

9 gesunde Gewohnheiten



1 Stunde Bewegung



2 Liter Wasser



3 x satt essen



4 Stunden stehen



5 Minuten meditieren



6 x Lüften



7 Tage NEMs einnehmen



8 Stunden Schlaf



9 Seiten lesen

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B Lingard



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