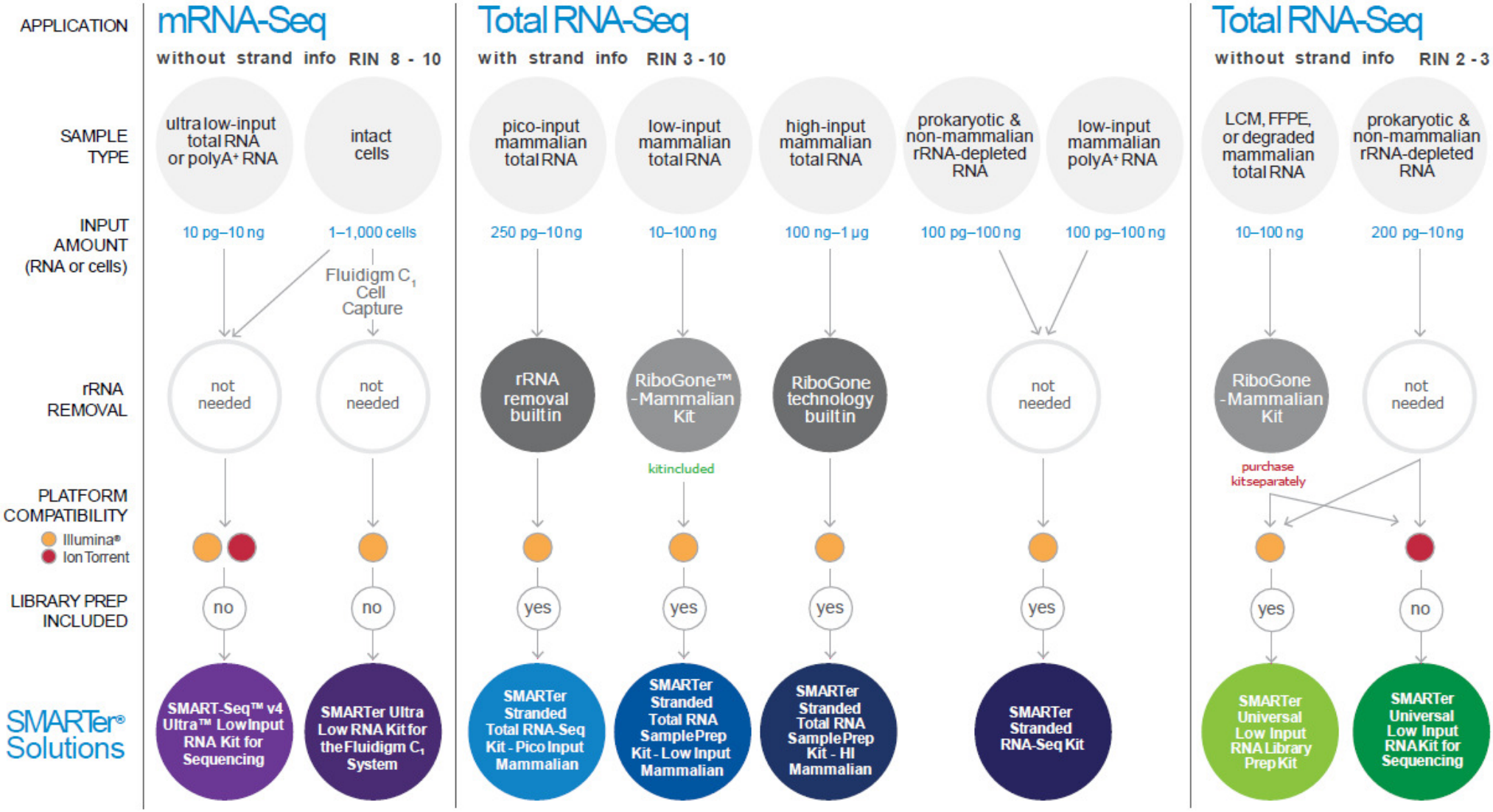RNA-Seq Selection Guide