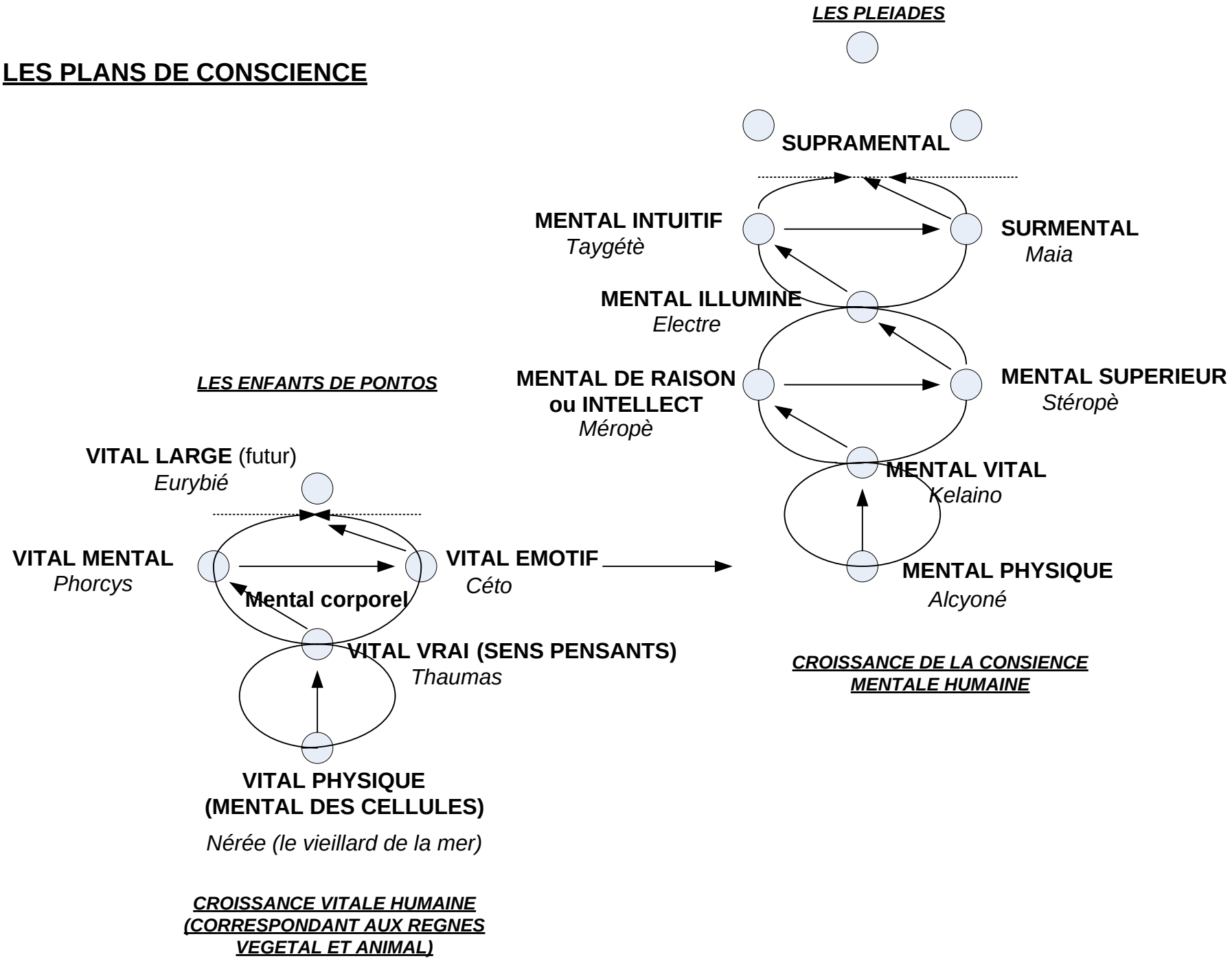LES PLANS DE CONSCIENCE