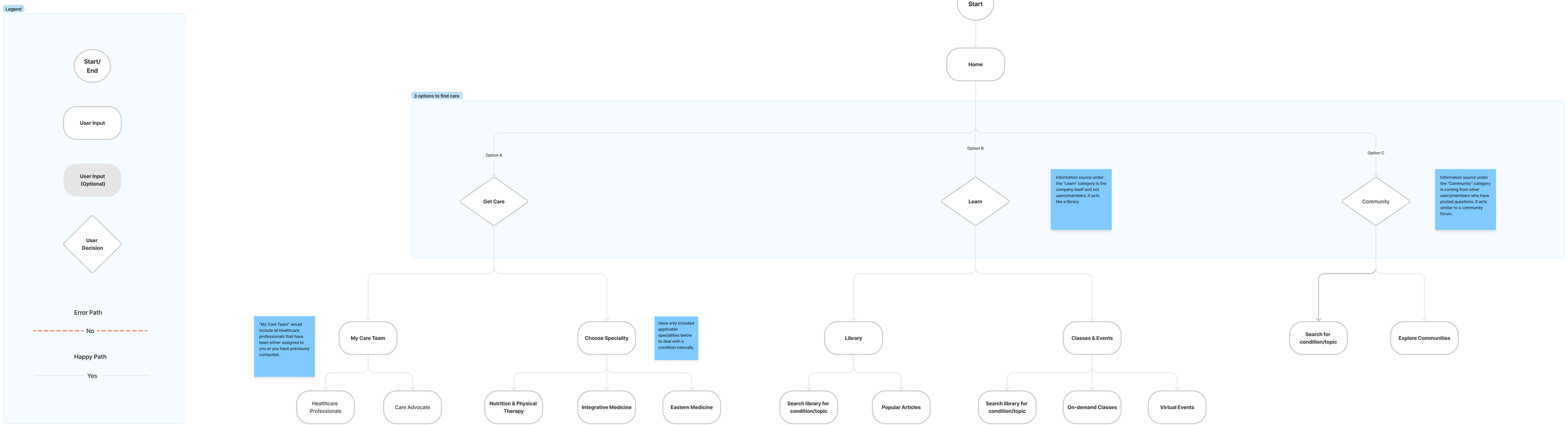How to learn natural ways of dealing with a particular condition?