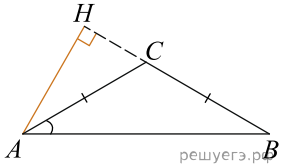В треугольнике ABC $AC = BC$, $AB = 6$, $\sin BAC = \frac{4}{5}$, AH — высота. Найдите BH.