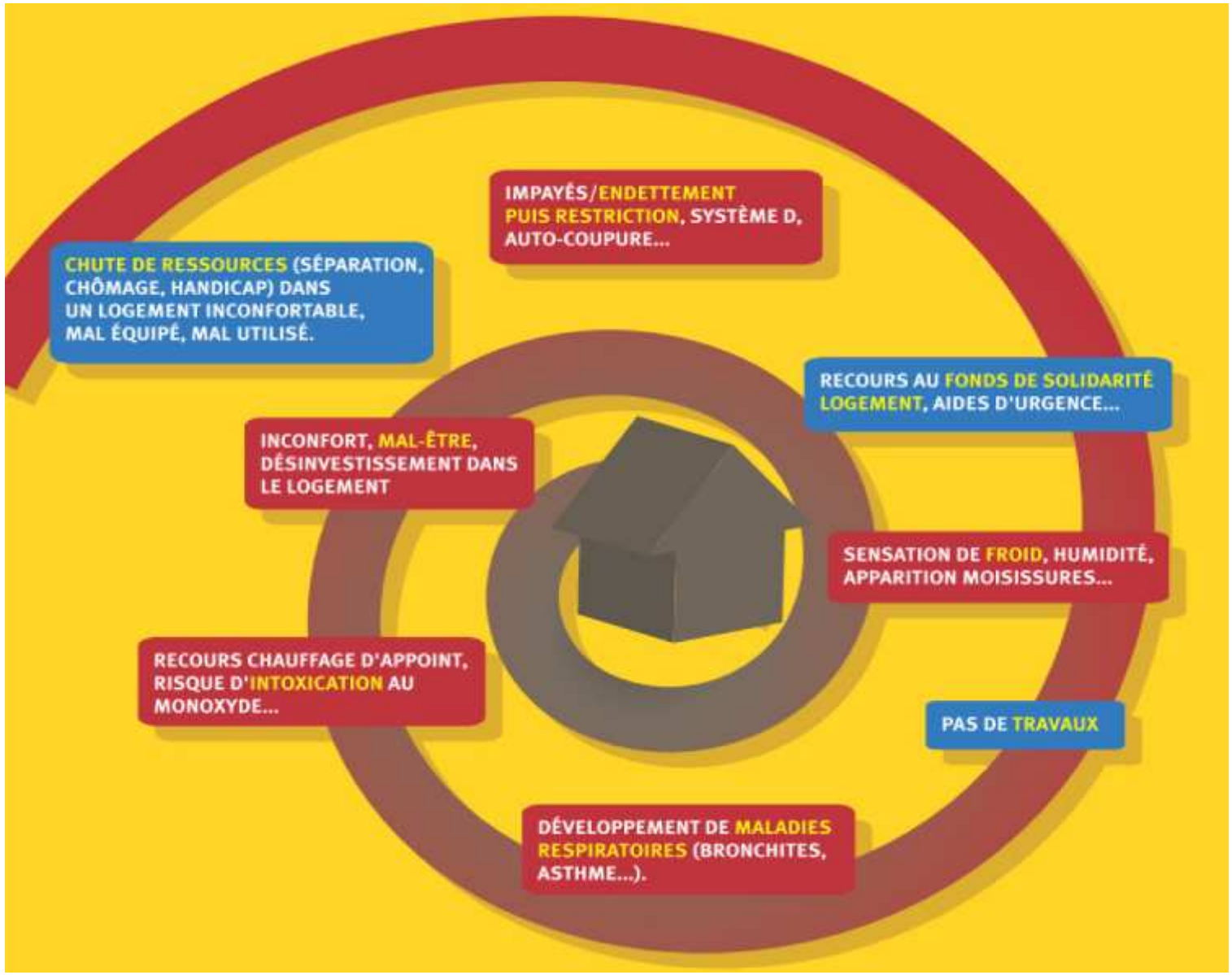La spirale de la précarité énergétique