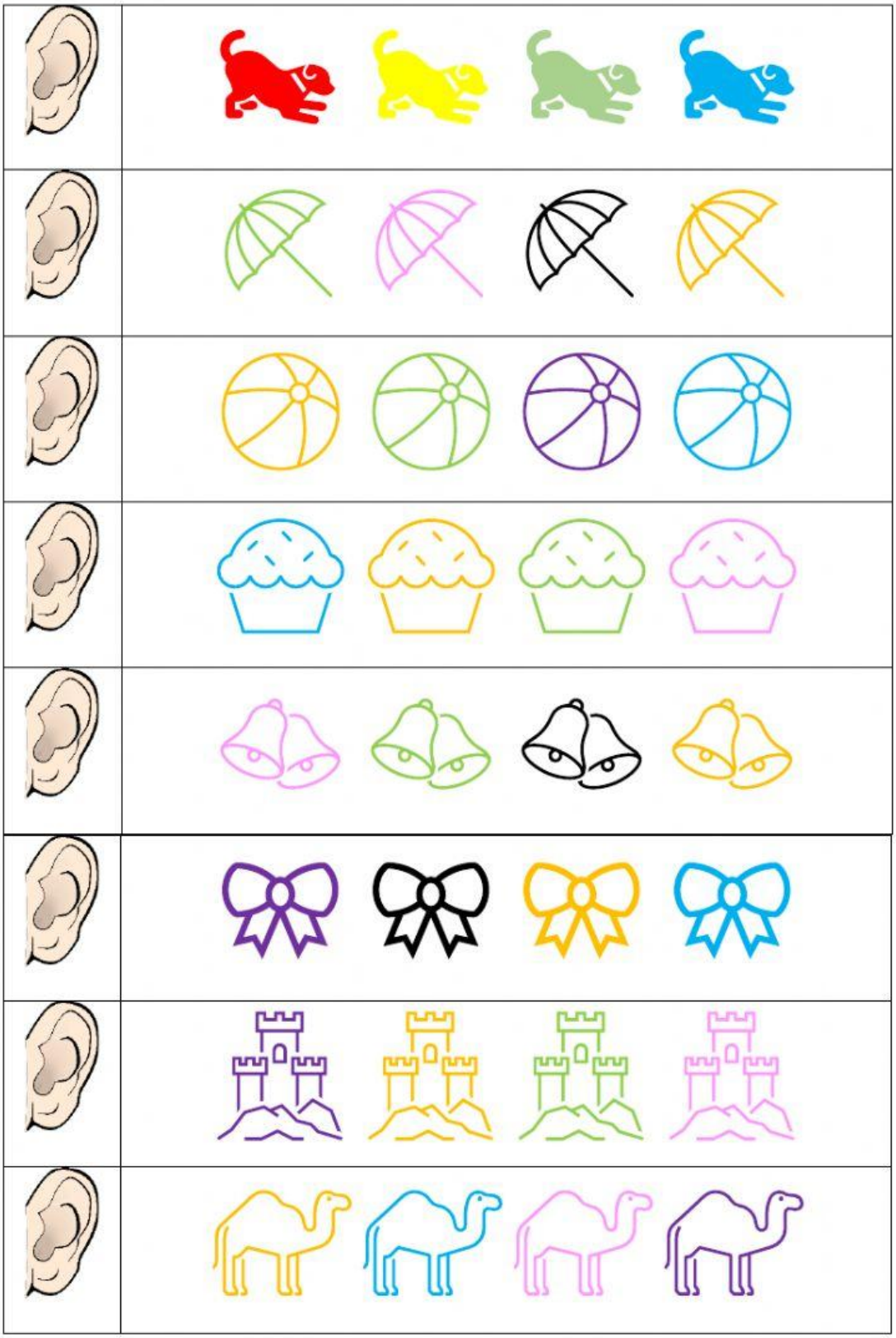ESCUCHA Y SELECCIONA