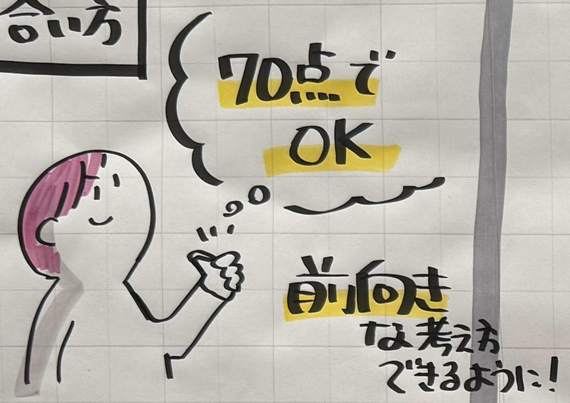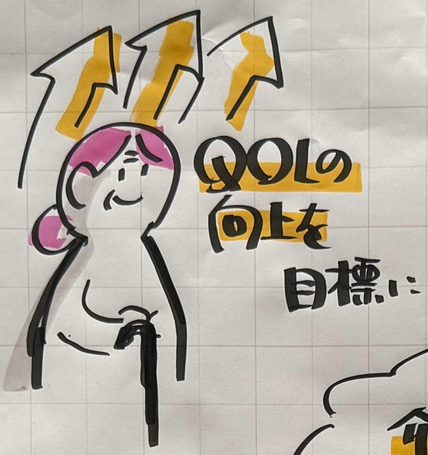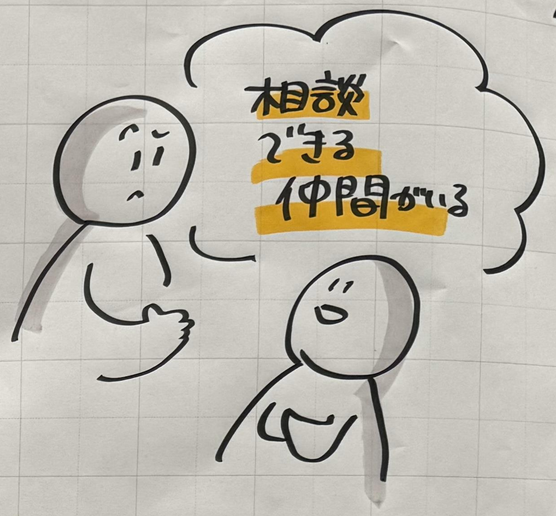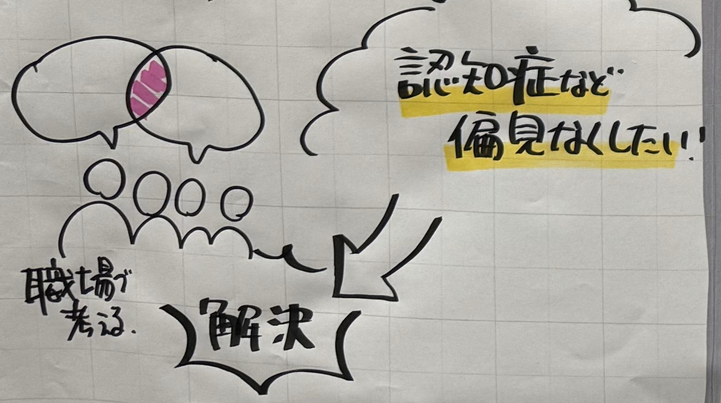現実と理想のギャップへの向き合い方