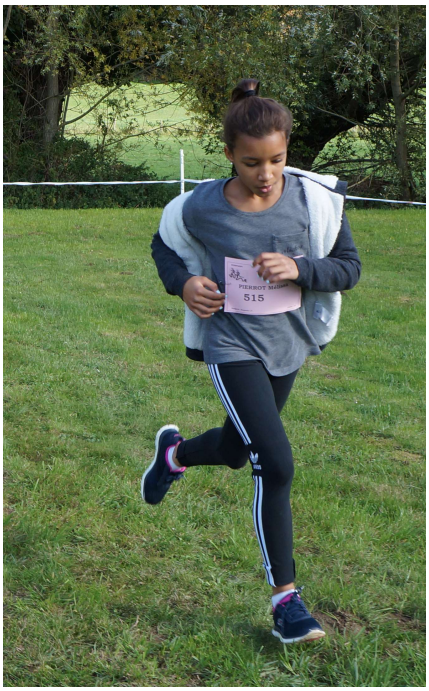# Apprendre à se surpasser