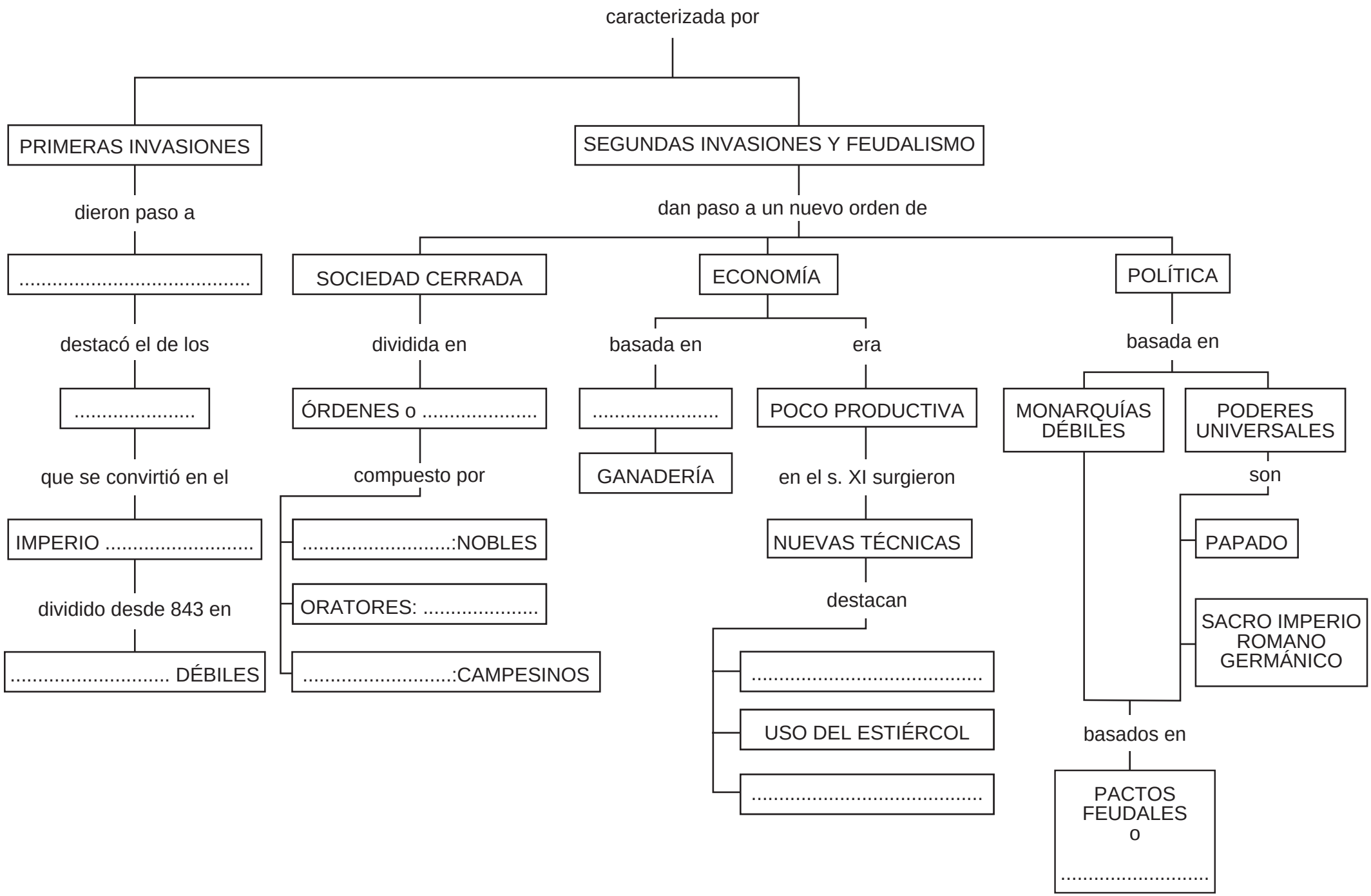LA ALTA EDAD MEDIA EN EUROPA OCCIDENTAL