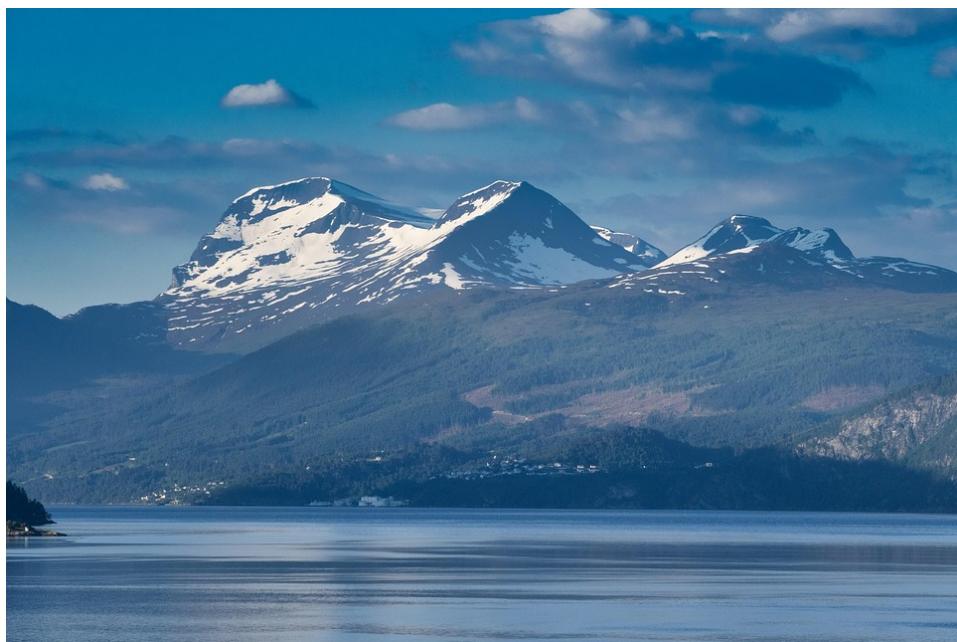


MEIN FITNESS

B cfX]WK U`_]b[. 'A Y\ f'U`g'bi f
GdUn]YfYb[Y\ Yb

B cfX]WK U`_]b['\Uh'g]W\]b 'XYb ``YhnhYb 'J\ fYb 'U`g'Y]bY 'XYf
YZZY_h]j ghYb 'GdcfhUfhYb 'ni f': ØfXYfi b['XYf'U``[Ya Y]bYb
; Ygi bX\ Y]h'YhUV`]Yfh"·8]Y ?ca V]bUh]cb 'Ui g'; Y\ Yb 'i bX 'XYa
[Yn]Y`hYb '9]bgUhn]j cb 'gdYn]Y``Yb 'GhØW_Yb 'Vf]b[h'b]W\ h'bi f
d\ mg)c`c[]gW\ Y`J cfhY]`Y `a]h'g]W\ ž'gcbXYfb 'gd]Y`h'Ui W\ 'Y]bY
YbhgW\ Y]XYbXY 'Fc ``Y 'ZØf'XUg'dgmW\]gW\ Y 'K c\ `VYZ]bXYb 'XYf
5i gØVYbXYb"·8]YgY '5bU`mgY 'k]fX 'g]W\ 'ni bÀW\ gh'a]h'XYb
d\ mg)c`c[]gW\ Yb 'J cfhY]`Yb 'XYg 'BcfX]WK U`_]b[g 'VYZUggYbž
X]Y 'g]W\ 'Ui g 'XYf'5_h]j]Yfi b['nU\ `fY]W\ Yf'A i g_Y`[fi ddYb
i bX 'XYf'J YfVYggYfi b['XYf'<Yfn! ?fY]g`Ui Z: i b_h]cb 'Yf[YVYb"
5bgW\ `]Y» YbX 'k]fX 'Ui Z'X]Y 'HYW\ b]_Yb 'i bX 'X]Y 'bch'k YbX][Y
5i gfØghi b['Y]b[Y[Ub[Ybž'X]Y 'ZØf'Y]b 'YZZY_h]j Yg'HfU]b]b[
i bYf'Àgg]W\ 'g]bX"·GW\ `]Y» `]W\ 'k]fX 'X]Y '5i gk]f_i b['j cb
B cfX]WK U`_]b['Ui Z/ Ua dΛY``]d/



