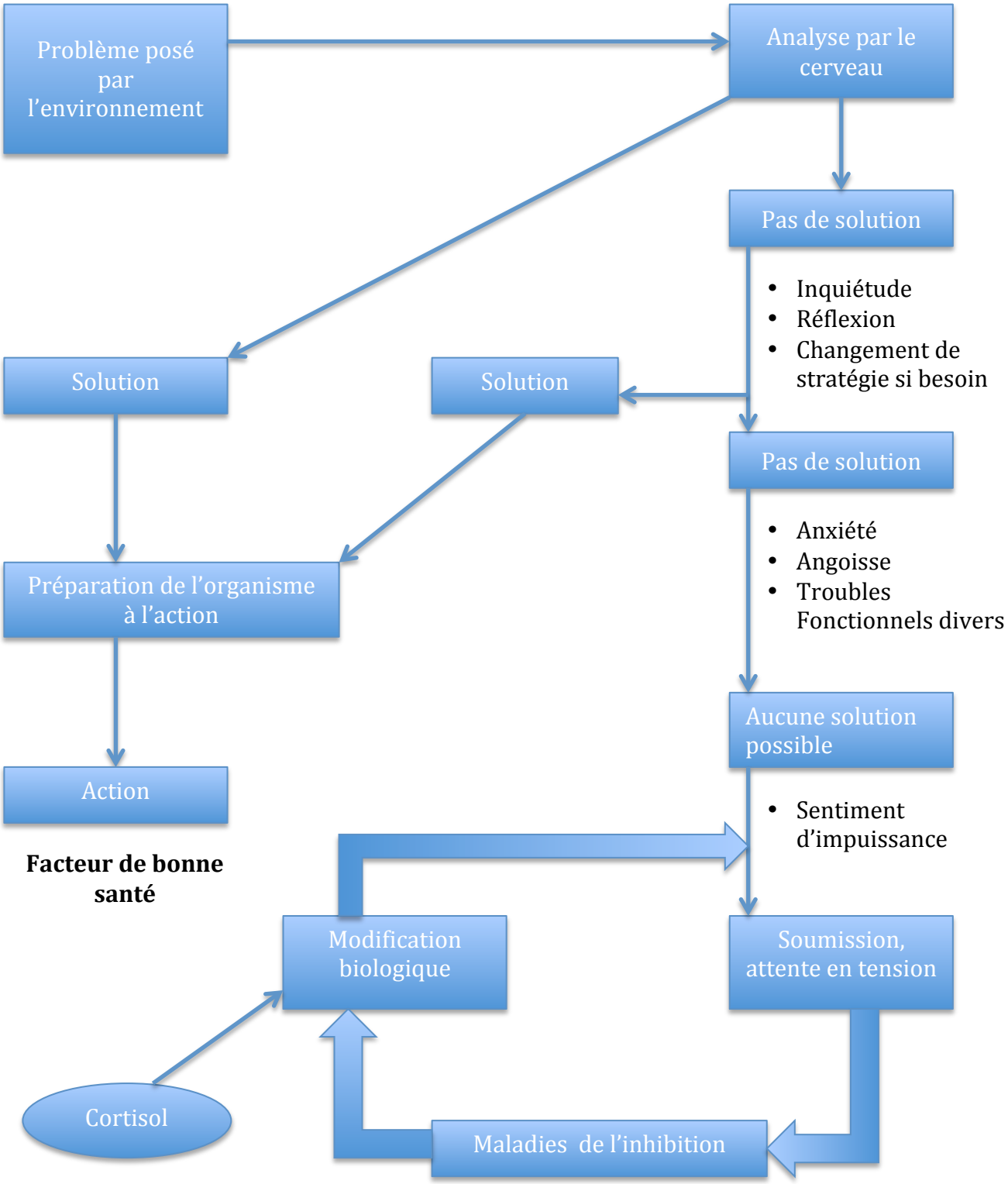Le circuit du stress