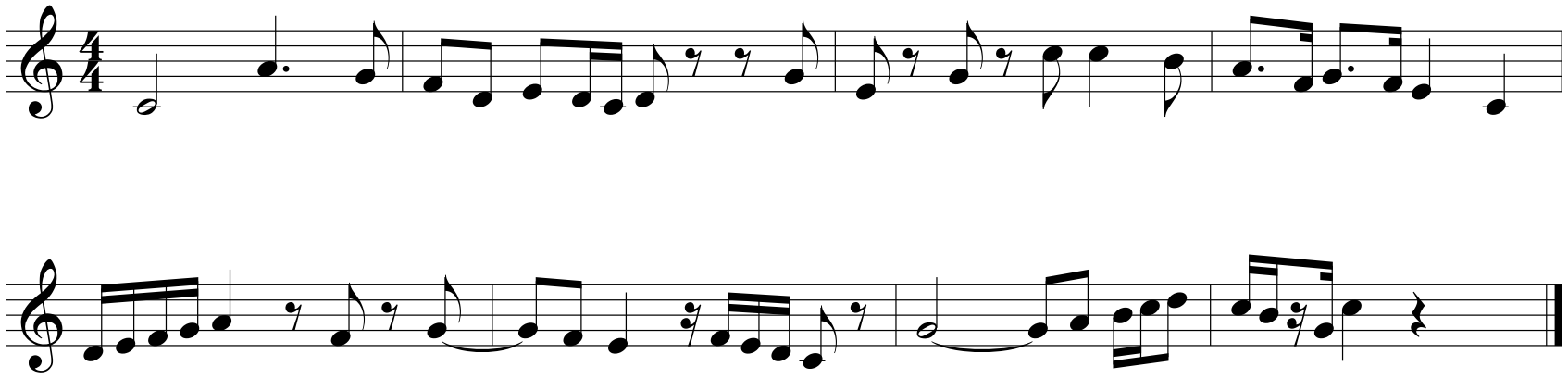Lettura ritmica parlata