B cfX]WK U`_]b['\Uh'g]W\]b 'XYb ``YhnhYb 'J\ fYb 'U`g'Y]bY 'XYf
YZZY_h]j ghYb 'GdcfhUfhYb 'ni f': ØfXYfi b['XYf'U``[Ya Y]bYb
; Ygi bX\ Y]h'YhUV`]Yfh"·8]Y ?ca V]bUh]cb 'Ui g'; Y\ Yb 'i bX 'XYa

[Yn]Y`hYb`9]bgUhn`j cb`gdYn]Y``Yb`GhÒW_Yb`Vf]b[h`b]WKh`bi f
d\mg]c`c[]gWY`J cfhY]Y`a]h`g]Wž`gc bXYfb`gd]Y`h`Ui W`Y]bY
Yb hgWY]XYbXY`Fc``Y`ZØf`XUg`dgmW]gWY`K c\`VYZ]bXYb`XYf
5i gØVYbXYb``8]YgY`5bU`mgY`k]fX`g]W`ni bÀWgh`a]h`XYb
d\mg]c`c[]gWYb`J cfhY]Yb`XYg`BcfX]WK U`_]b[g`VYZUggYbž`X]Y`g]W
Ui g`XYf`5_hj]Yfi b[`nU\`fY]WYf`A i g_Y`[fi ddYb`i bX`XYf
J YfVYggYfi b[`XYf`<Yfn!`?fY]g`Ui Z!: i b_h]cb`Yf[YVYb"
5bgW`]Y»YbX`K]fX`Ui Z`X]Y`HYWb]_Yb`i bX`X]Y`bch`k YbX][Y
5i gfØghi b[`Y]b[Y[Ub[Ybž`X]Y`ZØf`Y]b`YZZY_hj]Yg`HfU]b[
i bYf`Agg]W`g]bX"GW`]Y`]W`k]fX`X]Y`5i gk]f_i b[`j cb`BcfX]W
K U`_]b[`Ui Z`X]Y`dgmW]gWY`; Ygi bX\Y]h`gck]Y`X]Y`gcn]U`Y
=bhYfU_h]cb`VY`Yi W`hYhž`k Ug`X]Y`[Ubn\Y]h`]WY`6YXYi hi b[`X]YgYf
GdcfhUfh`i bhYfghfY]W`h`=b`Y]bYf`NY]hž`]b`XYf`X]Y`6YXYi hi b[`j cb
_ØfdYf]W`Yf`5_hj]h`h`gck c\`ZØf`X]Y`_ØfdYf]W`Y`U`g`Ui W`ZØf`X]Y
[Y]gh][Y`; Ygi bX\Y]h`VfY]h`UbYf`Ubbh`k]fXž`V]YhYh`BcfX]WK U`_]b[
Y]bY`UhhfU_hj]Y`A Ø[`]W`_Y]hž`X]YgY`N]Y`Y`ni `YffY]W`Yb"

8]Y`d\mg]c`c[]gWYb`J cfhY]`Y`XYg`BcfX]W
K U`_]b[

BcfX]WK U`_]b[`]gh`Y]bY`GdcfhUfhž`X]Y`g]W`Xi fW`X]Y`J Yfk YbXi b[
j cb`gdYn]Y``Yb`@Ui ZghÒW_Yb`Ui gnY]W`bYh`i bX`g]W`]b`XYb`Yhnh`Yb
`U\`fYb`ni bY\`a YbXYf`6Y`]YVh\`Y]h`YfZfYi h\`Uh`8]YgY`; cfa`XYg
; Y\`Ybg`V]YhYh\`nU\`fY]W`Y`d\mg]c`c[]gWY`J cfhY]`Yž`X]Y`gck c\`
X]Y`_ØfdYf]W`Y`;]hbYgg`U`g`Ui W`X]Y`U`[Ya`Y]bY`; Ygi bX\Y]h
ZØfXYfb`_ØbbYb`=b`XYf`Zc`[YbXYb`5bU`mgY`k YfXYb`X]Y
k YgYbh]W`Yb`J cfhY]Y`j cb`BcfX]WK U`_]b[`bÀ\`Yf`VY`Yi W`hYh`

