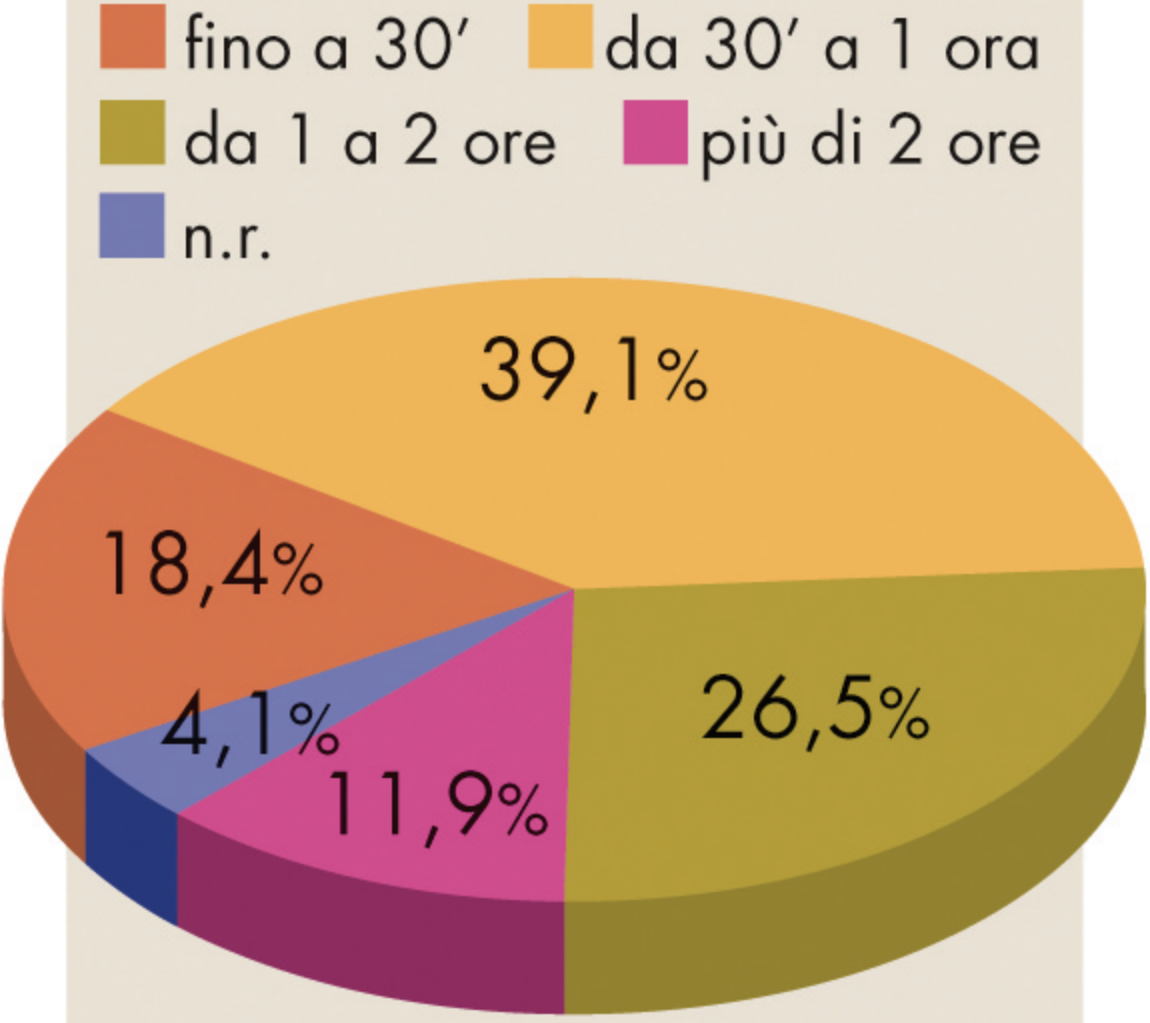Quanto tempo dedichi alla posta elettronica?