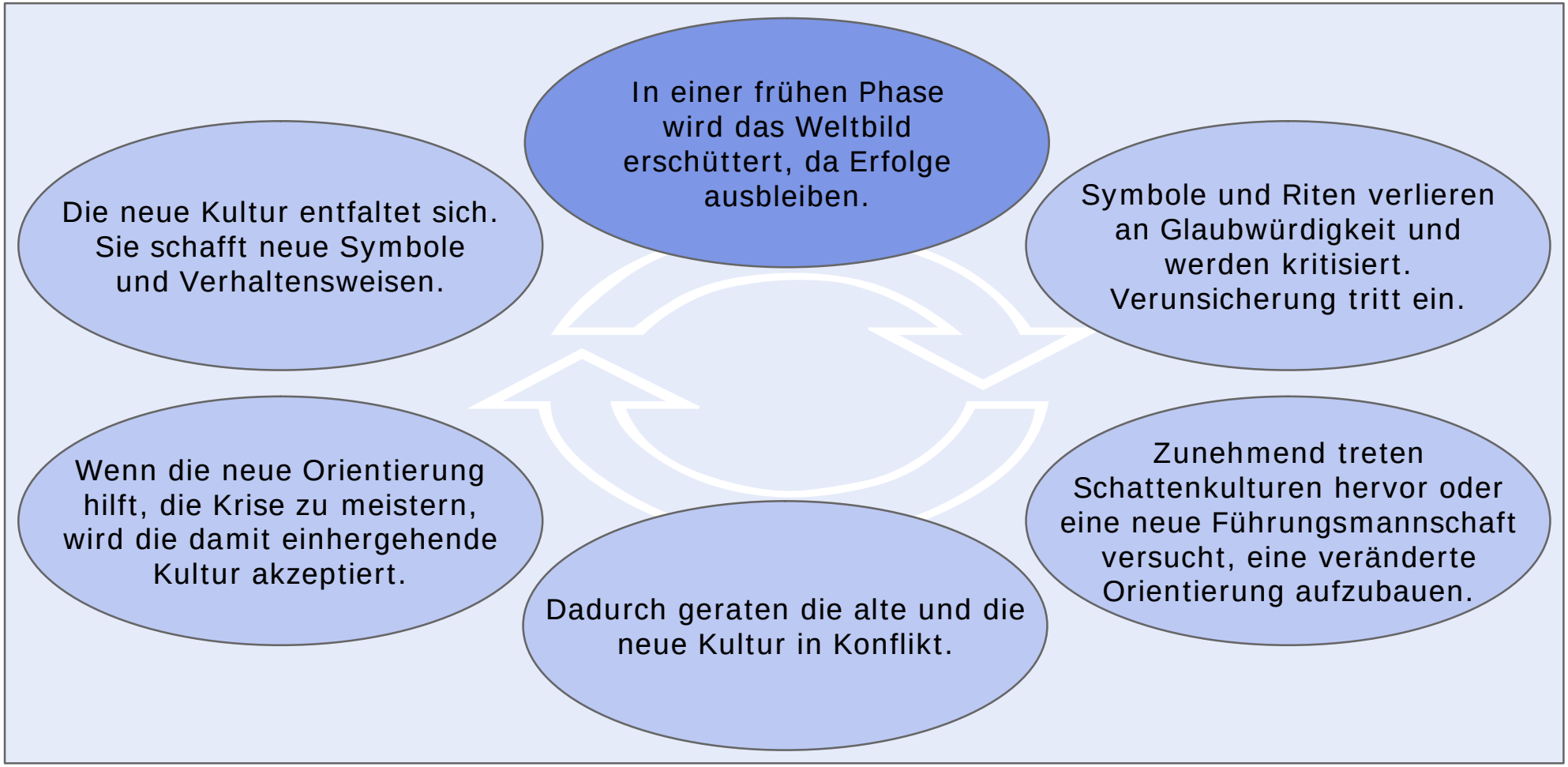Veränderungszyklus nach Dyer