9]b`nYbhU`Yf`d\mg]c`c[]gWYf`J cfhY]`j cb`BcfX]WK U`_]b[`]gh`X]Y`
J YfVYggYfi b[`XYf`<Yfn!`?fY]g`Ui Z!: Ygi bX\Y]h`Ghi X]Yb
nY][Ybž`XUgg`X]Y`[`Y]W`nY]h`[Y`J Yfk YbXi b[`XYf`5fa`Y`i bX`6Y]bY
VY]a`BcfX]WK U`_]b[`X]Y`<YfnZfYei`Ybn`g][b]Z]_Ubh`Yf\Ø\hž`k Ug`ni
Y]bYa`YZZ]n]YbhYfYb`<Yfn!`?fY]g`Ui Z`Gmgh`Y`ZØ\`fh`9]bY
I`bhYfgi W`i b[`XYf`5a`Yf]W`Ub`<YUfh`5ggc`W`Uh]cb`\`Uh`Yf`YVYbž`XUgg
BcfX]WK U`_]b[`X]Y`_UfX]cj`Ug_i`ÀfY`5i`gXUi`Yf`i`a`V]g`ni`&)`i
ghY][Yfb`_Ubb`Gca`jh`k`fX`BcfX]WK U`_]b[`Ya`dZc\`Ybž`i`a`XUg
F]g`c`j`cb`<Yfn!`?fY]g`Ui Z`9f_fUb`i`b[`Yb`ni`fYX`i`n]YfYb"

8]Y'A i g_i `Uhi f'XYg? ØfdYfg'dfcZjh]Yfh'YYbZU`g'Yf\YV']W\ j cb
X]YgYf'GdcfhUfh'·BcfX]WK U`_]b['U_hj]Yfh'V]g'ni '- \$'i 'XYf
A i g_i `Uhi f'k Ug]a 'J Yf['Y]W\ ni a 'bcfa U'Yb'; Y\Yb'Y]bYb
g][b]Z_UbhYb'JcfhY]`XUfghY``h'GhÀf_YfY'A i g_Y[fi ddYb'k]Y'XYf
F ØW_YbžX]Y'6Y]bY i bX'X]Y'GW\ i 'hYfb'k YfXYb'hfU]b]Yfhž'k Ug'ni
Y]bYf'j YfVYggYfhYb'? ØfdYf\U'hi b['i bX'j Yff]b[YfhYa
J Yf'Yhni b[gf]g]_c 'ZØ\ fYb' _Ubb"·8]Yg']gh'VYgc bXYfg'j cfhY]`UZh'ZØf
A YbgW\YbžX]Y'cZh'gYXYb'hÀf'UfVY]hYb'cXYf'k Yb]['_ØfdYf']W\Y
5_hj]hÀh'j b[']\fYb'5``hU[']bhY[f]YfYb"

8 UfØVYf'\]bUi g`\Uh'BcfX]WK U`_]b['Y]bYb'[fc»Yb'9]bZi gg'Ui Z
X]Y'; Y`Yb_[Ygi bX\Y]h"·8U'X]Y'GhØW_Y'U'g'ni gÀhn']W\Y
I bhYfghØhni b['X]YbYbžk]fX'XYf'8fi W_Ui ZX]Y'; Y`Yb_Yž
]bgVYgcbXYfY'Ui Z?b]Y i bX'<ØZhYžj Yff]b[Yfh"·b'Y]bYf
I bhYfgi W\i b['XYf'I b]j Yfg]hÀh'j cb'; fUn'k i fXY'ZYgh[YghY``hž'XUgg
DYfgcbYbžX]Y'fY[Y'a À»]['BcfX]WK U`_]b['dfU_h]n]YfYbžk Yb][Yf
ØVYf'; Y`Yb_gW\ a YfnYb' _U[Yb'U'g'DYfgcbYbžX]Y'bi f'x[[Yb'cXYf
bcfa U'Yg'; Y\Yb"·8]Yg'a UW\h'BcfX]WK U`_]b['ni 'Y]bYf
Ya dZY\`Ybgk YfhYb'GdcfhUfh'ZØf'A YbgW\Yb'a]h'; Y`Yb_dfcV`Ya Yb
cXYf', VYf[Yk]W\h"

