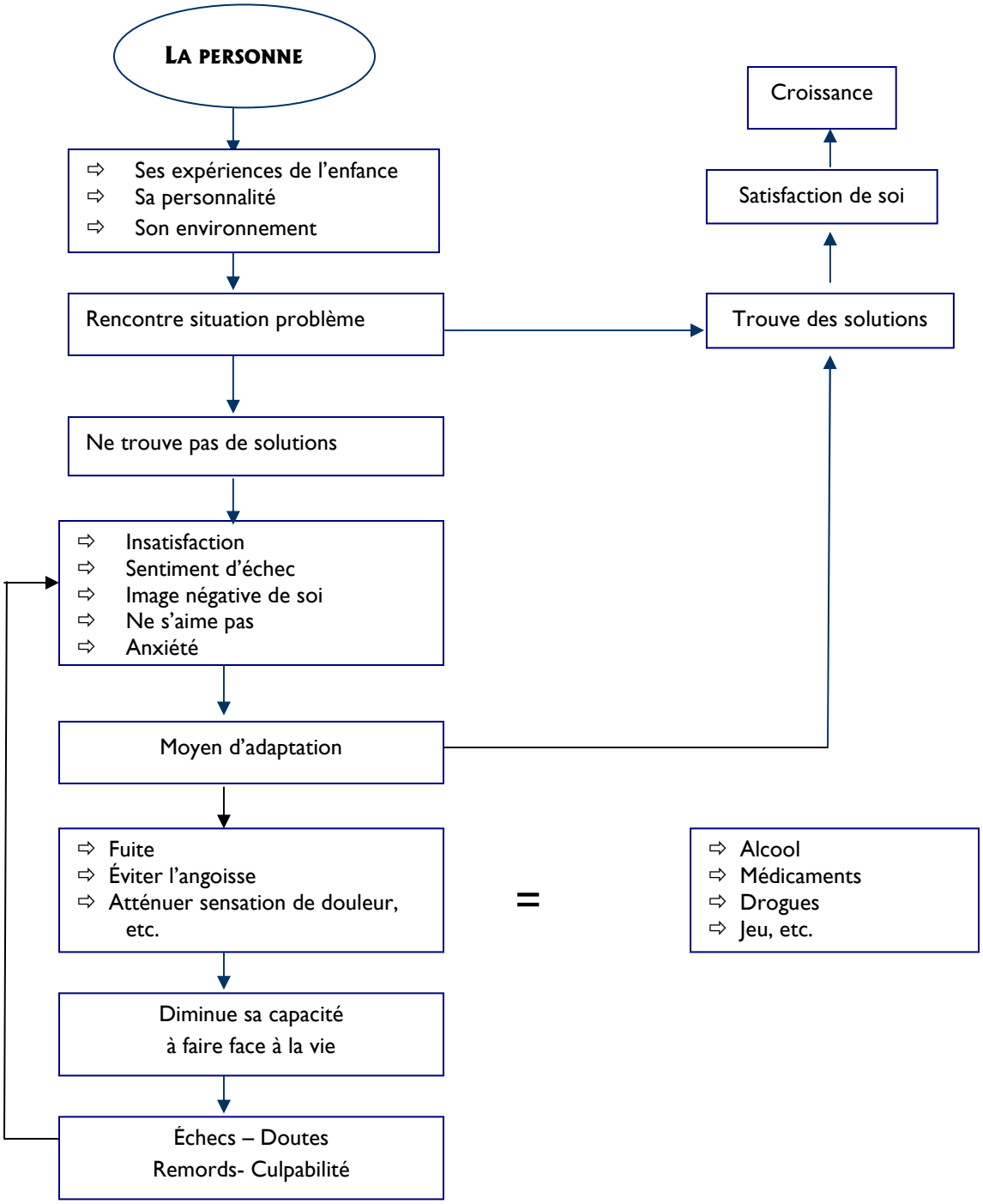Le cycle de l'assuétude