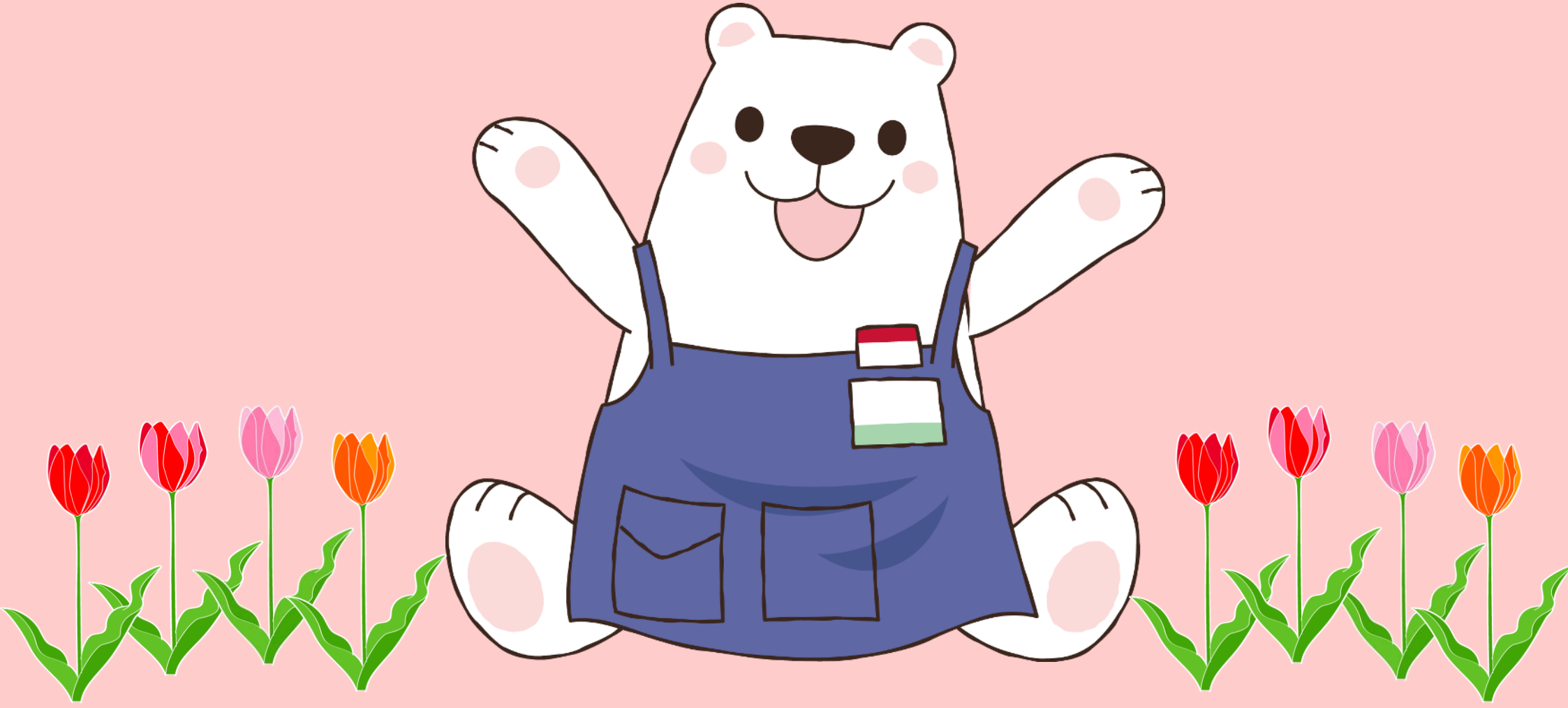大学生活おすすめ本