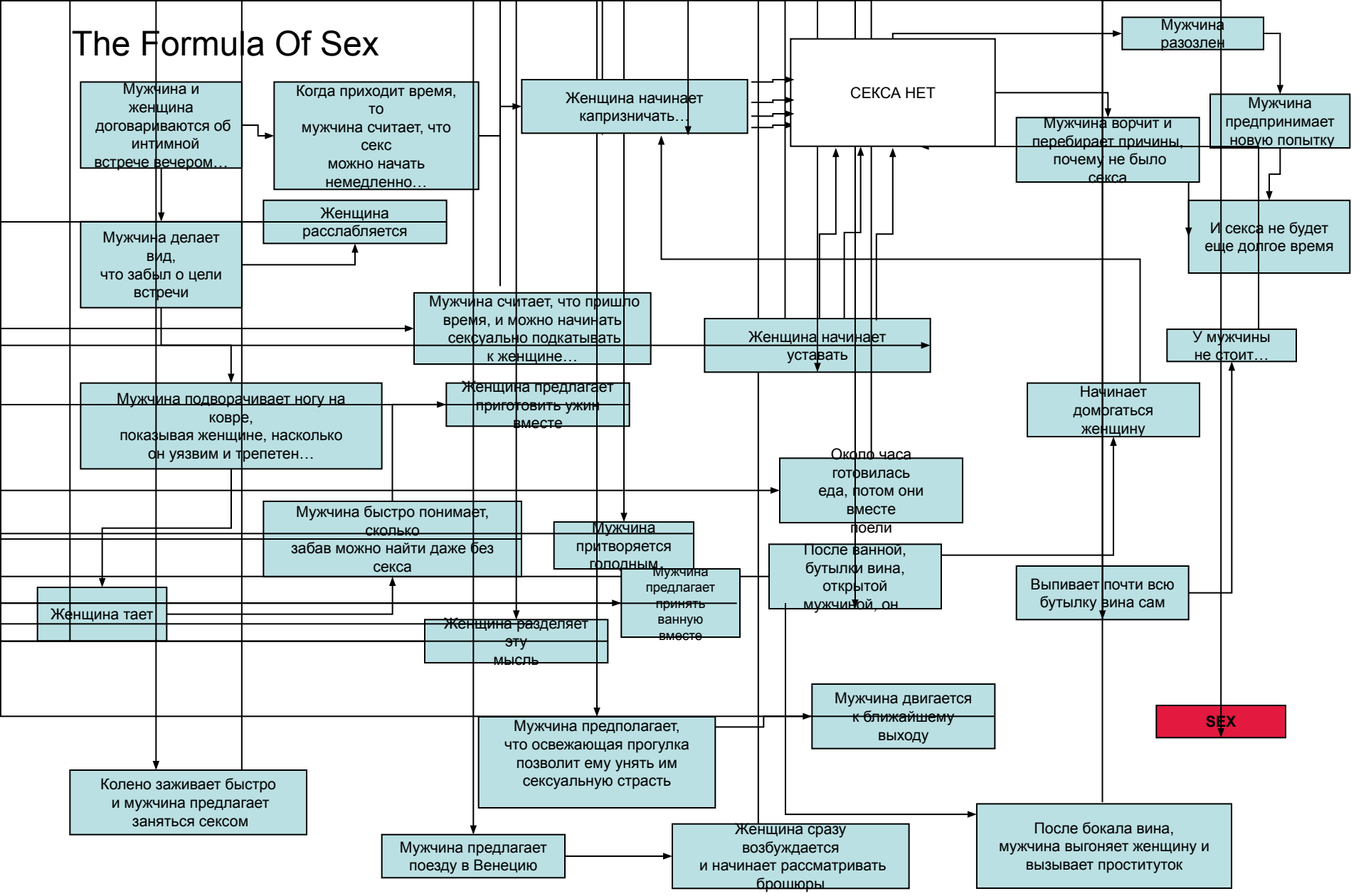The Formula Of Sex