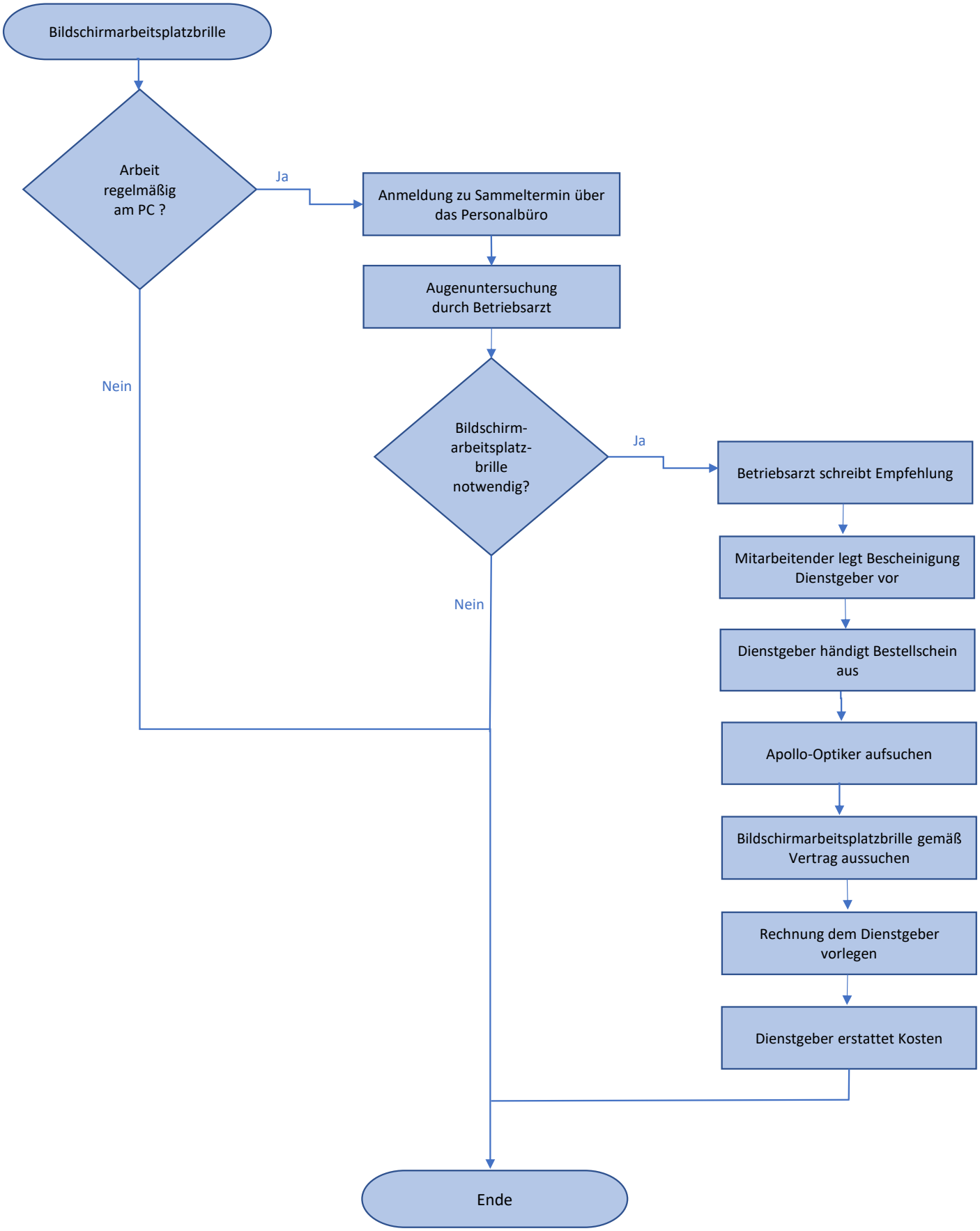Mein Weg zur Bildschirmarbeitsplatzbrille