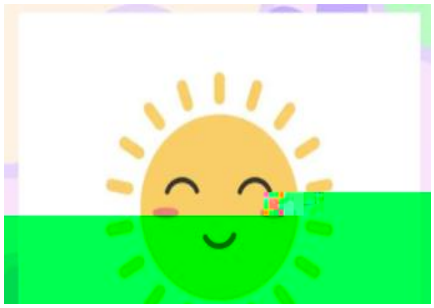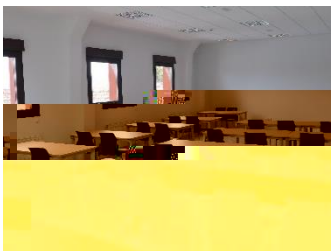欣赏自己的优点
肯定自己的努力
相信自己的价值