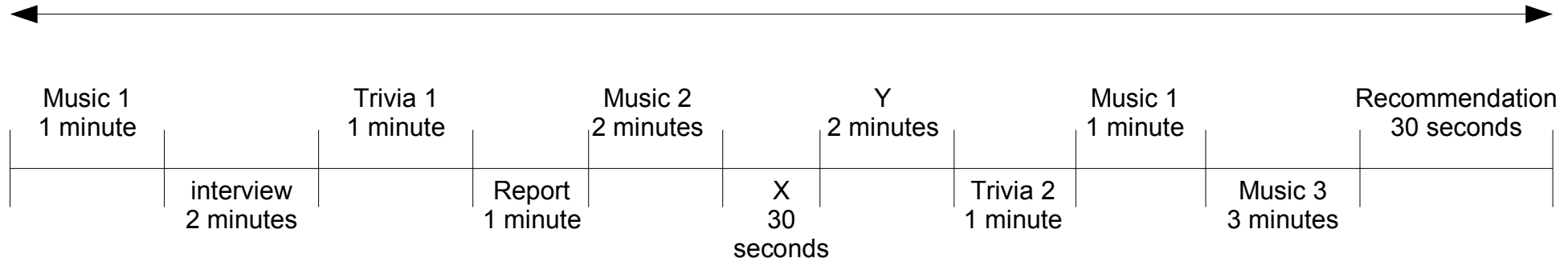


15 minutes



Suggested Timeline for the PODCAST