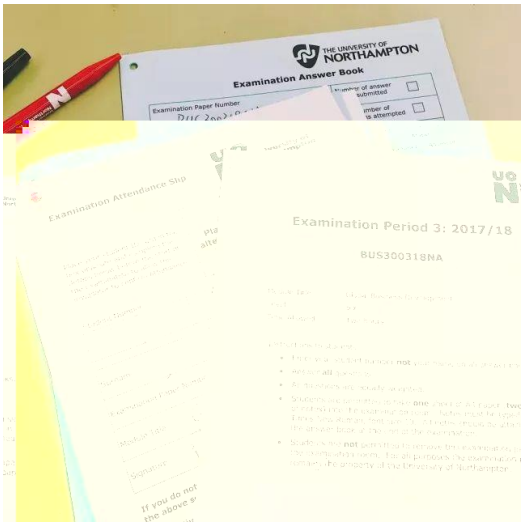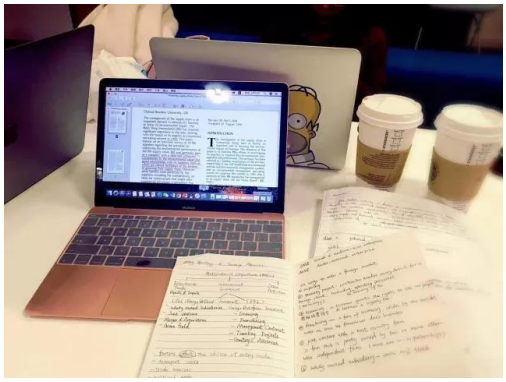“时光逆流而下 生活逆水行舟”