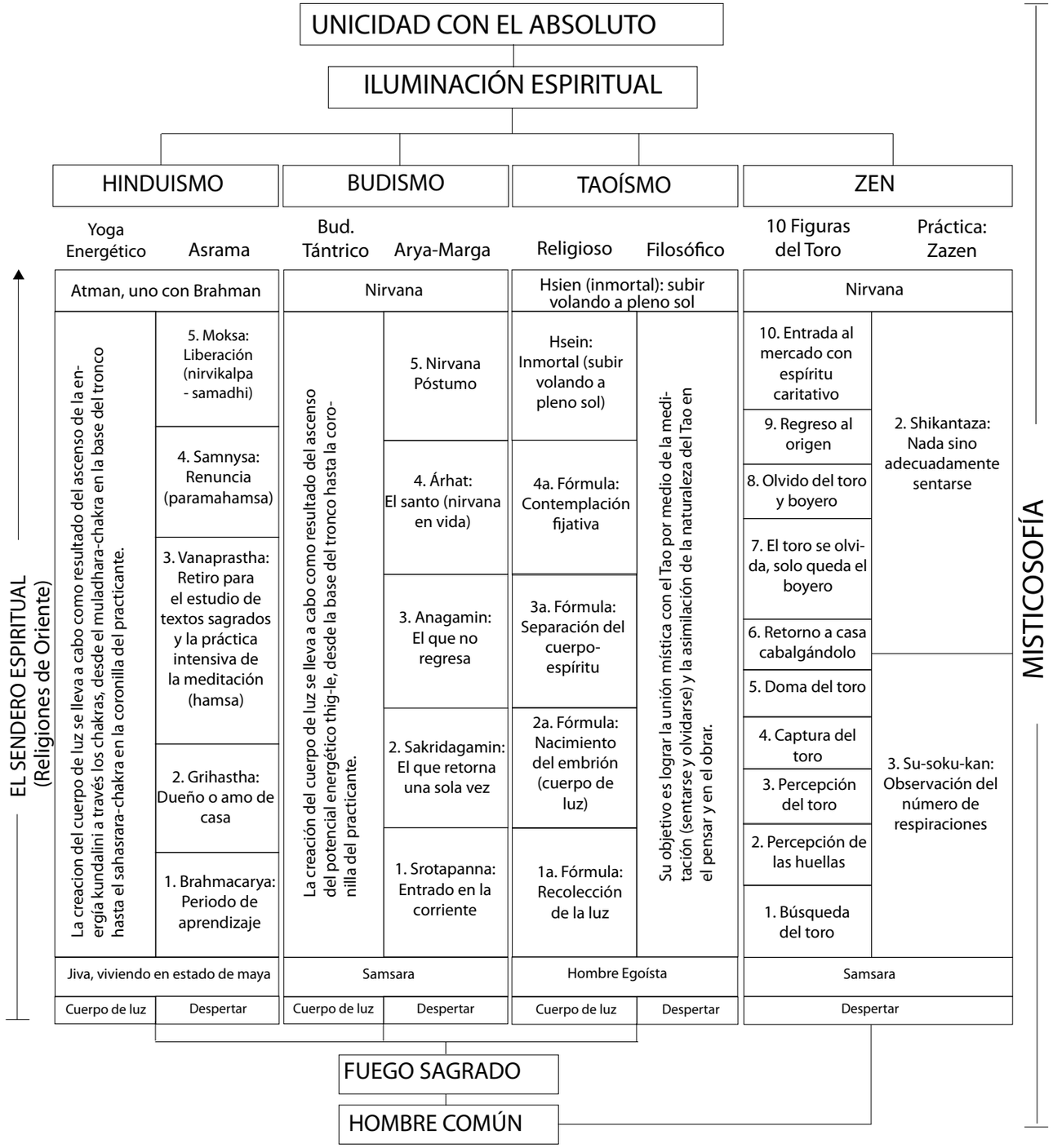http://universidaddemisticosofia.wordpress.com/