

YOUR KINDLE NOTES FOR:

## 12 Months to Health: 12 Simple, Inexpensive Habits to Dramatically Improve Your Quality of Life

Jeremy Lesniak

Last accessed on Friday December 30, 2022

**216 Highlight(s) | 137 Note(s)**


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Yellow highlight | Location: 26

a million times over,

Note: 1000 ~ full truth

1tt ~ full light

tt ~ complete

how-to-complement dd

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Yellow highlight | Location: 29

Dedication

Note: tl;dr: es besteht eine extrem mathematische inbalanz, sofern man ueberhaupt vom `Di' weis und daß es di-raeume gibt. die text-satzung scheint begruendbar - hier mit dem Ziel die Bandbreite an Teilnehmer per Di-Profilng bestmoeglich kategorisieren zu koennen - weil scheinbar nur dann die Moeglichkeit fuer effektives Handling gegeben ist. hier leider verstoeßt die Mathe, gegen sich selbst... die Darstellung entspricht exakt diesem Kommunikations-Bruch..

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Yellow highlight | Location: 32

when conventional "wisdom" told me

Note: tl;dr: dd di stetiger narko-invertholo-dauer-durchlauf (dr. gauck verdreh radi z sonst szlig)

Yellow highlight | Location: 40

Disclaimer

Note: tl;dr: dies lesend, die FIEBER-KURVE des Textes, spiegelt den gegenwaertig fatalen Stand in 2021 wider - ueber dessen Zustand - ich selbst, wek-gespritzt fuer 15 od. 20 Jahre, keine Ahnung haben konnte. das englisch ist schon gar nicht mehr bemueht, eine Loesung oder den Ursprung zu finden. englisch.. was war das gleich wieder...

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Yellow highlight | Location: 48

By

Note: [p. 2]

Thank you

Yellow highlight | Location: 48

overwhelming

Note: [p. 2]

, a million times over

Yellow highlight | Location: 48

you with all the great things that these actions can lead to, you'll be more likely to do them, and do them consistently.

Note: [p. 2]

, my friends.

Yellow highlight | Location: 81

variety of small

Note: tl;dr: frage der erreichbarkeit - reception if all

Yellow highlight | Location: 103

## based on the research

Note: [p. 6]

variety of small

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Yellow highlight | Location: 105

## choices you make

Note:

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Yellow highlight | Location: 105

## actions

Note:

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Yellow highlight | Location: 106

## incorporating

Note:

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Yellow highlight | Location: 112

## statements

Note: GLOSSAR: corporal (liturgy) or constitution "body"

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Yellow highlight | Location: 115

## occupational

Note:

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Yellow highlight | Location: 118

## Setting just

Note: char: occident ox eight, st w/the whole universe, full light disclosure - reachable

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Yellow highlight | Location: 118

## consistent,

Note: part: wenn's mit klarer sicht nicht klappt - wie dann jemals

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Yellow highlight | Location: 135

## healthcare intervention?

Note: DEM7: der invert-holo-dauerdurchlauf di ueber die gesamte welt hinweg, ist auch hier nicht foerderlich oder hilfreich (statische irritations-reflextionen gegenlaeufig-zur-zeit)

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Yellow highlight | Location: 159

## one benefit per

Note: GLOSSAR: bootloader or starterkit

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Yellow highlight | Location: 161

## your health.

Note: tl;dr: einfach und intuitiv - zeichnen, fuer die deinige audienz die im di immer gegenwaertig ist. ursprungs-nahe ist licht fuer kinder et cetera.

