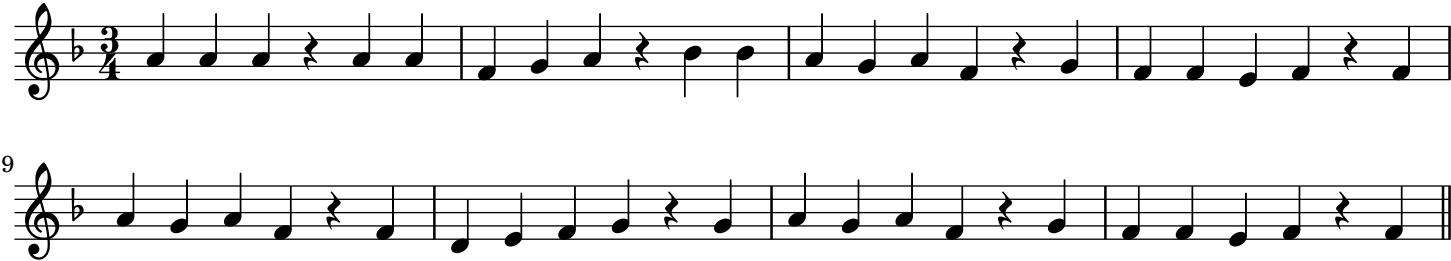Si j'ayme ou non