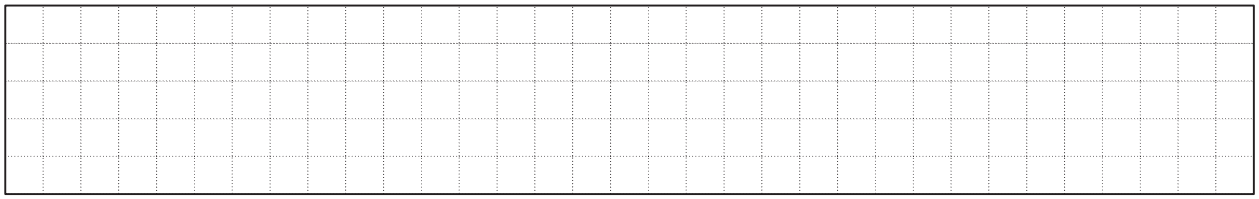
Gleichung lösen 1

Löse die Gleichung $4 + x = -6$.