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Yellow highlight | Location: 170

## success.

Note: ...succession processing

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Yellow highlight | Location: 172

## Morning

Note: ...rational or narrative truth

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Yellow highlight | Location: 176

**how much water to drink,**

Note:

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Yellow highlight | Location: 184

**glass of water**

Note:

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Note | Location: 184

**...narrative truth**

Yellow highlight | Location: 188

**wake up**

Note: ...dont noise your di beloved

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Yellow highlight | Location: 212

**thirsty, not hungry.**

Note: tl;dr: info\detail\wissen fehlt um richtig handeln zu koennen

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Yellow highlight | Location: 216

**a silly, and**

Note:

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Yellow highlight | Location: 216

**idea.**

Note:

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Yellow highlight | Location: 230

**as the original research made it**

Note: tl;dr: das schwimmen gegen das falsch, bringt ja nach wirkungsfaktor, stueck invertholos mit

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Yellow highlight | Location: 233

**big**

Note:

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Yellow highlight | Location: 233

**of**

Note:

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Yellow highlight | Location: 234

**rev**

Note:

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Yellow highlight | Location: 234

**up**

Note:

---

Yellow highlight | Location: 237

**4**

Note: tl;dr: sto-mach eine aufgabenliste — beginn mit der auf-ga-ben-liste

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Yellow highlight | Location: 249

**healthy cartilage**

Note: tl;dr: vom gesamten universum 20% richtungstangente fuers individuum, ein hinweis welche eine unglaubliche bedeutung "der einzelne" hat und jedem einzelnen beigemessen werden muss, und nur dann und-bezogen-auf-das-gesamte-universum gilt weiters "was kann schon passieren bzgl. 20% wenn ein einzelner.."

Yellow highlight | Location: 289

## Day 10 – Drinking Water May Prevent Dry Skin

Note: BUZZ: intro 01 - 10 behandelt den standard teaser<sup>1</sup>, wie ich vermute

so ne art (cryptobrute-forcecoin);

1ingress and whazapp throne-world-masters

evtl. (?) di-bank of browser bookmarks aka chrome-firefox-safari-edge

nachfragen,

ein paar sequenzen vom einstigen lug-ts.de deuten-auf-vorgenanntes hin

Yellow highlight | Location: 292

## skin

Note: ...N — stick <sub>7</sub>nitrogen

<https://en.wikipedia.org/wiki/Nitrogen>

Yellow highlight | Location: 292

## 64%

Note: ...true DNA

[https://en.wikipedia.org/wiki/DNA\\_barcoding](https://en.wikipedia.org/wiki/DNA_barcoding)

Yellow highlight | Location: 292

## water.

Note: ...K – this was a eleven, on elevation – see Day 11 next

Yellow highlight | Location: 299

## Day 11

Note: BUZZ: bewaerte synchronisierungs-signale

11 K w/10 comply verify

40 PhD

96 R <sub>14</sub>iPhone<sup>Pro</sup>[48MP] →forge sweet porridge

<https://twitter.com/ouraring>

Betreff: Tackle your 2022 goals with the help of Oura

----- Original Nachricht ----- 1m 5d

The secret to reaching your 2022 goals is on your finger.

96

Yellow highlight | Location: 304

## plenty

Note: ...A prophylactic rule is a judicially crafted rule

Provisory supers false until the origin is resolved, this a symbolic init for a common public back-tracking et cetera

[https://en.wikipedia.org/wiki/Prophylactic\\_rule](https://en.wikipedia.org/wiki/Prophylactic_rule)

[https://en.wikipedia.org/wiki/Provisory\\_restoration](https://en.wikipedia.org/wiki/Provisory_restoration)

Yellow highlight | Location: 310

## sweat

Note: tl;dr: here tech-in-use forces a pyramid scheme w/ dismath, gro up-to-resolve act, do, go,

<http://kreisquadrat.xyz>

wenns mit klarer sicht nicht funktioniert, wie dann jemals . ponzi-punkt

Yellow highlight | Location: 313

**make sure**

Note:

Yellow highlight | Location: 317

–

Note: 2020 LGBTQ+ ...nach der rueckholung und re-integration, in f

2021 Paralympics

ist ein weiteres abdriften ausgeschlossen bsp. couragiert unmoeglich (zu meiner erinnerung)

wiki: die EN wikipedia befindet sich dato nur deshalb in einem so ausserordentlich guten stand - dank und durch extrem massivem globalen investment - um das niveau irgendwie sinnvoll oben zu halten vgl. forschung und wissenschaft zur unterstuetzung, einst in deutschland weil-nix-verstehen heute NE (neu england) sonst BO+A, zu beachten regressionszunahme mit auf-flackern von not-alternativen wie idiom\_es\_ca, idiom\_fr\_ca da-sonst intern kein abgleich/gegencheck mehr moeglich waere-ist vgl. DE 3.0

Yellow highlight | Location: 377

**single, simple**

Note: ...whats cat w/ goat here, Mt. corporal [Charlie/Werner]

Yellow highlight | Location: 390

**diarrhea.**

Note: tl;dr: gehorsames auskotzen, der di-Raum (das+-unwissen-paradox) reagiert eher konsterniert da kaum hilfreich (un-par) - kaskadierung<sup>s</sup>verkettung siehe 10×10 od. kleines-eins-plus-eins

Yellow highlight | Location: 396

**Relieve Nasal Congestion**

Note: GLOSSAR: Septum-Piercing ÷ Wappentiere wie der Stier und der Auerochse werden (Septum) häufig mit Nasenring dargestellt.

Yellow highlight | Location: 400

**increased hydration should**

Note: ...wenn die Gesamte Welt weis-und-sieht, daß die falschen gar nicht falsch informiert sein können

Yellow highlight | Location: 414

**is important in**

Note: <sup>2+5</sup>-shift ctrl alt esc del

Yellow highlight | Location: 429

**brain**

Note: ...brain sometimes body sometimes the-entire-universe or all-the-multiversum, roller rink

[https://en.wikipedia.org/wiki/Roller\\_rink](https://en.wikipedia.org/wiki/Roller_rink)

Yellow highlight | Location: 464

**gunk**

Note:

Yellow highlight | Location: 488

**talk about it**

Note: BUZZ: latter term - The American Way to pre-answer-the-question or exclude this-later-on question, whether talking roundabout would have resolved any specifics and rationals too ?

Yellow highlight | Location: 488

anymore.

Note: \_seit<sub>22</sub> Titanium im dualcharge Zweiwegelade Verfahren, davor nur Uni-Direktional.

BUZZ: vllt. ein Stellvertreter PLAYBOOK` whazapp-throne-grouping (!) und hier unbefangen da mit der Sache nichts zu tun - auch hier gilt es den Fokus nicht aus dem Blick zu verlieren\_

` `Yes, our 2 new computers made it to the @Space\_Station! Coming tomorrow: the <sup>first photo</sup> ..  
[https://twitter.com/astro\\_pi/status/1488136079400177664?s=20](https://twitter.com/astro_pi/status/1488136079400177664?s=20)

` `fix<sup>issue</sup>-pending <sup>med-of</sup>-en.wiktionary.org/wiki/math  
[https://meta.wikimedia.org/wiki/Wikimedia\\_Community\\_User\\_Group\\_Math](https://meta.wikimedia.org/wiki/Wikimedia_Community_User_Group_Math)  
[https://meta.wikimedia.org/wiki/Help:Displaying\\_a\\_formula](https://meta.wikimedia.org/wiki/Help:Displaying_a_formula)  
<https://www.mediawiki.org/wiki/Extension:Math>

ICYMI-omicron-friend

Yellow highlight | Location: 490

2

Note: [p. 52] now that u' learned what water is → know packaged H<sub>2</sub>O

Yellow highlight | Location: 494

trans,

Note: ...one-way salted incl. swap <sub>ex</sub>

Yellow highlight | Location: 494

and

Note: ...<sub>ex</sub>-gauck-verdreh-hexler (drehende matrix; invert exzenter)

Yellow highlight | Location: 511

Could Reduce

Note: ...mutter and GJS approx. (ten-) booklet, Pflichtenheft und Lastenheft TUEV geprüft

[https://twitter.com/Linux\\_Mint/status/1488486341977518086](https://twitter.com/Linux_Mint/status/1488486341977518086)

Tipp: wer lesen kann (Frau u. Kind) ist klar im Vorteil

Monthly News – January 2022

<https://blog.linuxmint.com/?p=4276>

#meetoo else #MeToo `weis ja niemand was` 2022-02-03

<https://twitter.com/HametnerUwe/status/1489360468162527232?s=20>

Yellow highlight | Location: 531

34

Note: ...anchor CD (?) four double or deep negative aka friend med. positive

GLOSS: corpus diplomatico does-not-work-here this must to-be set quick visible ! refer-encing to a good workout, and summon the script – help's planet blood glucose level's

Yellow highlight | Location: 531

Healthy Fats

Note:

Yellow highlight | Location: 531

Weight Loss

Note:

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Yellow highlight | Location: 643

**asthma.**

Note: **GLOSS: world y day – way ① from ② to ③ forward**

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Yellow highlight | Location: 686

**COPD)**

Note: ...bez. 🇩🇪 komplette kolonisierung d. garten edens

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Yellow highlight | Location: 725

**but also**

Note: [simple:] physimen cally tally 66 ... rather than a dark-hole

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Yellow highlight | Location: 747

**bipolar disorder.**

Note: tl;dr: Bitterheit vs. Unfairness

de.wikipedia.org/wiki/Fairness

Fairness geht als Begriff auf das englische Wort „fair“ („anständig“, „ordentlich“) zurück. Fairness drückt eine (nicht gesetzlich geregelte) Vorstellung von Gerechtigkeit aus. Fairness lässt sich im Deutschen mit akzeptierter Gerechtigkeit und Angemessenheit oder mit Anständigkeit gleichsetzen.

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Yellow highlight | Location: 761

**doctor**

Note: BUZZ

Hinterland, Neuland, VPN sonst PGP zu GPG

<https://twitter.com/torproject>

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Yellow highlight | Location: 834

**fat.**

Note: ...sustaining light

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Yellow highlight | Location: 835

**sometimes**

Note: ...light

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Yellow highlight | Location: 859

**diverticula**

Note: tl;dr: stimmt die - Wellenlänge - Sprache - Rhythmus - das Reimen (?)

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Yellow highlight | Location: 875

**Carbs Can**

Note: ...der-die-das Autor\*n bzw. Modul-Beglaubiger reflektieren Suizidgefahr !

1. Suizid in sich ist schon das falsche Wort
2. High- / Cemented-Sugar .. mit normaler Sprache unwiderrufliche Paßabnahme ..
3. Text vermittelt absolute Aussichtslosigkeit
4. ...sos warum nicht eher gemeldet

5. ...Lektoren etc. existiert Info zu profil, vitae, self-research ?

6. lat\*in → er-ror → oro

7. 2022-03-09 Mittwoch, trotzdem Fokus-und-Kontext nicht verlieren...

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Yellow highlight | Location: 913

from protein and fat,

Note: TL;DR: protein fat # seamless transition 100% Catalytic\_converter

carbonates • inter-intra-balance

protein • maintain'

fat • for-and-over-all recipro catalysis'

<https://en.wikipedia.org/wiki/Catalysis>

Yellow highlight | Location: 974

that whole-grain foods

Note:

Yellow highlight | Location: 977

be role models

Note:

Yellow highlight | Location: 989

May Help Redistribute

Note:

Yellow highlight | Location: 994

redistribute

Note: 🇩🇪 Deutsche Blinddärmschwämme

🇧🇷 #MaxDiBrillanz {Intelligenz=Sintflut}

.br += Sahara

+ würdest du besser machen ? 🇪🇸 .es .co.ar

+ machst du statt Bier dein Wein plus-mal Überschwemmung 🇬🇧 .uk

sonst 🇩🇪 da wo das Allnichts selbst für-zu-liefern muß hurtig!?

🇦🇷 #SonneMaxWasser {Dumm≠Intelligenz}

.ar -= MassWash

- bist du schlau ! 🇫🇷 .fr .ve.br

- brauchst du kein `Di` für Bierschlauch 🇬🇧 .uk

[https://commons.wikimedia.org/wiki/File:Sarracenia\\_distribution.svg](https://commons.wikimedia.org/wiki/File:Sarracenia_distribution.svg)

↑ würdest du ganz ARG anders machen

🇦🇷 da wo G' Pflanzen allen D' Job erledigen!!

Blue highlight | Location: 998

Day 80 – Good Carbs in the Diet Can Be a Great

Note:

Yellow highlight | Location: 998

Source of B

Note:

Yellow highlight | Location: 998

Vitamins

Note:

Yellow highlight | Location: 1,003

unbelievably

Note: 🇩🇪 Deutsche Blinddärmschwämme

`2019 COVID-19 potassium sodium 9L Kalium-salz-Infusion 9/11 🇩🇪 -Topf

COVID19 ups `2020

COVID+\* ups `2021



BA 1.1: du! "omicron" `2020ups`2021 .es.co SINA-box .arr 99

BA 2.0: ba!du! "BA.2" `2021ups`2022 .fr.ve bic-SEPA .brrr €

13 x 2004 e Telefonzentrale zur Protokoll-o-graphie

9/11 y PresidenteJefeRe <https://www.linkedin.com/in/mauriciomacri/>

7 `2020 g z -i- .FR ← Alpetel Mexico 🌸

5 `2021 E in -i- .ES 🌿 Medellín .co 4 'Heart of Asia' → 🇺🇸 'Ottawa .uk 🌸

3 `2022 C us .co.ar .ve 🌹 Catalinas' .ES 4 Ukraina

2 `2023 B we .ve.br 2fallar uno<sub>2</sub>-do<sub>3</sub>-tre<sub>5</sub>-(4<sub>(7)</sub>)-(5<sub>(11)</sub>) .FR

🇬🇧 Terziäre Großschatzkammer Jahresberichte

-- telli und mit vertverl; gegen England gerichtet,

„ 2-te Front über China n. Indien bzw. über Mexiko n. Kanada,

„ 3.tens vonüber Groß Afrika n. Südafrika .

-- url toooooo google-docs - ?

🇺🇾 .ve `Uruguay 🇫🇷

🇨🇱 .py `Chile 🇪🇸

` 🇺🇸 .. Westindische Inseln

` 🇮🇹 . 🇬🇾

🇧🇷 . 🇪🇸 🇩🇪 🇨🇪 .pe .bo 🇵🇹 . 🇫🇷 🇬🇧 🇪🇸

🇺🇾 .co 🇫🇷 🇫🇷

...tägliche dt. Kristallnacht - trotzdem den Fokus nicht verlieren - 13-7-egal

[latter-page]

🇧🇷 #MaxDiBrillanz {🧠 Intelligenz=Sintflut 🌸}

.br += Sahara

+ würdest du besser machen ? .es .co.ar

+ machst du statt 🍺 dein 🍷 plus-mal Überschwemmung .uk

sonst 🇩🇪 da wo das Allnichts selbst für-zu-liefern muß hurtig!?

🇺🇾 #SonneMaxWasser {Dumm 🌸 ≠ 🧠 Intelligenz}

.ar -= MassWash

- bist du schlau ! .fr .ve.br

- brauchst du kein `Di` für Bierschlauch .uk

[https://commons.wikimedia.org/wiki/File:Sarracenia\\_distribution.svg](https://commons.wikimedia.org/wiki/File:Sarracenia_distribution.svg)

↑ würdest du ganz ARG anders machen

🇺🇾 da wo G' Pflanzen allen D' Job erledigen!!