8]Y'5hYa Z b_h]cb'k]fX'YYbZU`g'Xi fW\ BcfX]WK U`_]b['[YZØfXYfh"
8Yf'_ccfX]b]YfhY'; Ub['i bX'XYf'9]bgUhn'XYf'5hYa '\]Zga i g_i `Uhi f
j YfVYggYfb'X]Y'@ b[Yb_UdUn]hÀh'i bX'X]Y'GUI YfghcZZUi ZbU\ a Y
XYg? ØfdYfg"·I bhYfgi W\i b[Yb'\UVYb'[YnY][hž'XUgg'BcfX]W
K U`_]b['YZZ]n]YbhY'5hYa hYW\ b]_Yb'ZØfXYfhž'X]Y'X]Y'5hYa ZfYe i Ybn
ghUV']]g]YfYb i bX'X]Y'@ b[Yb[Ygi bX\Y]h'ghÀf_Yb"·bZc[YXYggYb
_Ubb'X]Yg'Ui W\ ni 'Y]bYf'9f\Ø\i b['XYf'U''[Ya Y]bYb
@Y]ghi b[gZÀ\][_Y]h]a '5``hU['ZØ\fYb"

Ni gÀhn']W\ hfÀ[h'BcfX]WK U`_]b['ni f'F Y[i `Uh]cb'XYg
? ØfdYf[Yk]W\ hg'VY]"·8]Y'?ca V]bUh]cb'Ui g'?fUZh! i bX
5i gXUi YfhfU]b]b['gcf[h'XUZØfž'XUgg'X]Y'?U'cf]Ybj YfVfYbbi b[
k À\ fYbX'i bX'bUW\ XYa 'HfU]b]b['ghY][h"·@Ui h'Y]bYf'Ghi X]Y'XYf
8Yi hgW\Yb'Gdcfh\cW\gW\ i 'Y'?Ø'b' _Ubb'Y]bY'Ghi bXY'BcfX]W
K U`_]b['a '8i fW\gW\ b]hh(\$\$'V]g'*\$\$'?U'cf]Yb'j YfVfYbbYbž
k Ug'Y'bUW\ ?ØfdYf[Yk]W\ h'i bX'bhYbg]hÀh'j Uf]]Yfh'8Ua]h'Y][bYh
g]W\ BcfX]WK U`_]b['[i h'ni f'; Yk]W\ hg_cbhfc'Y'cXYf'!fYXi _h]cb"

5VgW\`]Y» YbX ``Àggħiġ]W\` gU[Ybž̄XUgḡBcfX]WK U`_]b[`Y]b
i a ZUggYbXYg_ÒfdYf]W\` YḡHfU]b]b[`V]YhYhž̄XUḡb]W\` h̄bi f̄X]Y
d\mg]gW\` Y :]hbYgḡghY][Yfhž̄gcbXYfb̄Ui W\` X]Y ; Ygi bX\Y]h̄]b
j]Y`Yb̄5gdY_hYb̄i bhYfghØhnh̄8]Yḡa UW\`Yḡni `Y]bYf̄UhhfU_h̄]j Yb
K U\ ``ZØf̄A YbgW\`Yb̄YYb̄5`hYfgž̄X]Y]`fY @YYbgei U]hÀh̄Xi fw\
U_h̄]j Y`6Yk Y[i b[`j YfVYggYfb̄a ÒW\`hYb̄8]Y]j YfgW\`YXYb̄Yb
d\mg]c̄c[]gW\`Yb̄JcfhY]Yž̄[YdUUfh̄a]h̄XYf̄[Yf]b[Yb
J Yf̄Yhni b[g[YZU\`f̄i bX̄XYf̄A Ò[`]W\`Y]hž̄X]Y`B Uhi f̄U_h̄]j ni
Yf̄YYbž̄a UW\`Yb̄BcfX]WK U`_]b[`ni `Y]bYf̄bUW\`U\`h̄] [Yb
:]hbYggU`hYfbUhh̄]j Y"

