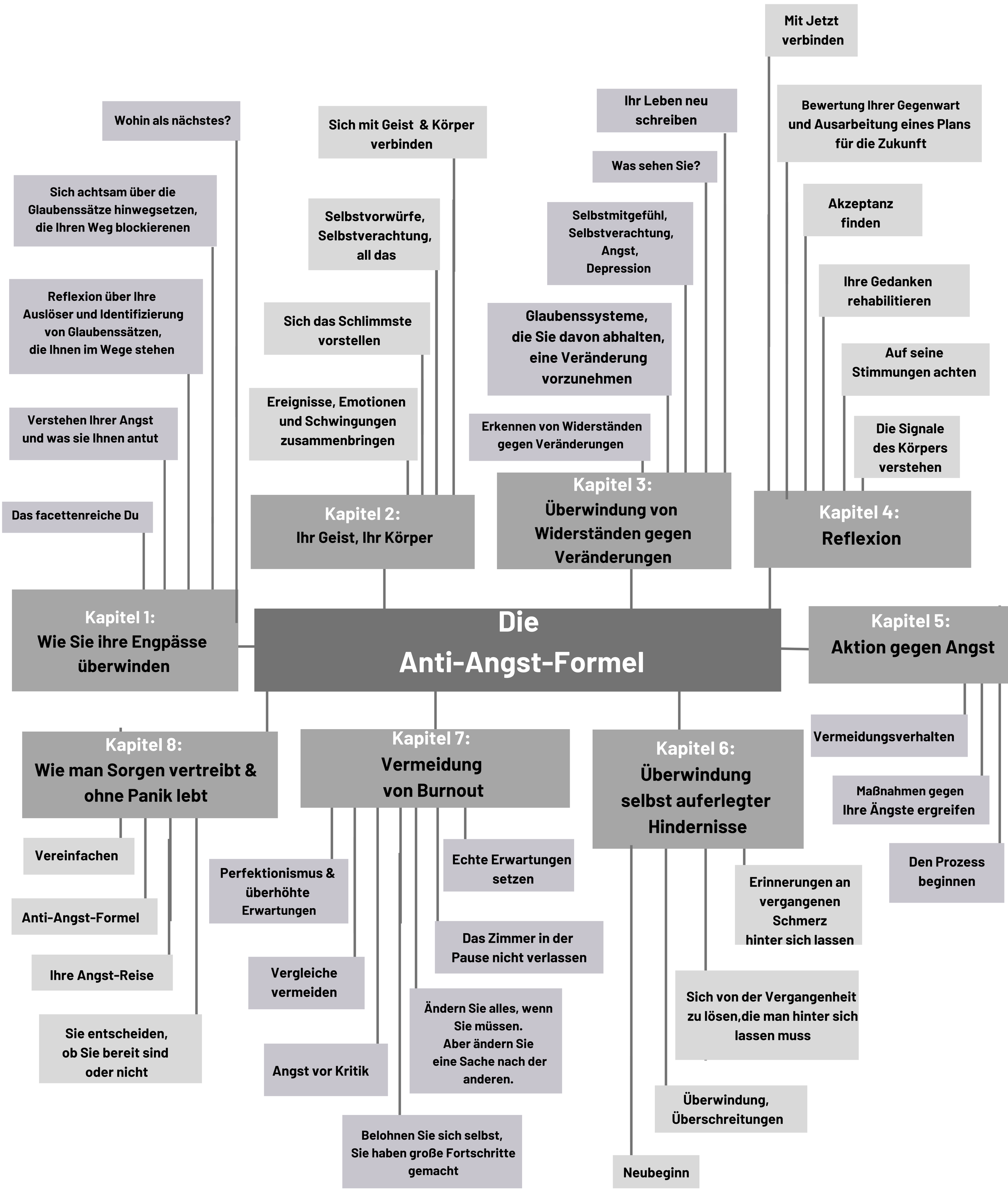Mind Map- "Angstfrei leben"