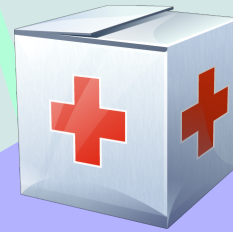


14 Best Healthy Todos



do not respond to negativity



be patient



listen more



laugh loudly



write more

get more sleep

be honest



stay calm



breath deeply



remove clutter



make your bed

find time to exercise



drink more water



eat less sugar



Dr. Kleinhirn.eu

