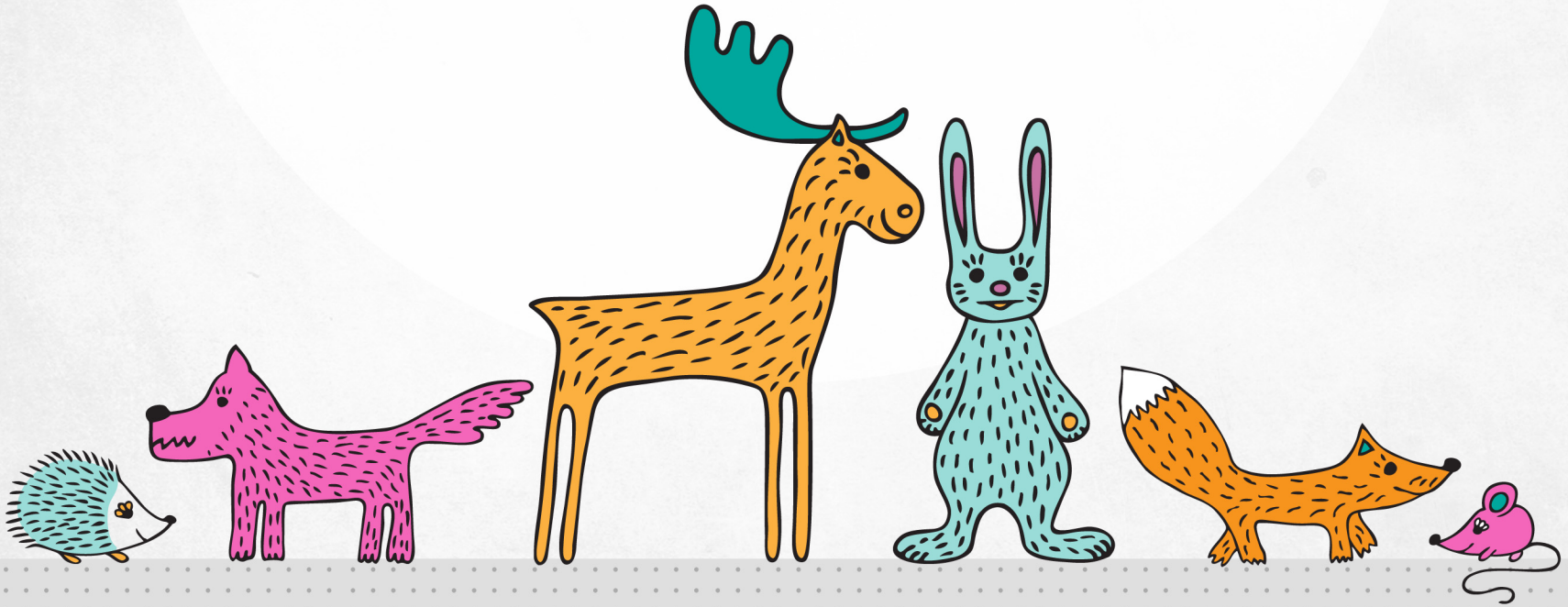Mein Freundebuch