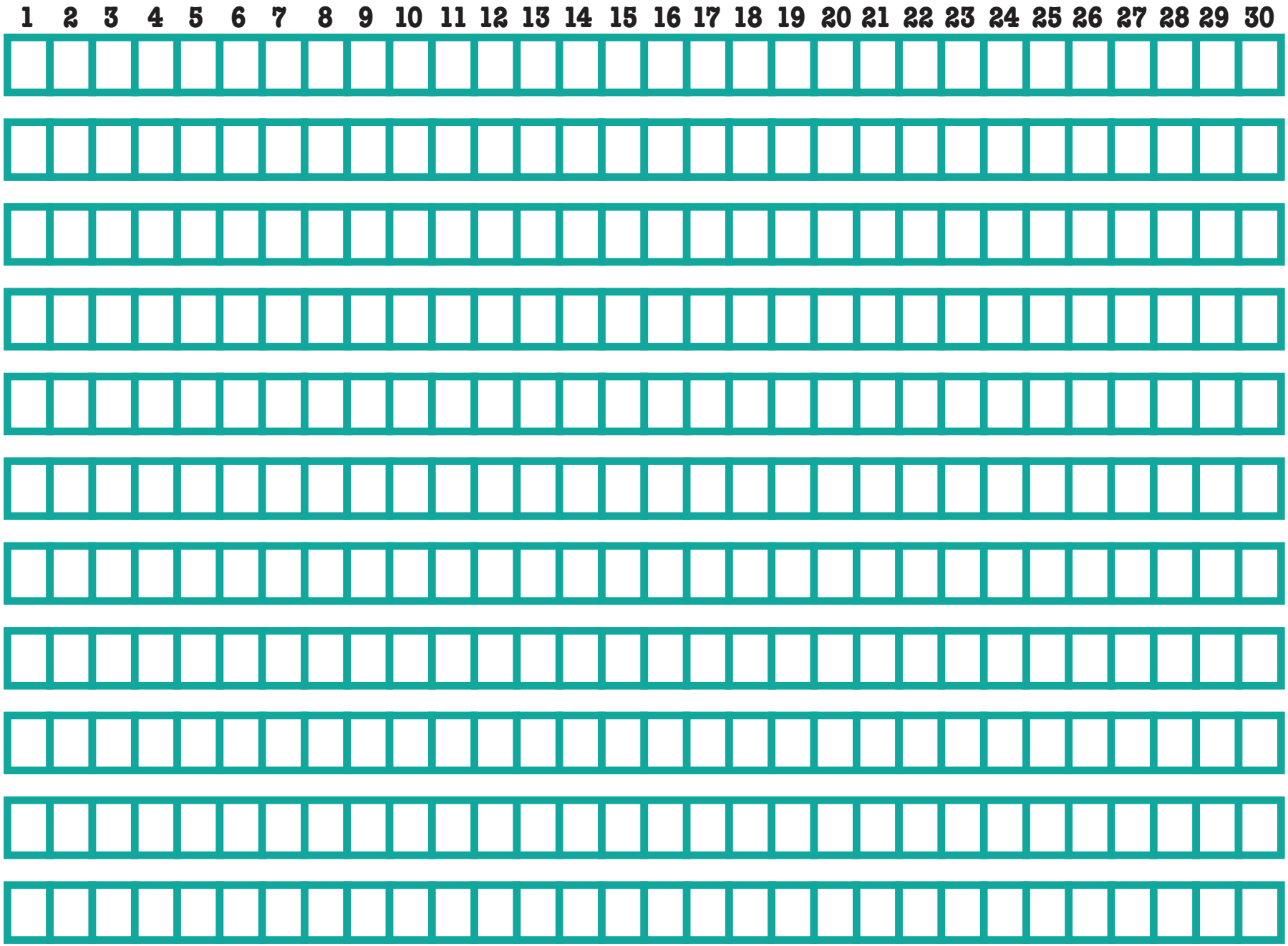THE DAILY HABIT: