

# MEIN FITNESS

K Ug' = A b Yb 'b]Ya UbX'gU[ hž'k c b UWX'G]Y'VY]  
 Y]bYf'[ Ygi bXYb'9fbÀ\fi b[ 'gi WX Yb'gc``Yb  
 XYf'K cWX Y'ØVYfdfØZYb'k ]f'XUg'; YYXVUW\_j cb'7cUWX]b[ !  
 ?i bXYb'i bX '@YgYfb'XYf'K YVg]hY'gck ]Y'i bgYfY'9!A U]`g".'9]bY  
 XYf'\Ài Z][ ghYb': fi ghfUh]cbYb'VYghY\h'XUf]bž  
 \YfUi gni Z]bXYbž'k Ug'ni 'YggYb'']ghž']bgVYgcbXYfY'ni 'k ]ggYbž  
 k cfUI Z'VY]'Y]bYf'[ Ygi bXYb'9fbÀ\fi b[ 'ni 'UWX hYb'']gh".'8Yf  
 ; fi bX'ZØf'XYb'?Ua dZ]ghž'XUgg'b]WX h'\_Uf']ghž'k c'XUg  
 DfcV'Ya 'VY\cVYb'k YfXYb'gc``''9g']gh'b]WX h'gcz'U'g'k ØfXY  
 XUg'9ggYb'Y]bYg'@VVYbga ]hhY'g'd'Øhn']WX'ÀfY'9fbÀ\fi b[  
 j YfVYggYfb".'K U\fgWX Y]b']WX 'k ]ggYb'G]Y'VYfY]hgž'k Ug'À bYb  
 ]a 'K Y[ 'ghY\h'.'K ]f'\ØfYb'XfY]'[ Ya Y]b gUa Y'<]bXYfb]ggY.  
 NY]h'fbXYf'XYfYb': Y\`Yb\J Yfk ]ffh\Y]h'fb]WX h'g]WX Yfž'k Ug'ni  
 hi b'cXYf'ni '[ 'Ui VYb']ghŁ'A ch]j Uh]cb'NY]ha Ub[ Y'']gh'Y]b  
 ?Ua dZ/ Ua d\Y'']d/



XYf'K cWX Y'ØVYfdfØZYb'k ]f'XUg'; YYXVUW\_j cb'7cUWX]b[ !?i bXYb  
 i bX '@YgYfb'XYf'K YVg]hY'gck ]Y'i bgYfY'9!A U]`g".'9]bY'XYf  
 \Ài Z][ ghYb': fi ghfUh]cbYb'VYghY\h'XUf]bž'\YfUi gni Z]bXYbž'k Ug'ni

YggYb ]ghž]bgVYgcbXYfY ni k ]ggYbžk cfUi Z'VY]Y]bYf[ Ygi bXYb  
9fbÀ\fi b[ ni UW hYb ]gh"

8Yf'; fi bX ZØf'XYb ?Ua dZ]ghžXUgg'b]W h\_`Uf']ghžk c 'XUg'DfcV`Ya  
VY\c VYb k YfXYb gc ````9g]gh'b]W h'gcžU'g'k ØfXY'XUg'9ggYb'Y]bYg  
@YVYbga ]hhY`g'd`Øhn']W h`fY'9fbÀ\fi b[ j YfVYggYfb"

K U\fgW Y]b`]W h'k ]ggYb'G]Y'VYfY]hgžk Ug'ÀbYb'a'K Y[ 'ghY\h'K ]f  
\ØfYb'XfY][ Ya Y]bgUa Y<]bXYfb]ggY.'

%" NY]h'fbXYf'XYfYb': Y\`YbŁ  
&" J Yfk ]ffh\Y]h'fb]W h'g]W h'fžk Ug'ni'hi b'cXYf'ni'[ `Ui VYb  
]ghŁ  
' " A c h]j Uh]cb

NY]ha Ub[ Y`]gh`Y]b ?Ua dZ ZØf'U`Y''8Yf'J Yfgi W h'ny]h'ni  
[ Yk ]bbYbžk ]fX'YXcW h'Y]bZUW h'fžk Ybb'G]Y'J Yfk ]ffh b[  
VYgY]h[ Yb'i bX'X]Y'A ch]j Uh]cb'ghY][ Yfb' \_ØbbYb"

I bX'cVk c\`Yg'g]W h'i a'i b hYfgW h'YX]W h'Y' H\Ya Yb'\UbXY`hžg]bX  
VY]XY'Yb[ 'a ]hY]bUbXYf'j YfVi bXYb"

ø\U'hgj YfnY]W h'b]g

- K Ug'j Yf\]bXYfhžXUgg'Y]bY[ i hY'9fbÀ\fi b[ 'Z b\_h]cb]Yfh
- ( ' ; Yk c\ b\Y]hYbžX]Y'YXY'8 ]Àh'YZZY\_h]j Yf'a UW hYb
- Gc'V'Y]VYb'G]Y'a ch]j ]Yfh'fUi W h'k Ybb'X]Y'G\_U'U'ghY][ hŁ
- Gc'\U'hYb'G]Y'g]W h'Ub'ÀfY'8 ]Àh
- øhYfgg]Yfh'Ub'Y]bYa' ]Xi Y`Yb'9fbÀ\fi b[ gd'Ub3

K Ug'j Yf\]bXYfhžXUgg'Y]bY[ i hY'9fbÀ\fi b[  
Zi b\_h]cb]Yfh

= a '6i W h'GK ]hW . 'K ]Y'a Ub'8]b[ Y'ÀbXYfhžk Ybb

J YfÀbXYfi b[ Yb 'gWX k ]Yf][ 'g]bX8]Y '5i hcFYb '7\ ]d 'i bX '8 Ub  
< YUh\ 'Yf\_`ÀfYbž'XUgg' ≈ fY 'l b\_`Uf\ Y]h'VY]XY 'i b hYf[ fÀVh"  
  
→ b ']\ fYa '6i WX 'gdfUWX Yb 'X]Y < YUh\ '6fc h\ Yfg' ØVYf 'XUg'; YgWX ÀZh  
i bX 'VYUbhk cfhYhYb 'X]Y : fu[ Y. ' K Ufi a 'hi b '≈ fY 'A ]hUfVY]hYf 'b ]WX hž  
k Ug'G]Y 'k c ``Yb3

8 ]Y·5bhk cfh`Ui hYh · K Y]·g]Y·b]Wkh[ YbUi ·k ]ggYbžk Ug·XUg·gh  
cXYf·k ]Y·Yg·[ Y\h"

8 Ug [ ]`hUi Wx `zof `A fY ; Ygi bX\Y]h"

J ]Y``Y]WX h`Yb hgWX Y]XYb`G]Y`g]WX `XUZØfž`VYggYf`ni `YggYbž`UVYf`k Ug  
[ YbUi `VYXYi hYh`XUg3

8]YgY'5fhj cb': fU[ Yb'\_Ubb'& fY'A chj] Uh]cb'nYfghØfYbž'VYj cf'G]Y  
ØVYf\Ui dh'UbZUb[ Yb'"G]Y'g]bX'g]W b]W h'g]W Yfž'k Ug'G]Y'U'g  
BÀW ghYg'hi b'gc``Ybž'U'gc'hi b'G]Y'b]W hg'"C XYf'j ]Y``Y]W h'a UW Yb  
G]Y'Y]b'c XYf'nk Y]GW f]hhYž'\UVYb'XUbb'UVYf'XUg'; YZØ\ž'\_Y]bY  
9f[ YVb]ggY'ni 'Yfn]Y'Yb"6UX'VY[ ]bbh'XYf'[ YgUa hY'D'Ub  
Ui gY]bUbXYfni ZU``Yb"

K Ybb 'G]Y 'b ]W h'g]W Yf 'g]b Xž'XUgg 'Y]b Y 'Y b XYfi b [ 'Y]b Yb  
I b hYfgW ]YX 'VYk ]f\_Yb 'k ]fXž'gh 'Yg 'gW k ]Yf][ ž'g]W 'k ]f\_`]W 'Ui Z  
X]YgY 'Y b XYfi b [ 'Z Y g h n i 'Y [ Y b "

( `; Yk c\ b\ Y]hYbžX]Y .^YXY .8 ]Àh.YZZY\_h]j Yf  
a UW\ Yb

6Yj cf'G]Y .J YfhfUi Yb .]b .ΔfYb .D`Ub [ Yk ]bbYb .\_ÒbbYbž]gh.Yg  
\]ZfY]W\ža Y\ f?`Uf\Y]h]b .ΔfYa .D`Ub .ni .\UVYb"

8]Y <YUh\ .6fc h\ Yfg .Yf \_ÀfYb .XUgžk Ybb .G]Y .Yg .k ]ggYb .[ YbUi  
K Y\W\ Y .YbXYfi b[ Yb .j cf[ Ybca a Yb .k YfXYb .a ØggYb .i bX .G]Y  
gY\YbžXUgg .g]Y .Y]bYb .l bhYfgW\]YX .a UW\ Yb .a ØW\ hYb .G]Y  
k Y]hYf\]b .hi b"

8Ug .]gh .a .K YgYbh]W\ Yb .X]Y .[ `Y]W\ Y .=XY .\ ]bhYf  
[ Yk c\ b\ Y]hgVUg]YfhYa .7cUW\]b . "8i .a UW\ gh .Y]bYb .GW\ f]hhžXUbb  
bcW\ .Y]bYb .i bX .bcW\ .Y]bYb"

8]Y .YbXYfi b[ YbžX]Y .ni f?; Yk ]W\ hgfYXi \_h]cb .YfZcfXYf]W\ .g]bXž  
VY[ ]bbYb .a ]h .Yhk UgžXUg .Y]bZUW\ .YfgW\ Y]bh .GW\ a Yfn .]W\ .Y]bZUW\  
J]Y ``Y]W\ hgc [ Uf ``Ub [ k Y])["

K Ybb .G]Y .Y]bY .[ Ygi bXY .9fbÀ\ fi b[ .Ui ZVUi Yb .a ØW\ hYbžVY [ ]bbh  
X]Yg .b]W\ h'a ]h .YI hfYa Yb .9]bgW\ fÀb .i b[ Ybž6 .i hi b hYfgi W\ i b[ Yb  
cXYf .XYf .Bch\ YbX] [ \_Y]hž .YXY .l bnY .@YVYbga ]hhY ``ni .a YggYb .9g  
VY[ ]bbh .a ]h; Yk c\ b\ Y]hYbžX]Y .ΔbYb .\Y .ZYbžX]Y ? cbhfc ``Y .ØVYf  
.ΔfY .9fbÀ\ fi b[ .ni .VY \U .hYbži bUV\Àb [ ][ .j cb .ΔfYb  
9ggYbgdfÀZYfYbnYb .cXYf .ΔfYa .@YVYbggh]"

8]Yg .VY]b \U .hYh .VYk .À\ fhY .HYW\ b]\_Yb .k ]Y.

- @Ub[ gUa .YggYb
- A Y\ f .\_Ui Yb
- ; Ybi [ ; Ya ØgY .i bX .C Vgh .VY .ca a Yb .fNUž .C Vgh .C Vgh .]gh  
b]W\ h .V ØgY ? c\ .Yb \mXfUhY .Ui W\ .b]W\ h .Ł
- +!, .Ghi bXYb .dfc .B UW\ h .gW\ .UZYb

5 ``X]YgY ; Yk c\ b\ Y]hYb .g]bX .Y]b .[ fc » Yf .HY] .Y]bYg .YZZY \_h]j Yb  
8 ]Àhd .Ub gž .UVYf .a Ub .\ Øfh .g]Y .gY .hYb .X]g\_i h]Yfh

K Ybb .G]Y ``Ub[ gUa .YggYb .i bX .a Y\ f .\_Ui Ybžk ]fX .g]W\ Yf[ YghY ``hž

XUgg`X]Y`f]WX h][ Yb`G][ bU`Y`Ub`Δf'; Y\ ]fb`[ YgYbXYh'k YfXYbž'i a  
Ubni nY][ Ybž'k Ubb`G]Y`j c``g]bX"

C Vgh'i bX'; Ya ØgY`\U`hYb`G]Y`Δb`[ Yf`gUhž'g]bX`a` ]h'k Yfhj c``Yb  
BÀ\fghc ZZYb`VY`UXYb`i` bX`\Y`ZYb`ΔbYb`bUWX k Y]g`]WX`XUVY]ž  
k Yb][ Yf`j`cb`XYb`8]b`[ Yb`ni`YggYbž`X]Y`G]Y`]YVYbž`k` ]ggYb`UVYfž  
XUgg`G]Y`g]Y`Y]bgWX fÀb`\_Yb`a` ØggYb`fk`U``c`6fck`b]Y!9]gVYWX`YfŁ"

I` bX`GWX`UZ`]gh'k` U\fgWX Y]b`]WX`XUg`Ua`a` Y]ghYb`i` b hYfgWX`AhnhY  
9fbÀ\fi` b[ g[ Y\Y]a`b]gž`XYbb`GWX`UZa` Ub[ Y`a`UWX hU``Yg`i` b[ f][ ž  
i`a`Δf`J`Yf`Ub[ Yb`bUWX`gU`n][ Yb`i`bX`gØ»`Yb`@YVYbga` ]hhY`b`ni`  
ghY][ Yfb"

5```X]YgYg`K` ]ggYb`]gh`[ fc»`Ufh][ ž`UVYf`X]YgYb`Y]bZUWX`Yb  
;` Yk`c\`b\`Y]hYb`ni`Zc`[ Yb`\_Ubb`g]WX`k`]Y`Y]bY`Δgh`[ Y`DZ]WX`h  
UbZØ\`Yb`5`gcž`k`]Y`\_Øbb`Yb`G]Y`g]WX`XUni`Vf]b[ Ybž`Yg`ni`hi`b3

Gc`V`Y]VYb`G]Y`a`ch]j`]Yfh`fUI`WX`k`Ybb`X]Y  
G\_U`U`ghY`[`hŁ

A ch]j` Uh]cb`]gh`gWX`k`]Yf][ ž`k`Y]`Yg`g]WX`UbZØ\`hž`U`g`k`ÀfY`Yg`bi`f  
Y]bY`9bhgWX`Y]Xi`b[ ž`UVYf`Yg`]gh`hUhgÀWX`]WX`k`Y]hUi`g`\_ca`d`YI`Yf"  
A ch]j` Uh]cb`]gh`Y`[`Ybh`WX`HY`]dgmWX`c`c`[`]Y`i`bX`HY`]V]c`c`[`]Y  
@Ui`h`9`YUbcf`G]a`dgcbž`5ggc`W]UhY`Dfc`ZYggcf`ZØf`\_]b]gWX`Y  
BYi`fcV]c`c`[`]Y`Ub`XYf`7c`i`a`V]U`l`b]j`Yfg]hm"

I` b hYf`YXYf`K` U\`ž`X]Y`G]Y`h fYZZYbž`hi`h`Δf';` Y\ ]fb`Y]bY`\_ca`d`YI`Y  
?`c ghYb`!`B i` hnYb`!`5`b`U`mgY`8]Y`6`Yf`YWX`bi`b[ `VYfØW\_g]WX`h`[`h`ΔfY  
I`a`[`YVi`b[ ž`ΔfY`;` YgWX`]WX`hY`i`bX`k`]Y`G]Y`g]WX`]b`X]YgYa`A`ca`Ybh  
ZØ\`Yb"

8]YgY`A`Uh\`Ya`Uh]`\_ca`a`h`Y\`Yf`ni`Δf`Yb`;` i`bghYb`YfUI`gž`k`Ybb`  
G]Y`VYf`Y]hg`9f`[`YVb]ggY`gY\`Yb`8`Yb`\_Yb`G]Y`XUfØVYf`bUWX`K`Ybb`  
G]Y`Y]b`c`XYf`nk`Y]DZ`bX`k`Yb`[`Yf`U`g`]b`XYf`YhnhYb`K`cWX`Y\`UVYb`  
c`XYf`g]WX`VY`Δf`Y`a`b`ÀWX`ghYb`HfU]b`]b`[`Yhk`Ug`ghÀf`Yf`ZØ\`Ybž`]gh`  
Yg`Y]bZUWX`Yfž`k`Y]hYf`ni`di`g\`Yb`i`bX`ni`[`Ui`VYbž`XUgg`G]Y`Ui`Z`XYa`  
f]WX`h`[`Yb`K`Y`[`g]bX"

**YOU DIDNT COME THIS  
FAR TO ONLY COME  
THIS FAR**

5VYf'k Ug']ghžk Ybb'G]Y [ YfUXY 'Yfgh'UbZUb[ Ybžg]W k ZYgh[ YZU\ fYb  
ZØ\ `Yb 'cXYf' \_Y]bY J YfAbXYfi b[ Yb 'gY\ Yb3'8 ]Yg']ghžk Ybb'G]Y  
J YfhfUi Yb 'i bX'A chj] Uh]cb 'j Yf]YfYb 'i bX 'gY'Vgh'XYf'VYghY 'D'Ub  
Ui gY]bUbXYf'ZÀ ``h"

8 Ubb'a ØggYb'G]Y nk Y]'8 ]b[ Y 'Yf\_YbbYb.

%" 8 Yb\_Yb'G]Y 'XUfUbž'XUgg'; Yk ]W hggW k Ub\_i b[ Yb  
fGd]hYbž'9]bVfØW Y 'i bX 'D'UhYUi gL'HY]' XYg'DfcnYggYg  
g]bX" K Ybb'G]Y 'g]W k ]bbYf\ U'V 'Y]bYf'VYgh]a a hYb 'K cW Y  
hÀ[ `]W k ]Y[ YbžgY\ Yb'G]Y 'HU[ Yž'Ub 'XYbYb'Δ f'; Yk ]W h  
ghY][ h" 8 Ug ]gh'bcfa U" 9g' \_ÒbbhY 'Y]b '9f[ YVb]g'XUj cb  
gY]bžk ]Y'G]Y [ YgW k UZYb '\UVYbž'cV'G]Y 'a Y\ f'GU'n'cXYf  
?c\ `Yb\ mXfUhY 'U'g' [ Yk Ò\ b']W k ' \UhYbž'Gh'Ygg'Yj Y 'i bX  
j YfgW k YXYbY 'UbXYfY'; fØbXY" J cfUi g[ YgYhnhž'G]Y 'V'Y]VYb  
a ]h'Δ fYa 'D'Ub 'Ui Z'XYa 'f]W h][ Yb 'K Y[ ž'gc ``hY 'XYf  
k ÒW Ybh]W k Y 'i bX 'a cbUh]W k Y 'HfYbX 'bUW k i bhYb '[ Yf]W hYh  
gY]bžk cfUi Z'Yg'[ YbUi 'Ub\_ca a h"  
&" GhY ``Yb'G]Y 'g]W k Yfž'XUgg'G]Y 'Δ fY 'N]Y 'Y 'a ]h'Y]bYf' [ fÒ» YfYb  
A ]gg]cb 'j YfVi bXYb '\UVYbž'i a 'X]Y 'HU[ Y 'ni 'ØVYfghY\ Ybž']b  
XYbYb'G]Y 'Y]bY 'Gd]hY 'gY\ Yb 'cXYf' \_Y]bY '@ gh'XUni  
\UVYb " CXYf'G]Y 'a ØggYb'g]W k XUfUb 'Yf]bbYfbžk Ug'G]Y  
hi bžk Ufi a 'G]Y 'Yg'hi b 'i bX 'XUgg'Yg'NY]h']ghž'8 ]b[ Y 'ni  
Yf'YX][ Yb 'i bX 'Δ fY 'N]Y 'Y 'ni 'j Yfk ]f\_ ]W k Ybž'Ui W k Ybb'Yg  
g]W k 'UbZØ\ `hž'U'g'k ØfXY'Yg'b]W k h'dUgg]YfYb"

Gc ` \ U`hYb ` G]Y ` g]W\ ` Ub ` \ fY ` 8 ]Ah`

K Ybb ` G]Y ` bUW\ ` Y]bYf ` Y]bZUW\ Yb ` HYW\ b]\_ ` gi W\ Ybž ` a ]h`XYf ` G]Y ` g]W\ gY ` Vgh`ni f`F YW\ YbgW\ UZh`n]Y\ Yb ` \_Obb Ybž ` gc `` hYb ` G]Y ` g]W\ ` Y]bY HU ` h]\_ `Ui g`Y] \ Ybž X]Y ` j cb ; YbYfU ` GhUb ` Ym`A W\ fmghU `` ghUa a hž Y]bYa ` dYbg]cb]YfhYb ` J ]Yf! GhYfbY! ; YbYfU ` ž`XYf ` Y]bgh ` XUg ` x]bh GdYW\U ` C dYfUh]cbg ` 7ca a UbX ` XYf ` I G5 ` ` Y]hYhYž`XUg ` 9]b \ Y]hYb ` k ]Y X]Y ` B Uj m`G95@g ` i bX ` 5fa m`F Ub [ Yfg ` .

@Ui h`A c h]j Uh]cbggW\ fY]VYf ` **9f]W6UF\_YfA** W\ fmghU `` gU[ h`gY]bYb Gc ` XUhYb ` ]a a Yf.

%` \W ` V]hhY ` G]Yž` c`[ YbXYg ` ni ` hi b"  
&` <]Yf ` ]ghž ` k Ufi a ` Yg ` k ]W\ h][ ` gh"  
` ` <]Yf ` ]ghž ` k Ufi a ` ]W\ ` k Y] ` ž`XUgg ` Xi ` Yg ` \_Ubbgh"  
( ` , VYf ` Y[ Yb ` G]Yž ` k Ug ` G]Y ` ni j cf ` ni gUa a Yb ` [ Ya UW\ h ` UVYb "  
) ` ȳhnh ` Ugg ` i bg ` [ Y\ Yb ` i bX ` Yg ` hi b"

GhY ` ` Yb ` G]Y ` g]W\ ` X]Yg ` bi b ` U`g ` Y]b ; Ygdf\W\ ` nk ]gW\ Yb ` \ bYb ` i bX ` \ fYa ` ? ȳfdYf ` j cf ` ` 8i ` gU[ gh

%` \W ` V]hhY ` G]Yž` XfY]a U ` dfc ` K c\W Y ` gdUn]YfYb ` ni ` [ Y\ Yb ` .  
&` 9g ` ]gh`k ]W\ h][ ž`k Y] ` k ]f ` j Yfgi W\ Ybž ` &` DZ` bX ` ni ` j Yf ` ]YfYb ` i bX ` VY]a ; Y\ Yb ` ? U`cf]Yb ` j YfVfYbbh`  
` ` \W ` k Y] ` ž`XUgg ` G]Y ` XUg ` \_Obb Ybž ` k Y] ` G]Y ` YYXYb ` A cf [ Yb ` j cb ` \ fYa ` DUf\_d ` Uhn ` ni a ` 6Øfc ` [ Y\ Yb ` .  
( ` G]Y ` \ UVYb ` X]YgYb ` ` Yk Y] ` g ` Ghi bXYb ` [ Yk ]Xa Yh **HDG!**  
` ` **6Yf]W\ hY** ` ` VY] ` XYf ` 5fVY]hž ` gc ` \ UVYb ` G]Y ` X]Y  
` ` 5i Za Yf\_gUa \_Y]hggdUbb Yž ` i a ` X]Yg ` ni ` hi b ` .  
) ` @Ugg ` i bg ` [ Y\ Yb ` i bX ` i bg ` VYk Y[ Yb ` .



J Yfgi WXYb 'G]Y 'XUg 'ZØf 'YYXY 'YbXYfi b[ žX]Y 'G]Y ']b 'X]YgYa ' 'J\ f  
j cfbY\ a Yb" 'I bX 'k Ybb 'Yg 'b]W h\ b\_h]cb]Yfhž ' \ ØfYb 'G]Y 'g]W 'XUg  
Fc W\_m H\ Ya U'Ubž 'VYj cf 'G]Y 'Yg 'hi b"

8 Ug'a U[ ``ÀWXYf]W ' \_`]b[ Ybž]gh'UVYf 'YZZY \_h]j " '6Uf\_Yf 'Yf\_ `Àfhž 'XUgg  
YbYf[ ]Y[ Y'UXYbY 'A i g]\_ 'ÀfY '@Y]ghi b[ 'j YfVYggYfb ' \_Ubbž'k Ybb  
U''Yg 'UbXYfY 'ZY 'gW 'À[ h'fI bX 'XUg 'h h'Yg 'b]W h\ UVYb 'Fc W\_m 'gY]b"  
K Ybb 'Xi ' <]d ' <cdžF / ' 6 'cXYf 'gc[ Uf 'A YhU ' 'VYj cfni [ ghž'a UW  
XY]b '8 ]b[ "L'8 Ug 'gh 'b]W h 'gY]bY 'A Y]bi b[ ž '9g ']gh 'K ]ggYb gW UZh"

¬b hYfYgg]Yfh 'Ub 'Y]b Ya ' ]b X]j ]Xi Y ``Yb  
9fbÀ\ fi b[ gd 'Ub 3

K ]f 'VY] '6cfb : ]hbYgg 'k ]ggYbž 'XUgg 'YYXYf '9]bnY 'bY 'Y]bn][ Ufh][ ']gh'  
9g '[ ]Vh \_Y]b Yb 'Y]b \Y]h]W Yb '9fbÀ\ fi b[ gd 'Ub " 'I bgYf 'HYUa ' \_Ubb  
Y]b Yb 'D 'Ub 'ZØf 'ÀfYb '@VVYbggh] 'Yb h\ ]W Y 'bž 'XYf 'Àb Yb '\ ]'Zhž 'ÀfY  
N]Y 'Y 'ni 'YffY]W Yb "

K Ybb 'G]Y 'a Y\ f 'DYfgcbU 'g]Yfi b[ 'i bX 'dfU \_h]gW Y 'I b hYfghØhni b[  
gi WXYbž 'I bgYf 'C b ']bY! 7c UW ]b[ !Dfc [ fUa a ']gh  
a Ø[ ']WXYfk Y]gY 'XUg 'F ]W h][ Y 'ZØf 'G]Y '' 'YYXa ' ?i bXYb 'k YfXYb  
nk Y] 'HfU]b Yf 'ni [ Yk ]YgYb ' 'Y]b Yf 'ZØf '9fbÀ\ fi b[ 'i bX 'Y]b Yf 'ZØf

: ]hb Ygg" < ]Yf 'YfZU\ fYb 'G]Y 'a Y\ f"'

H\ Ya Yb 'XYf 'bÀW\ ghYb '5fh]\_ Y\ .

8 Yf '@Y ]hZUXYb 'ZØf '5bZÀb[ Yf 'ni a ' : YhhUVVUi

9]b 'bYi Yf '5bgUhñ 'ni f' : YhhUVVUi YfbÀ\ fi b[

B UW\ hg'ni 'YggYb 'a UW\ h'X]W\ 'b]W\ h'ZYhh

øgd ]f]Yfh'j cb '6:

8 YhU]`g

6 Ygi W\ Yb 'G]Y 'i bg 'Ui Z 'a Y]b!Z]hb Ygg"bYh