HYW\`b]_Yb̄i bX̄5i gfØghi b[`ZØf̄YZZY_h̄]j Yḡ
BcfX]WK U`_]b[

BcfX]WK U`_]b[`]gh̄a Y\`f̄U\`ḡbi f̄Y]b̄GdUn]Yf̄Ub[`a]h̄GħØW\`Yb̄/Yḡ
]gh̄Y]bY`ghfi _hi f]Yfh̄gdcfh̄]W\`Y`6YhÀh̄[i b[ž̄X]Y`Y]bY`Ub[Ya YggYb̄Y
HYW\`b]_i bX̄YY][bYhY`5i gfØghi b[`YfZcfXYfhž̄i a `X]Y
YYUVg]W\`h̄] [hYb̄d\mg]c̄c[]gW\`Yb̄JcfhY]Y ni `a UI ja]YfYb̄8]Y
f]W\`h̄] [Y`HYW\`b]_`_Ubb\`X]Y`6Y`Ughi b[`XYf̄; Y`Yb̄_Y`a]b]a]YfYbž̄X]Y
A i g_i `Uhi f̄cdh̄a U\`U_h̄]j]YfYb̄i bX̄X]Y`5i gXUi Yf̄Y]ghi b[
ghY] [Yfb̄"

HYW\`b]_Yb̄XYḡBcfX]WK U`_]b[.

%" GhcW\`Y]b̄gUhñ. 8]Y`J Yfk YbXi b[`j cb̄GħØW\`Yb̄]gh̄XUḡ
A Uf_YbnY]W\`Yb̄XYḡBcfX]WK U`_]b[g"8]Y`GħØW\`Y`k YfXYb̄
]b̄Y]bYa`X]U[cbU\`Yb̄F\`mħla i ḡY]b[YgYhnhž̄VY]`XYa`XYf̄
f̄YW\`hY`GħcW\`a]h̄XYa`]b̄Yb̄: i » `i bX̄i a [Y`Y\`fh̄
_ccfX]b]Yfh̄k]fX"8]YḡYf̄\Ò\h̄b]W\`h̄bi f̄XYb̄
?U\`cf]Ybj YfVfUi W\`ž̄gcbXYfb̄ZØfXYfh̄Ui W\`Y]bY
Ui g[Yk c[YbY`?ÒfdYf\`U\`h̄ b["

&" CVYf_ÒfdYffchUh]cb. 9]bY`bUhØf̄]W\`Y`FchUh]cb̄XYḡ
CVYf_ÒfdYfḡk À\`fYbX̄XYḡ; Y\`Ybḡ]gh̄Yb̄hgW\`Y]XYbX̄ZØf̄
X]Y`5_h̄]j Yfi b[`XYf̄Fia dZa i g_i `Uhi f"8]Y`5fa Y`gc`hYb̄
a]h̄Y]bYf̄cZZYbYb̄ < UbX\`U\`h̄ b[`gW\`k]b[Ybž̄k cVY]`X]Y
9``Vc[Yb̄`Y]W\`h̄Ub[Yk]b̄_Y`h̄g]bXž̄i a `Y]bY`Z]Y» YbXY
6Yk Y[i b[`ni ` [Yk À\`f̄Y]ghYb̄"

