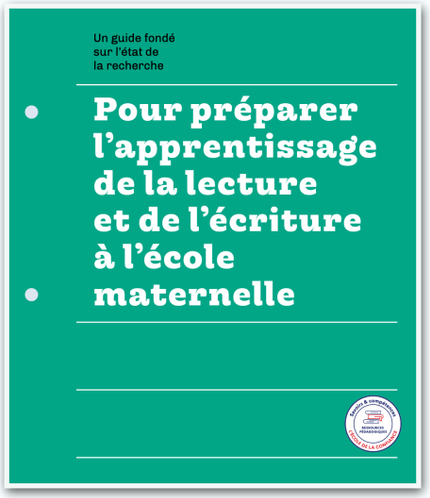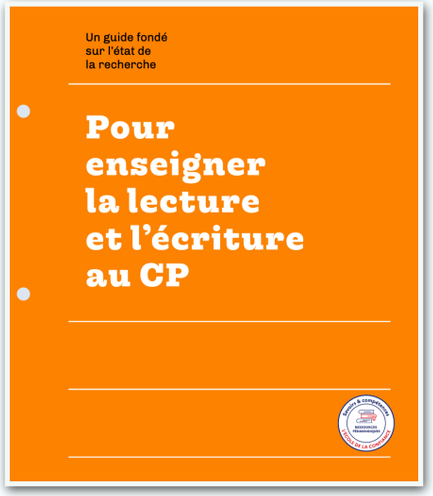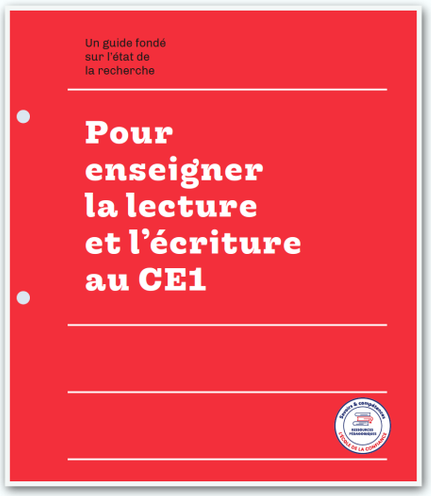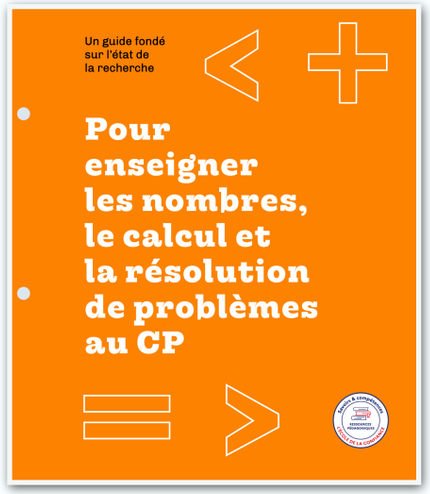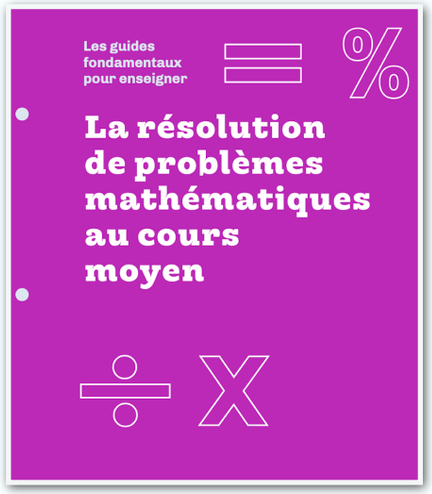Les guides fondamentaux sous la forme de cartes mentales