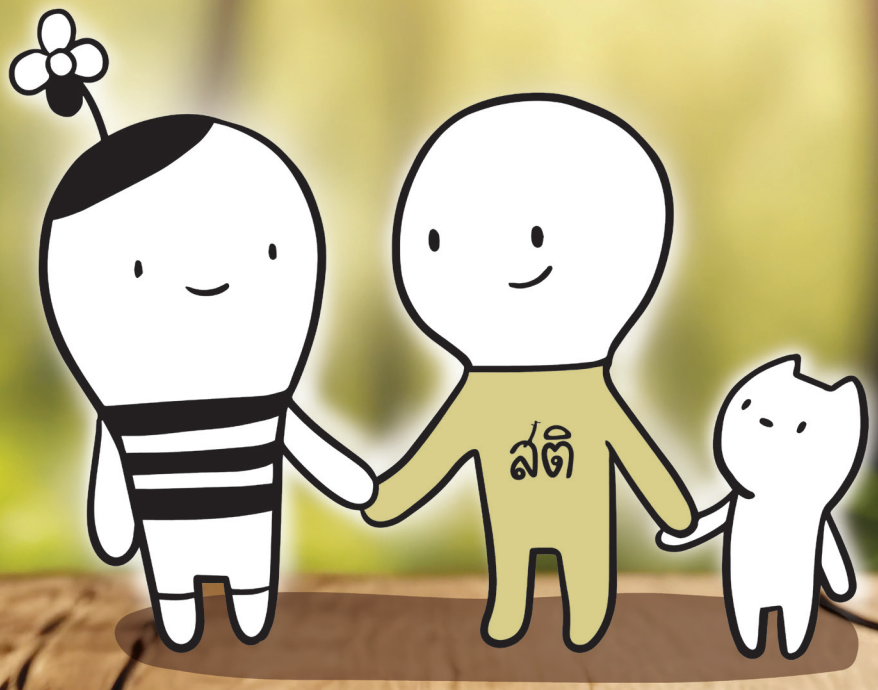มีสติเป็นเพื่อนใจ