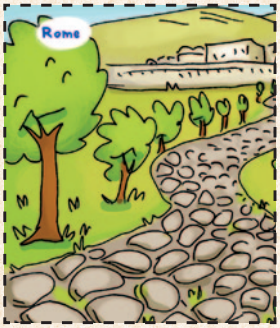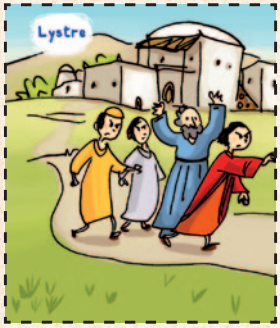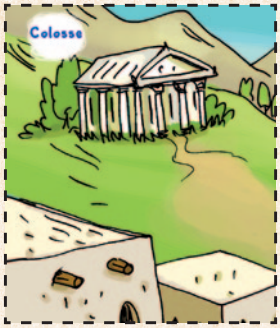Les paroles de Paul