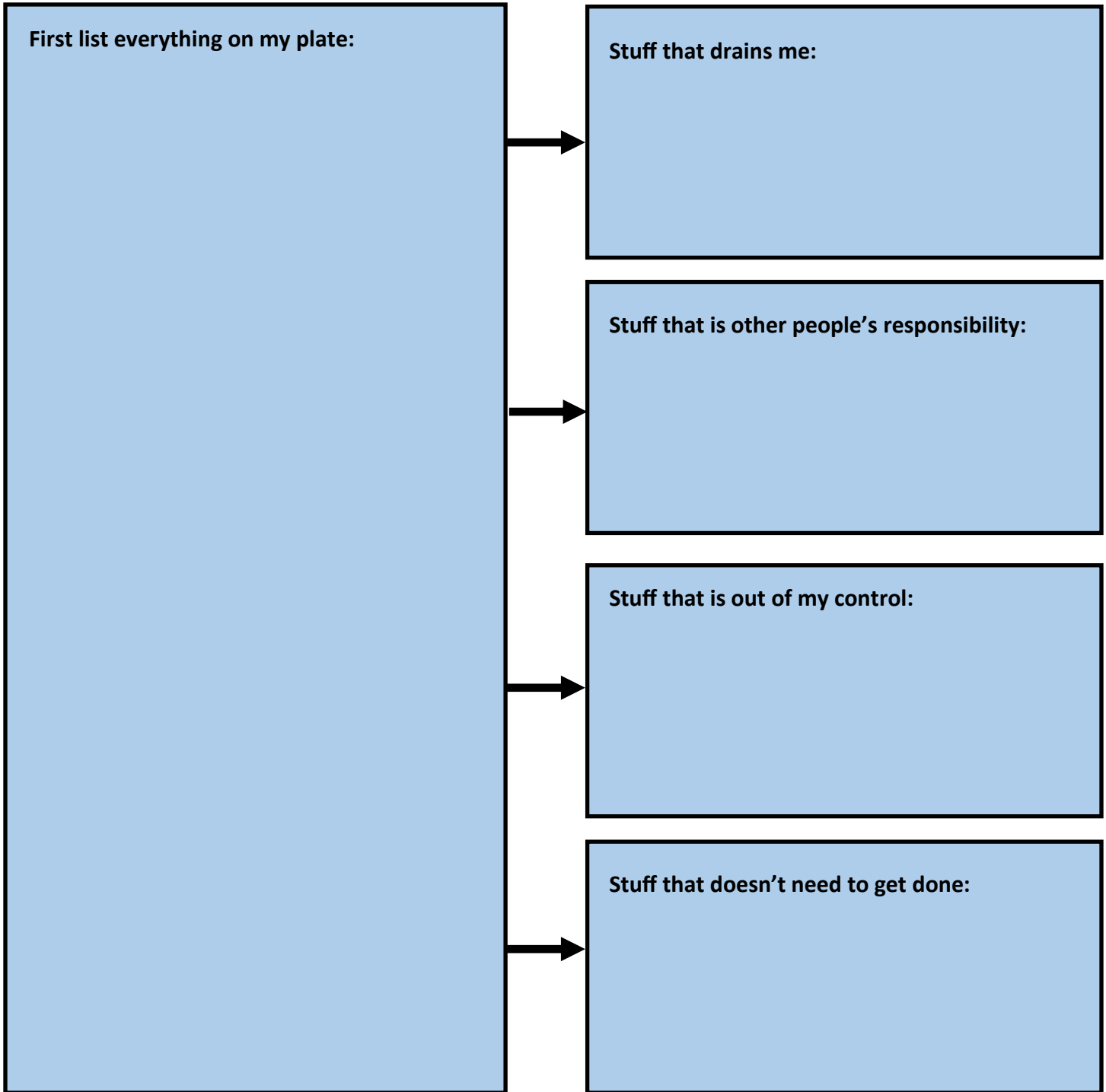


Stuff to STOP doing!



My reasons to stop doing these things: