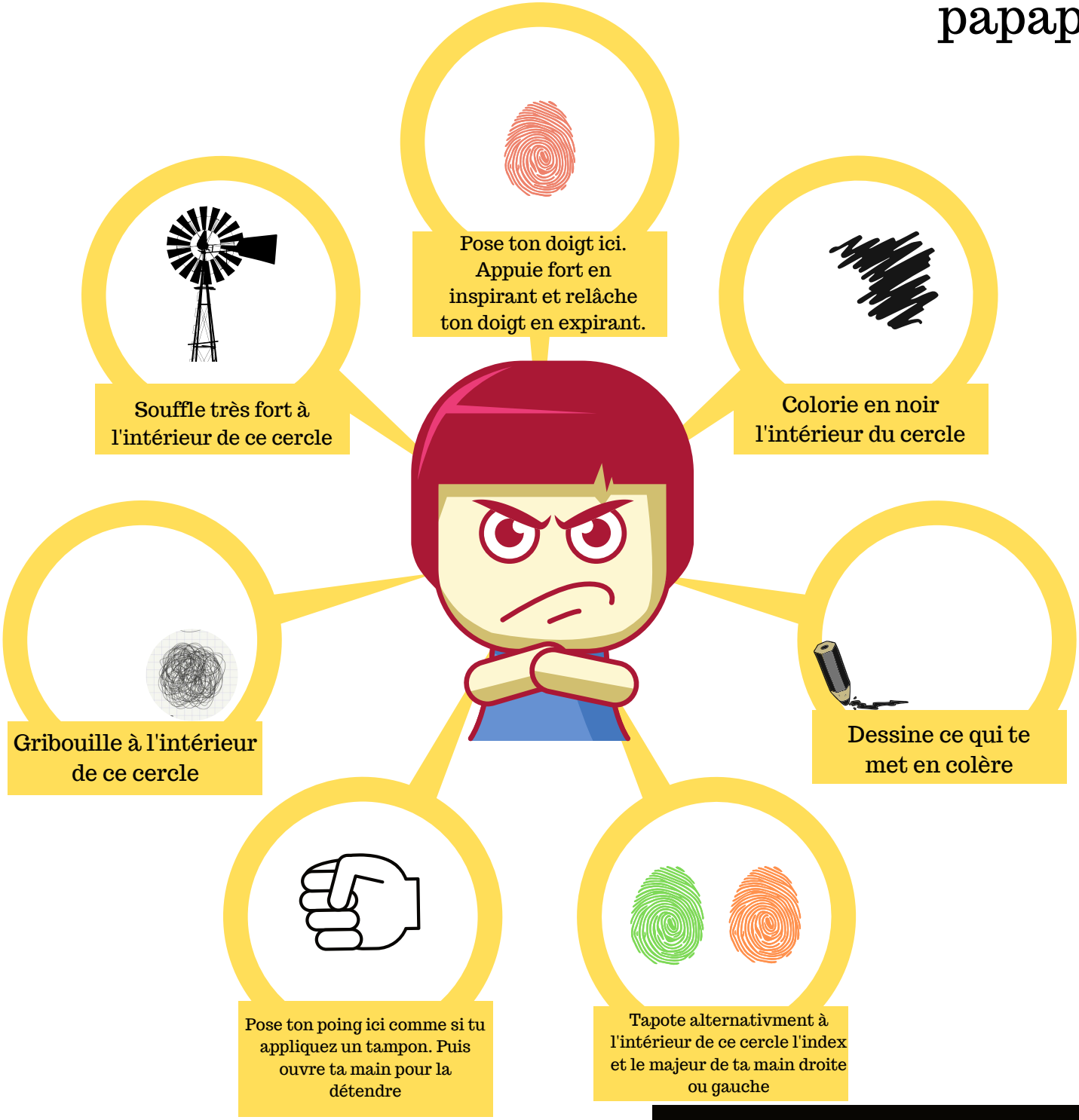

7 solutions pour calmer ta colère