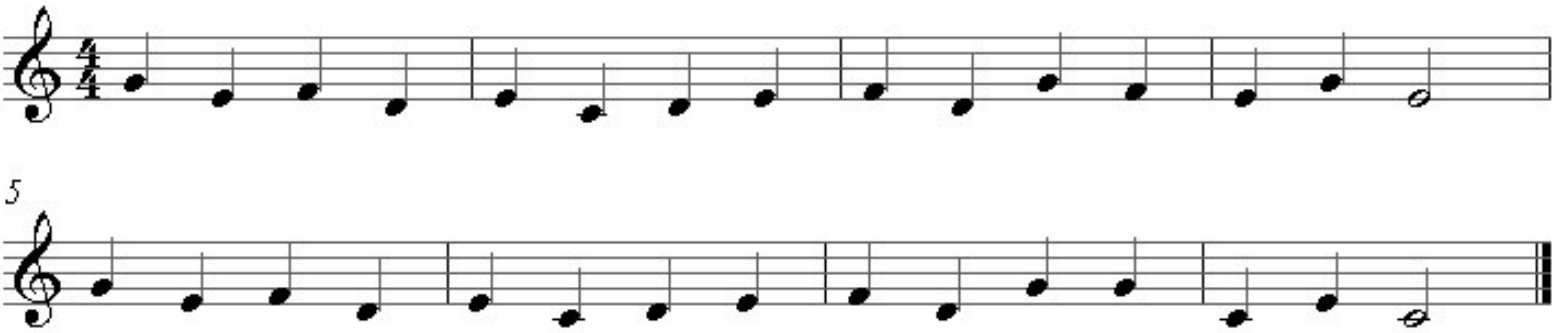Per a la mà esquerra