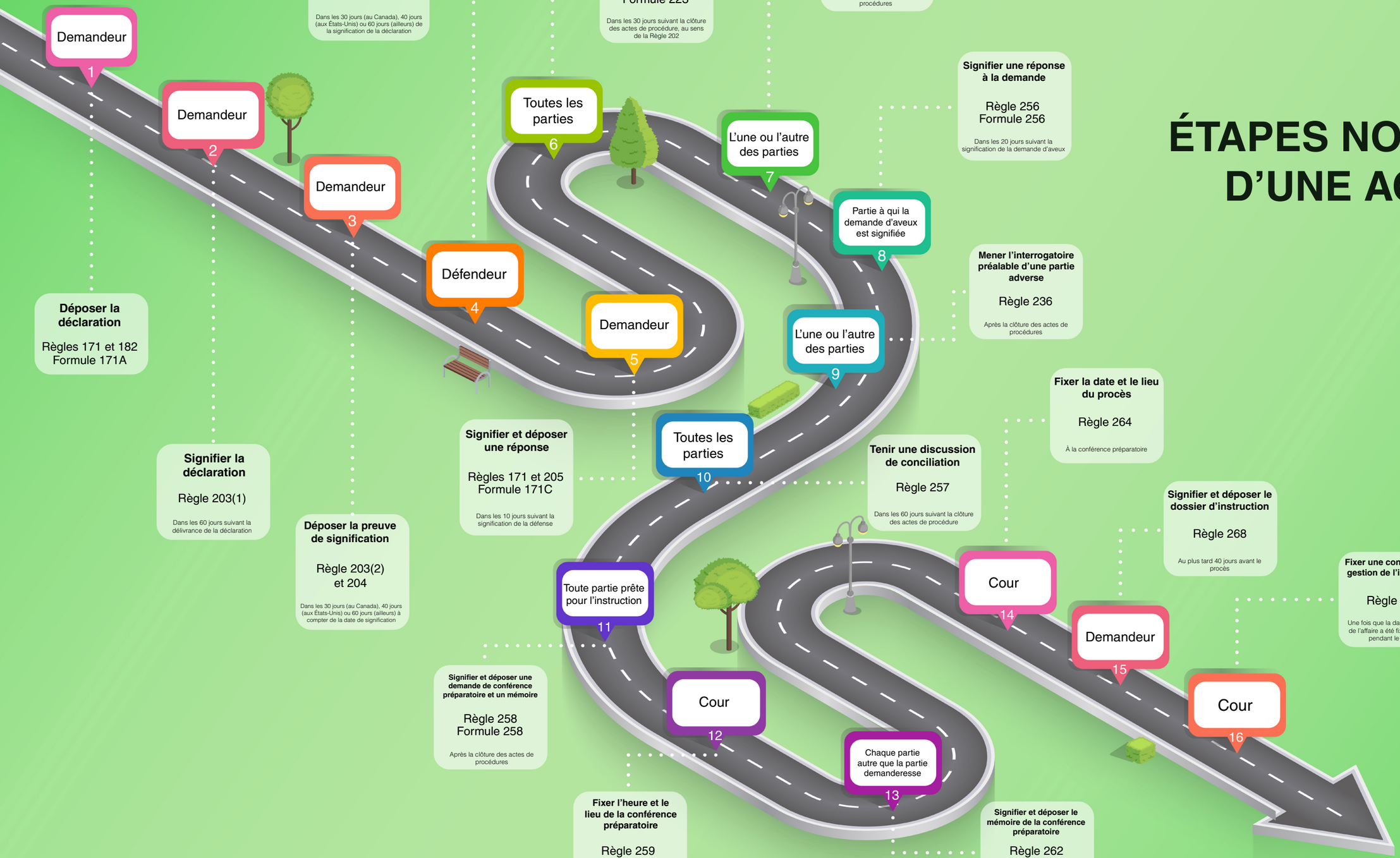ÉTAPES NORMALES D'UNE ACTION