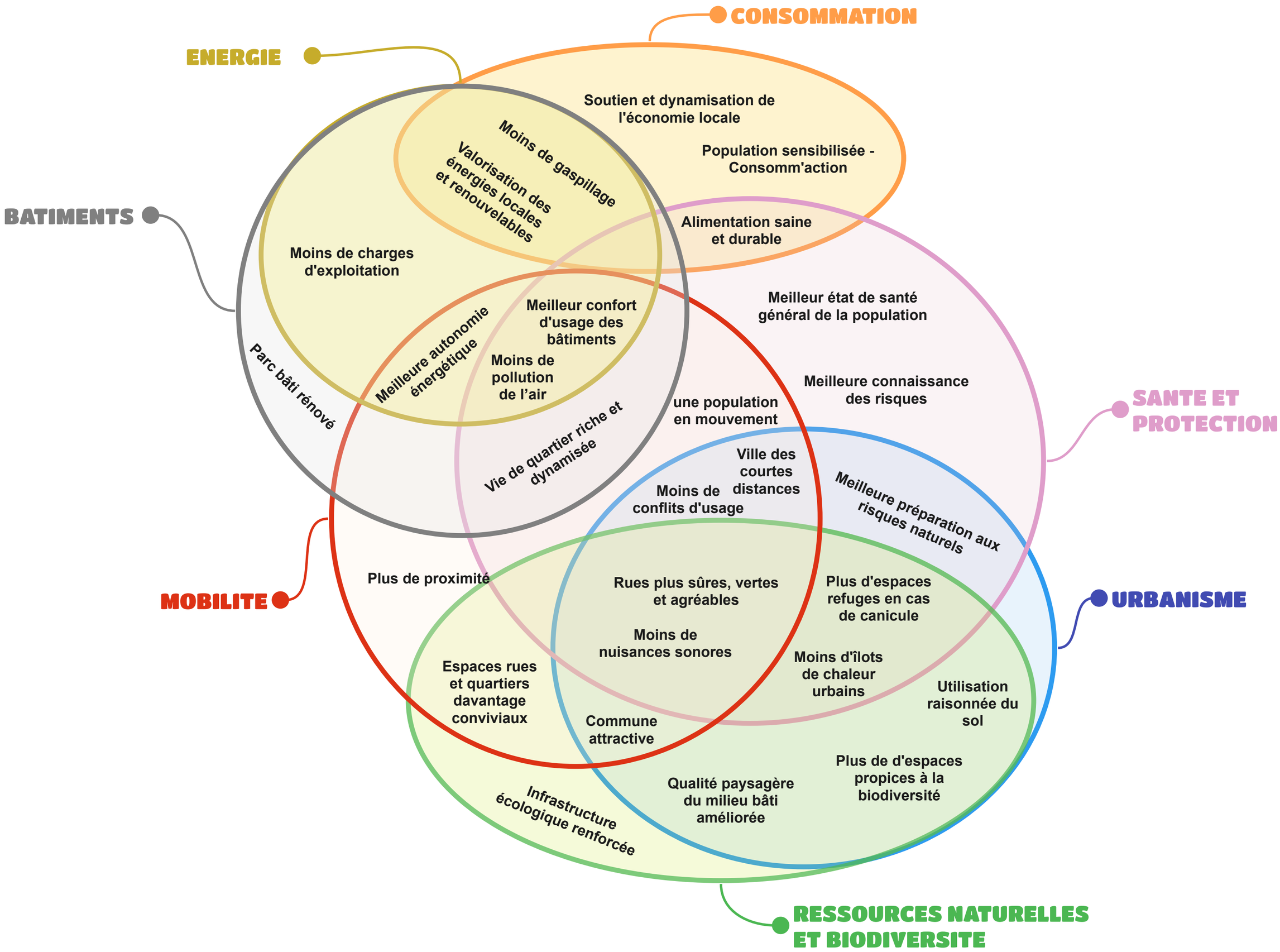Les co-bénéfices de la sobriété carbone