

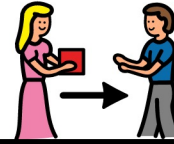
self control



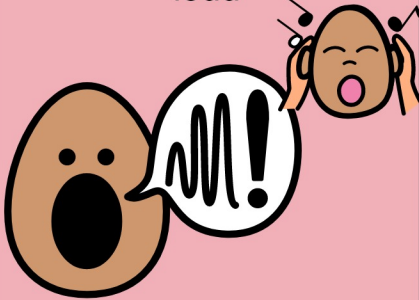
music mantras



pass it



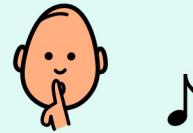
loud



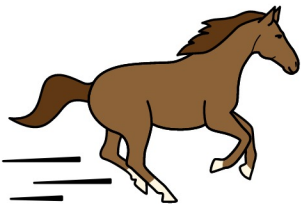
medium



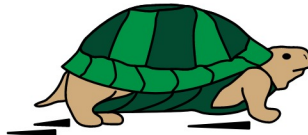
quiet



fast



slow



help



tap



shake



press