" " GWX f]hhhYWX b]_. '9]b ``Y]WX hYf'K YWX gY``nk]gWX Yb'J cf! i bX
 F ØW_Z » ']gh'k]WX h][ž'i a 'X]Y'GWX f]hh'Ab[Y'ni 'cdh]a]YfYb"
 8]Y': YfgY'gc``hY'ni Yfgh'XYb'6cXYb'VYfØ\fYbž[YZc`[h'j ca
 : i » [Yk Ø`VYž'i a 'XYb'5i ZdfU``ni 'XÀa dZYb'i bX'X]Y
 ?ØfdYfVU'UbWX'ni 'Yf\U'hYb"

8]Y'f]WX h][Y'GWX i \k U\ ``]gh'YVYbZU``g'Yb hgWX Y]XYbX'ZØf'XUg'BcfX]W
 K U`_]b[""<]YfVY]'k]fx'Ya dZc\`Ybž'gdYn]Y``Y'BcfX]WK U`_]b[!
 GWX i \Y'ni 'j Yfk YbXYbž'X]Y'Y]b][Y'gdYn]ZgWX Y'9][YbgWX UZhYb
 Ui Žk Y]gYb.

- ; i hY'8Àa dZi b[. 'l a 'X]Y'; Y'Yb_Y'VY]`YXYa 'GWX f]hh'ni
 Ybh'UghYb"
- F i hgWX g]WX YfY'Gc\`Y. 'l a 'Y]bYb'g]WX YfYb '<U'h']b
 j YfgWX]YXYbYb'; Y'ÀbXYb'ni '[Yk À\ f'Y]ghYb"
- : `YI]V`Y'Ghfi _hi f. '8Ua]h'XYf'GWX i \`X]Y'bUhØf']WX Y
 : i » VYk Y[i b['i bhYfghØhnh"

5i gfØghi b[gXYhU]`g

8]Y'K U\ ``XYf'GhØW_Y']gh'Y]b'f]h]gWX Yf'5gdY_h'XYf'5i gfØghi b["
 BcfX]WK U`_]b[!GhØW_Y'gc``hYb'Ui g'\cWX k Yfh][Yb'A UhYf]U']Yb'k]Y
 'Y]WX hYa '5'i a]b]i a 'cXYf'7UfVcb'[YZYfh][h'gY]b" '8]Yg'fYXi n]Yfh
 XUg'; YgUa h[Yk]WX h'i bX'j YfVYggYfh'X]Y'<UbX\UVi b[""9]b
 k]WX h][Yg'A Yf_a U`'g]bX'Ui WX'X]Y'j YfghY'`VUfYb'GhcW_`Ab[Ybž
 X]Y'Y]bY']bX]j]Xi Y``Y'5bdUggi b['Yb hgdfYWX YbX'XYf'?ØfdYf[fØ» Y
 Yfa Ø[`]WX Yb""

GhcW_a UhYf]U`	; Yk]WX h	JcfhY]`Y
5'i a]b]i a	@Y]WX h	; i hY'GhUV]`]hÀh
7UfVcb	I`hfU!`Y]WX h	<c\Y': `YI]V']]hÀh'i bX 8Àa dŽ b[

K Y]hYfY'H]ddg'ni f'5i gfØghi b[.

- <UbXgWX i \Y. 'GdYn]Y``Y'BcfX]WK U`_]b[!<UbXgWX i \Y
 gWX ØhnYb'X]Y'<ÀbXY'i bX'j YfVYggYfb'XYb'; f]d'Ub'XYb
 ; f]ZZYb"

- 6Yei Ya Y'GdcfhVY_`Y]Xi b[. '5ha i b[gU_hj] Y'i bX
Y`Ugh]gWY A UhYf]U`]Yb ZOfXYfb X]Y 6Yk Y[i b[gZFY]\Y]h'i bX
XYb : Yi WY h][_Y]hghfUb gdcfh"

I a 'XYb [fÒ»ha Ò[`]WYb Bi hnYbUi g'XYa 'BcfX]WK U`_]b['ni
n]Y\Ybž]gh'Yg'fUhgUa žX]YgY HYWb]_Yb 'i bX '5i gfØghi b[gXYhU`g
ni 'VY\YffgWYb 'i bX 'fY[Y'a À»]['ni 'ØVYb" 8i fWY 'X]Y ?ca V]bUh]cb
Ui g'_cffY_hYf HYWb]_i bX 'dUggYbXYf '5i gfØghi b['k]fX 'Y]b
YZY_hj] Yg'HfU]b]b['Yfa Ò[`]WY hžXUg'gck c\`X]Y 'd\mg]gWYb 'U'g
Ui WY 'X]Y 'dgmWY]gWYb JcfhY]Y 'X]YgYf GdcfhUfh\Yfj cf\YVh"

