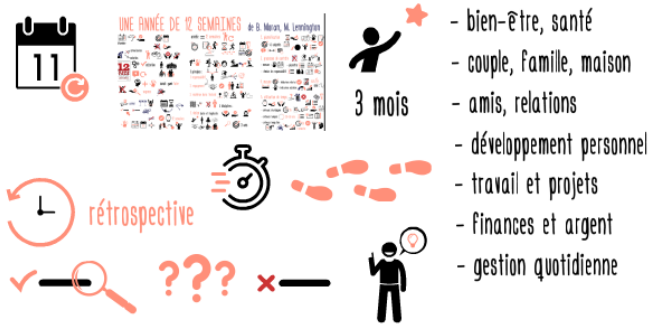LES ROUTINES QUOTIDIENNES de Mind Parachutes