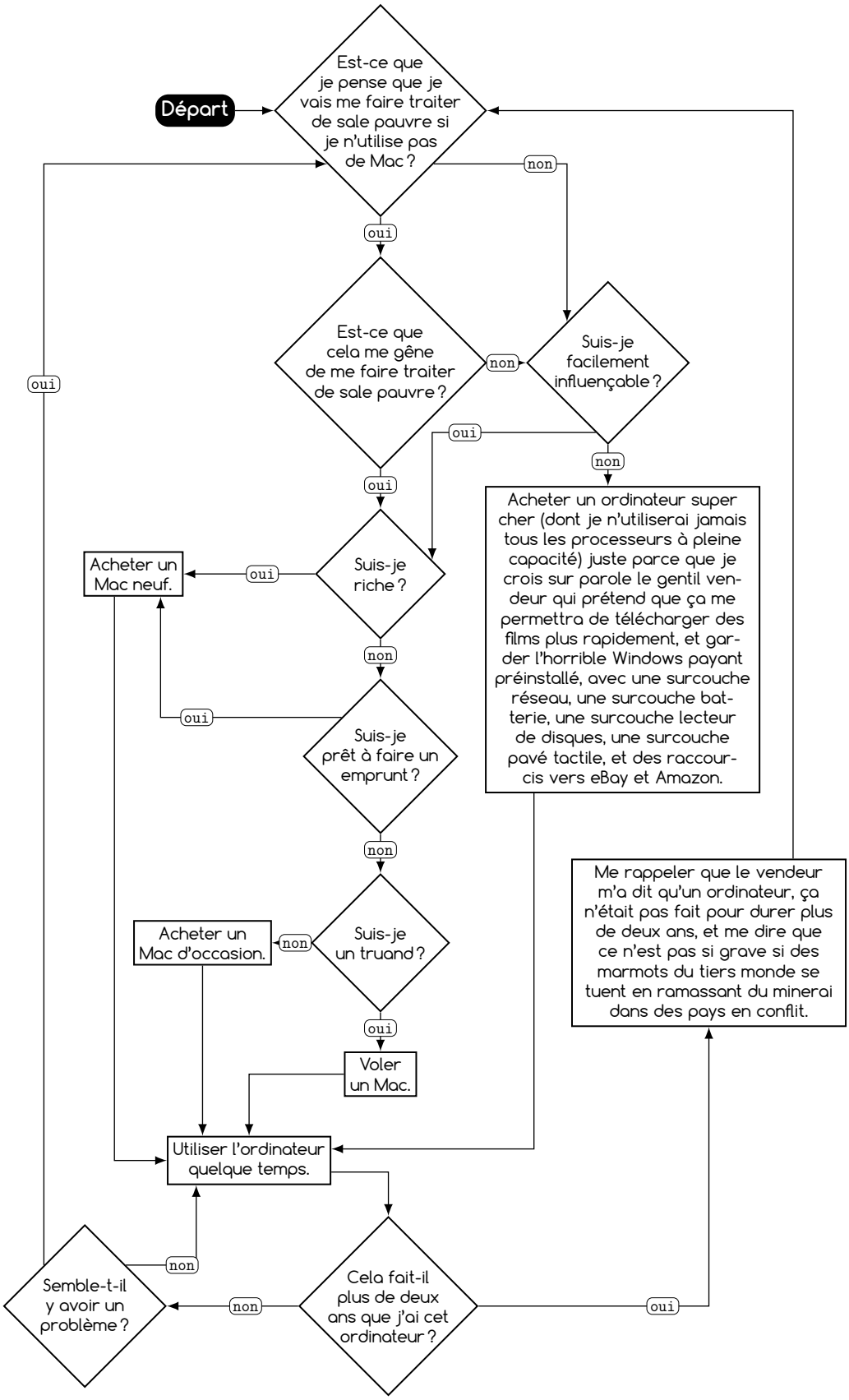
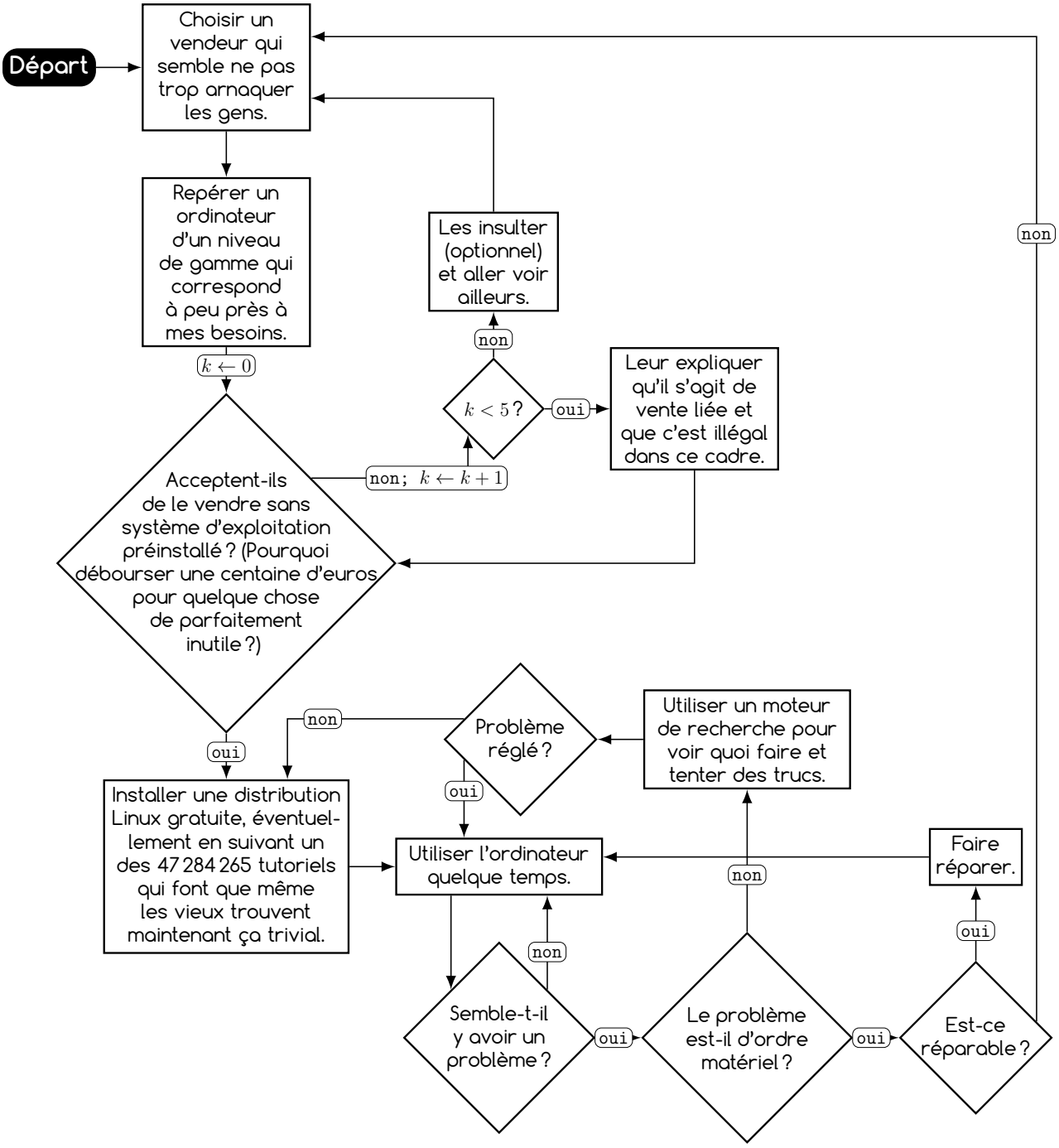
Ce que la plupart des gens semblent faire :



Ce qu'il faudrait idéalement faire :