9]bZ'i gg'Ui Z'X]Y 'dgmWY]gWY'; Ygi bX\Y]h'i bX
gc n]U`Y 'b hYfU_h]cb

8]Y 'J YfV]bXi b['nk]gWYb '_ØfdYf]WYf 5_hj] hÀh'i bX 'dgmWY]gWYf
; Ygi bX\Y]h']gh]b XYf'k]ggYbgWYUZh]WYb '@hYfUh f'[i h
Xc_i a Ybh]Yfh' BcfX]WK U`_]b[žY]bY : cfa 'XYg '5i gXUi YfhfU]b]b[gž
ZOfXYfhb]WYhbi f'X]Y 'd\mg]gWY :]hbYggžgcbXYfb '\UhUi WY
g][b]Z_UbhY '5i gk]f_i b[Yb 'Ui Z'XUg'dgmWY]gWY 'K c\`VYZ]bXYb"
Ghi X]Yb 'nY][YbžXUgg'XUg'; Y\Yb]b XYf'BUh fž_ca V]b]Yfh'a]h'XYf
J Yfk YbXi b['j cb :]hbYggghØW_YbžGhfYgg'UVVUi Yb 'i bX 'X]Y
Gh]a a i b['j YfVYggYfb '_Ubb"

8]Y 'fY[Y'a À»][Y '5i gØVi b['j cb 'BcfX]WK U`_]b['hfÀ[h'ni f
t f YXi _h]cb 'j cb '5b[ghni ghÀbXYb t 'i bX 't 8YdfYgg]cbYb t 'VY]"
8]Y 6Yk Y[i b['gh]a i 'Yfh'X]Y : fY]gYhni b['j cb '9bXcf d\]bYbžX]Y
U'g'bUhØf]WY 'K c\`ZØ\`cfa cbY '[Y'hYb" 9bXcf d\]bY '_ØbbYb
\Y'ZYbžXUg'U'[Ya Y]bY 'K c\`VYZ]bXYb 'ni 'ghY][Yfb 'i bX'; YZØ\`Y
j cb : 'ØW_ 'i bX 'Ni Z]YXYb \Y]h'ni 'ZOfXYfb"

9]b 'k Y]hYfYf'VYXYi hYbXYf'5gdY_h]gh'X]Y 't gcn]U`Y 'b hYfU_h]cb t ž
X]Y 'VY]a 'BcfX]WK U`_]b['cZh]a 'JcfXYf[fi bX 'ghY\h" 'J]Y`Y
A YbgWYb bY\ a Yb 'Ub : fi ddYbU_hj] hÀhYb 'cXYf? i fgYb 'hY] ž'k Ug
ni 'Y]bYf'J YfVYggYfi b['XYf'gcn]U`Yb '6UbXY 'i bX 'Y]bYf'GhY][Yfi b[
XYg'; Ya Y]bYgWYUZhg[YZØ\`g'ZØ\fh" 8]YgY'gcn]U`Yb '6Yn]Y\ i b[Yb
_ØbbYb 'YggYbh]Y ``Y 'l b hYfghØhni b['V]YhYb 'i bX 'XUg'; YZØ\ ``XYf
=g'Uh]cb 'j Yfa]bXYfbž'k Ug'VYgcbXYfg'ZØf'A' hYfY '9fk UWYgYbY 'j cb
6YXYi hi b['jgh"

