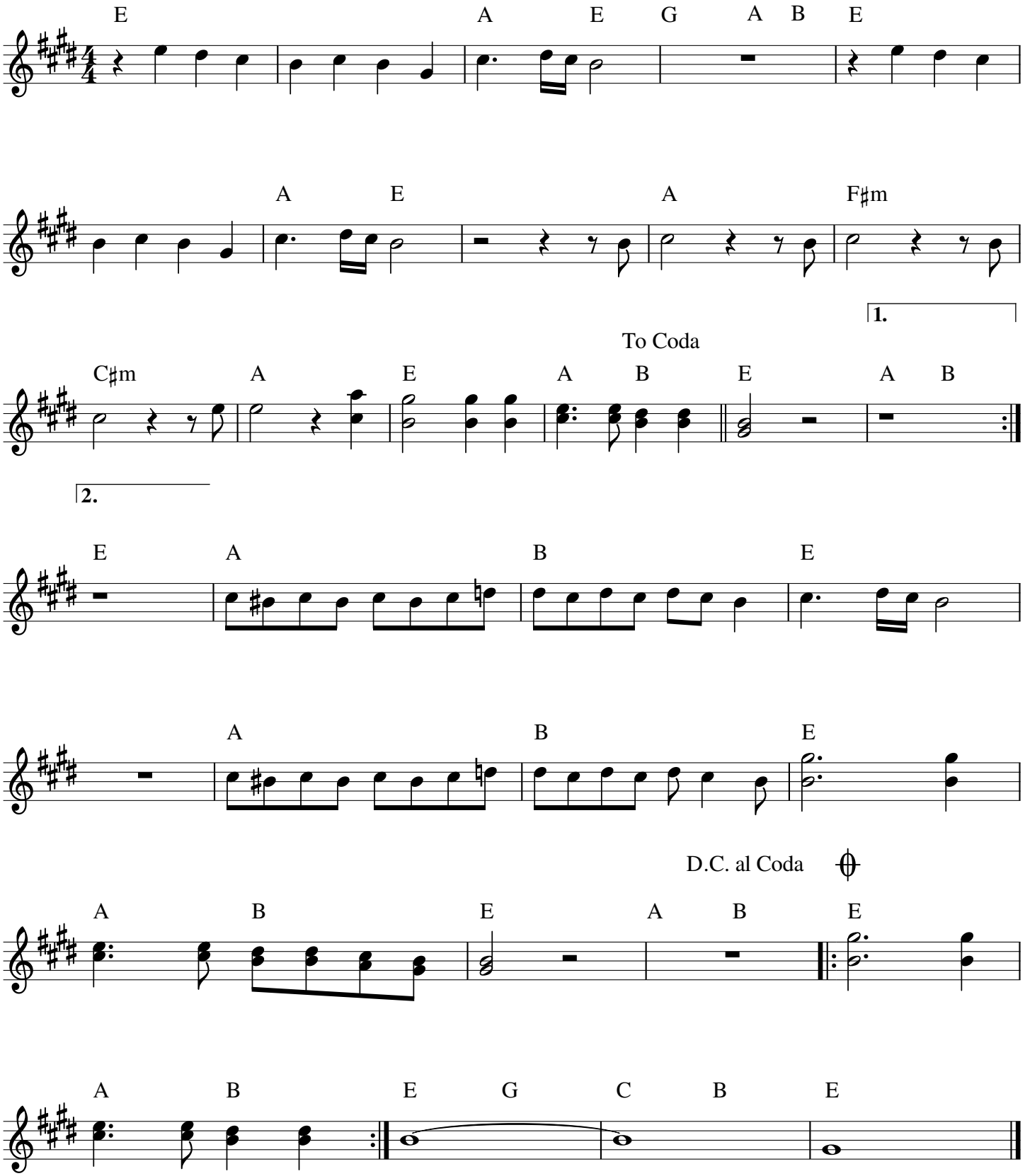Please Please Me