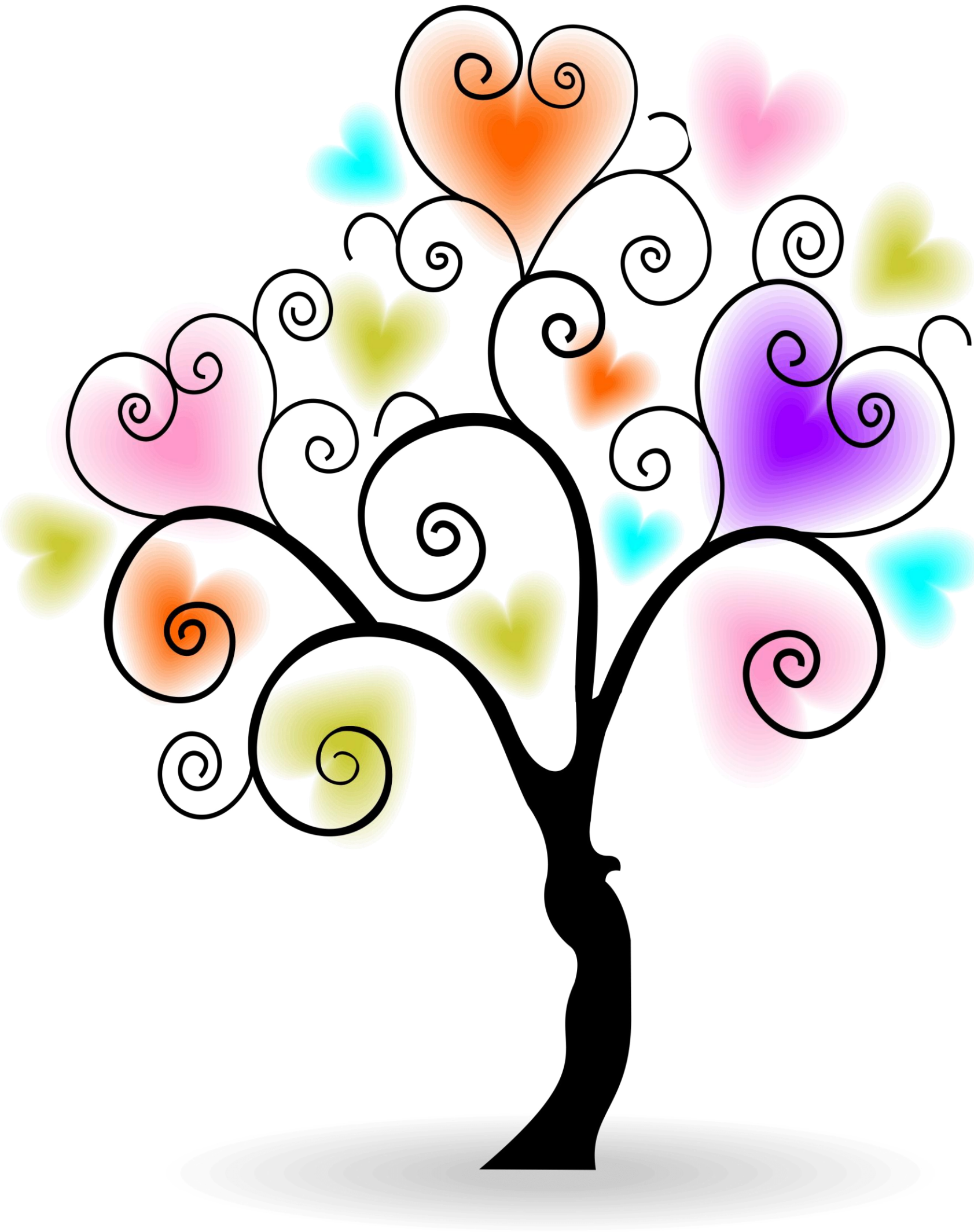Mein persönlicher Ressourcenbaum