I b hYfgi W i b[Yb ' \UVYb '[YnY][h' XUgg' X]Y ' HY]b U\ a Y ' Ub
; fi ddYbU_hj] hÀhYb ' k]Y ' BcfX]WK U'_]b[' X]Y ' f K U\ fbY\ a i b[' j cb
gcn]U`Yf' I b hYfghØhni b[f ' Yf\ Ø\ h' ' 9]b Y ' ghUf_Y ' gcn]U`Y
I b hYfghØhni b[']gh' Yb hgW Y]XYbX' ZØf' XUg' dgmW]gW Y' K c\ `VYZ]bXYb
i bX' _Ubb' Ui W X]Y ' U` [Ya Y]b Y '@VVYbgei U]hÀhj YfVYggYfb" ' K Ybb
A YbgW Yb' [Ya Y]b gUa ' hfU]b]YfYbž' hUi gW Yb' g]Y ' 9fZU\ fi b[Yb' Ui g
i bX' a chj] YfYb' g]W ' [Y[YbgY]h[ž' k Ug' X]Y ' 6]bXi b[' ghÀf_h"

5gdY_h

9]bZi gg

GhfYggUVVUI	9f\ Ø\ i b[' XYg' K c\ `VYZ]bXYbg Xi fW ' 9bXcfd\]bdfcXi _h]cb
Yb[ghY' i bX' 8YdfYgg]cbYb	FYXi n]Yfi b[' j cb' Gma dhca Yb Xi fW ' fY[Y'a À»][Y' 6Yk Y[i b[
Gcn]U`Y' b hYfU_h]cb	GhÀf_i b[' XYf' gcn]U`Yb 6]bXi b[Yb' b'; fi ddYb
; Ya Y]b gW UZhg[YZØ\`	9f\ Ø\ i b[' XYg Ni [Y\ Øf][_Y]hg[YZØ\`g

8 UfØVYf' \]bUi g'nY][h' X]Y': cfgW i b[ž' XUgg' X]Y ' B Uhi fž']b ' XYf
BcfX]WK U'_]b[' dfU_h]n]Yfh' k]fxž' Y]b Y' ni gÀhn']W Y' d'cg]hj] Y
K]f_i b[' ui Z' XUg' dgmW]gW Y' K c\ `VYZ]bXYb' \Uh' ' 8Ug'; Y\Yb']b
[fØbYb' I a [YVi b[Yb' _Ubb' f' GhfYgg' fYXi n]YfYb' f' ž' X]Y
? cbnYbhfUh]cbgZÀ\][_Y]hj YfVYggYfb' i bX']b' j]Y' Yb' : À``Yb' gc[Uf
X]Y' ? fYUhj] hÀh' ZØfXYfb" ' 8]Y' K YW gY' k]f_i b[' nk]gW Yb
_ØfdYf']W Yf' 6YhÀh][i b[' i bX' XYf' I a [YVi b[' gh' Y]b' k]W h][Yf
: U_hcfž' XYf' b]W h] YfbUW ' Ágg][h' k YfXYb' gc' ' hY"

Ni gUa a YbZUggYbX' Ágg' g]W ' gU[Ybž' XUgg' BcfX]WK U'_]b[' b]W h
bi f' Y]b Y' YZZY_hj Y' A Yh\ cXY' ni f' GhY][Yfi b[' XYf' _ØfdYf']W Yb
:]hbYgg']ghž' gcbXYfb' ui W ' Yf\ YV']W Y' dgmW]gW Y' J cfhY] Y' V]YhYh'
8]Y' ? ca V]bUh]cb' j cb' 6Yk Y[i b[ž' B Uhi f' i bX' gcn]U`Yf' b hYfU_h]cb
k]f_h' gmbYf[]gh]gW ' i bX' i b hYfghØhnh' X]Y' dgmW]gW Y' ; Ygi bX\ Y]h]b
j]Y' ZÀ' h][Yf' K Y]gY' ' 8U\ Yf' gc' ' hYb' HY] bY\ a Yf' X]Y' gcn]U`Yb' 5gdY_hY
i bX' X]Y' VYfY]W YfbXY' B Uhi fYfZU\ fi b[' b]W h' i b hYfgW ÁhnYb"

8 YhU]`g

6Ygi WX Yb 'G]Y 'i bg'Ui Z 'a Y]b!ZjhbYgg"bYh