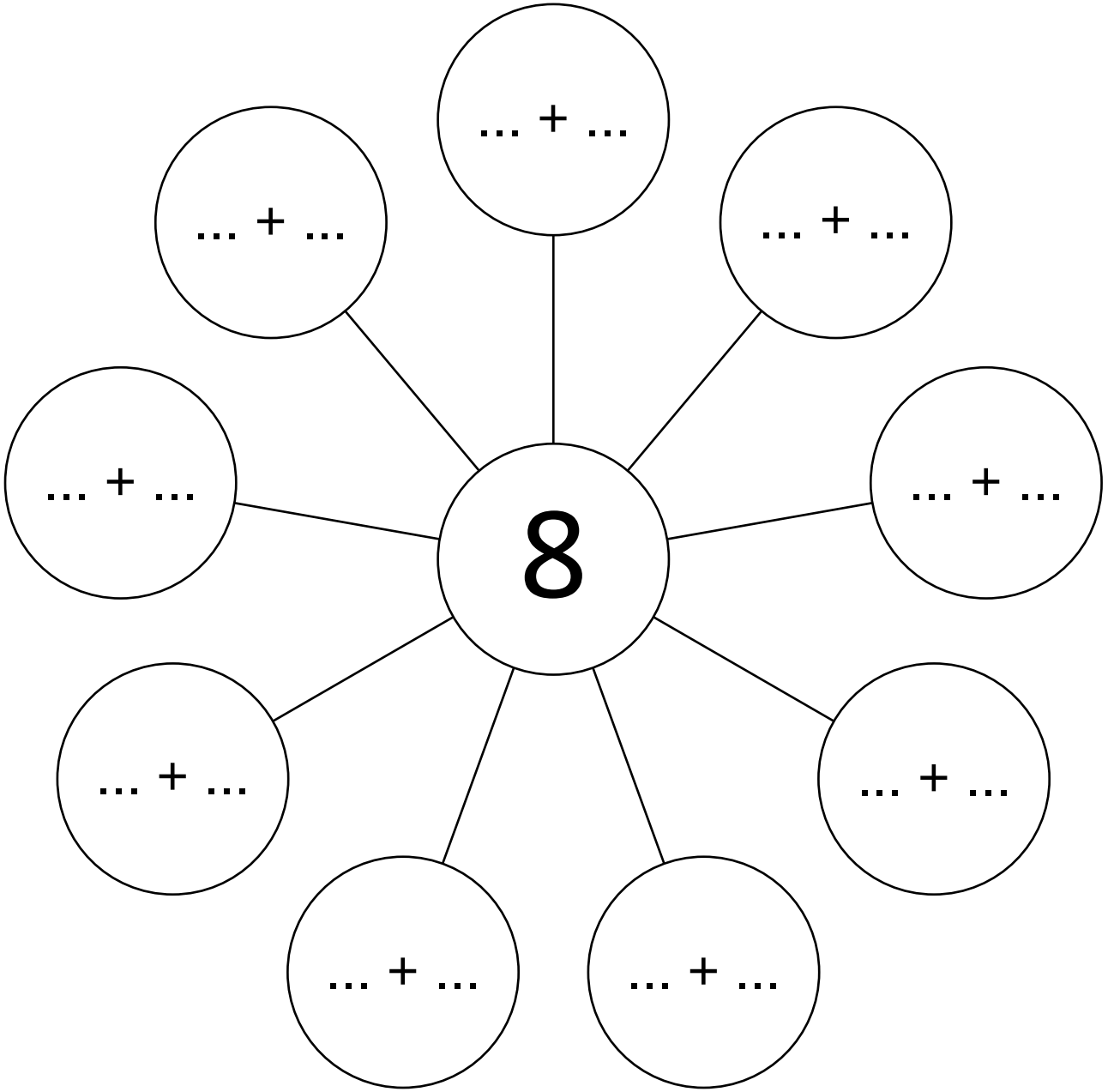Carte mentale de 8