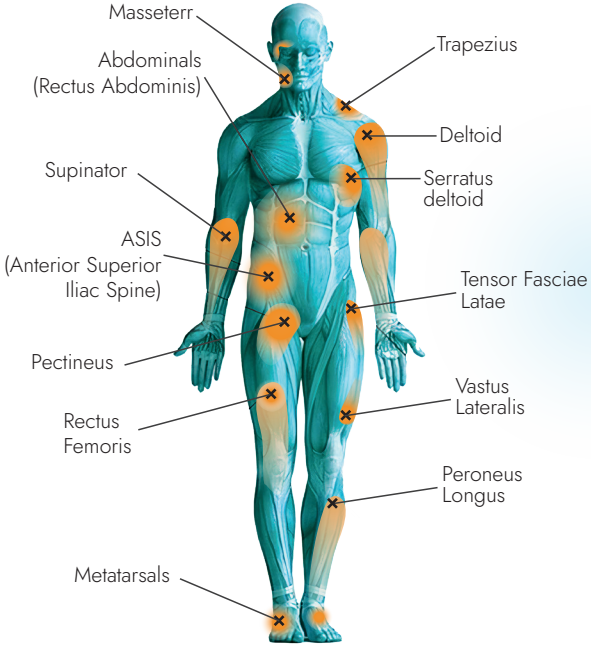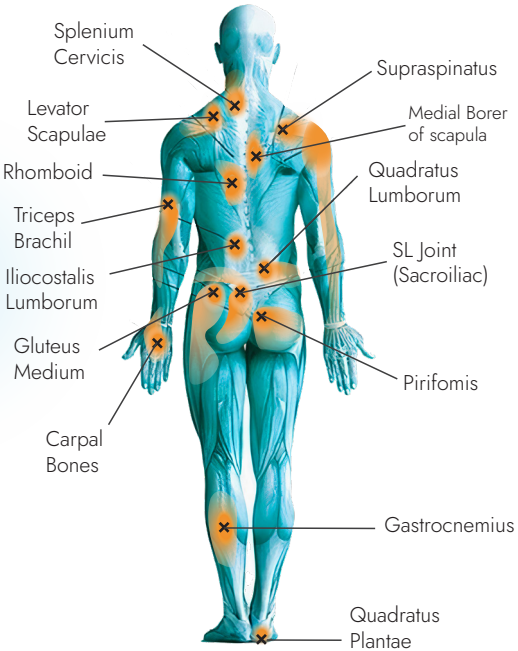Puntos Gatillo Comunes