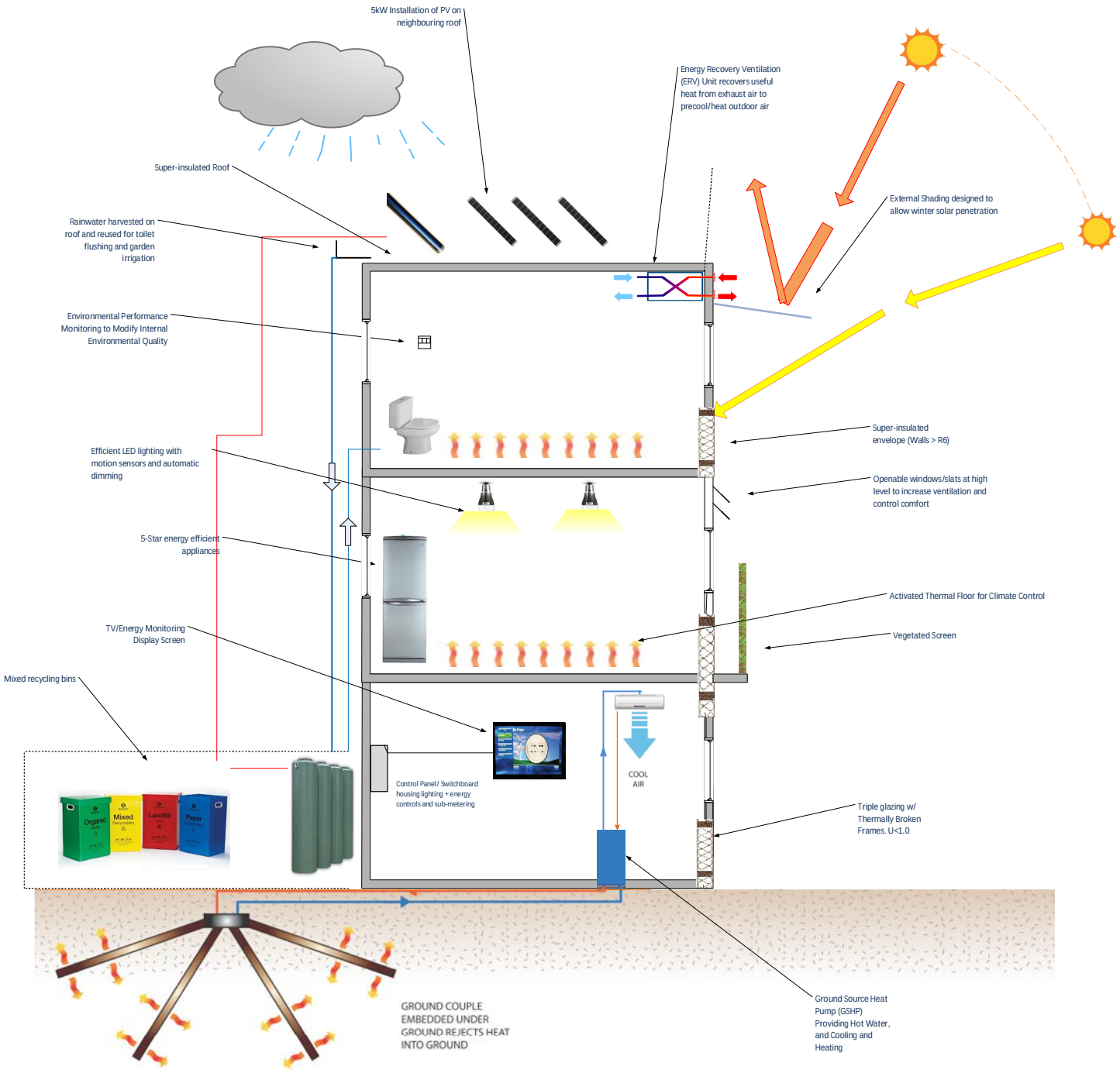5x4 Strategies Towards One Planet Living