Yellow highlight | Location: 1,009

## asthma

Note: ...amtlichtswegen das übernächste Fundbüro 🚧

Yellow highlight | Location: 1,017

## Day 82

Note: 99: Es Einsteinium {r} 🗨 Nach-Tägl.-Zählerüberlauf P 

1	2
3	4

-Disko

100: Fm Fermium {r}

<sub>81</sub>Thallium: omicron "du" {d81; p102; r100; pre}

<sub>82</sub>Pb - BA.2 "ba du"

101 - gum

102 - gum

[Wednesday, March 23, 2022] ⚡ Bismuth <sub>83</sub>Bi

→ ←

florian.rammrath FR 🇬🇧 🇨🇳

karin.baer 🇪🇸 🌹 Caracas CN

🍂

walter.appel@kanzlei-appel.de -i- karate 🏹 kata

<https://www.linkedin.com/in/walter-appel-87254514a/>

BTS bis=Traun-Saalach 🍅

TSU Traun-Saalach=um 🌿

<https://de.wikipedia.org/wiki/Btrfs>

Yellow highlight | Location: 1,020

## gum

Note: ..selbst gefragt heißt, du mußt deine feinde kennen:

- deutsche Ärzte dr. med.
  - deutsche Richter dr. jur. nix-gut-weil-alles-falsch d.h. --
  - deutsche Chemiker dr. ch. che. chem.
- ...seiten-degeneration dt. Wikipedia vergleichsweise.

Yellow highlight | Location: 1,187

## deficient

Note: [https://en.wikipedia.org/wiki/Deficient\\_number](https://en.wikipedia.org/wiki/Deficient_number)

The first few deficient numbers are

1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 13, 14, 15, 16, 17, 19, 21, 22, 23, 25, 26, 27, 29, 31, 32, 33, 34, 35, 37, 38, 39, 41, 43, 44, 45, 46, 47, 49, 50, ... (sequence A005100 in the OEIS)

As an example, consider the number 21. Its divisors are 1, 3, 7 and 21, and their sum is 32. Because 32 is less than 42, the number 21 is deficient. Its deficiency is  $2 \times 21 - 32 = 10$ .

Yellow highlight | Location: 1,190

## stamina.

Note: tl;dr: ...d.h. es gibt kritische Punkte zu balanzieren

Yellow highlight | Location: 1,195

## prostate

Note: ((( pros - tate

Yellow highlight | Location: 1,217

## D

Note: e w/ {A = 5} w/ 1+2×2

$A_{(2)}$  = boron  $\{5B\}$ ; "both 2 and 5 are untouchable"

$B_{(3)}$  = sodium  $\{11Na\}$

$C_{(5)}$  = nickel  $\{28Ni\}$ ,  $3+5 \times 5$

$D_{(7)}$  = technetium  $\{43Te\}$ ,  $4+7 \times 7$

[https://en.wikipedia.org/wiki/Prime\\_number](https://en.wikipedia.org/wiki/Prime_number)

[https://en.wikipedia.org/wiki/Untouchable\\_number](https://en.wikipedia.org/wiki/Untouchable_number)

The first few untouchable numbers are:

2, 5, 52, 88, 96, 120, 124, 146, 162, 188, 206, 210, 216, 238, 246, 248, 262, 268, 276, 288, 290, 292, 304, 306, 322, 324, 326, 336, 342, 372, 406, 408, 426, 430, 448, 472, 474, 498, ... (sequence A005114 in the OEIS)

Properties:

The number 5 is believed to be the only odd untouchable number, but this has not been proven: it would follow from a slightly stronger version of the Goldbach conjecture, since the sum of the proper divisors of  $pq$  (with  $p, q$  distinct primes) is  $1+p+q$ . Thus, if a number  $n$  can be written as a sum of two distinct primes, then  $n+1$  is not an untouchable number. It is expected that every even number larger than 6 is a sum of two distinct primes, so probably no odd number larger than 7 is an untouchable number, and  $[1=\sigma(2)-2]$ ,  $[3=\sigma(4)-4]$ ,  $[7=\sigma(8)-8]$ , so only 5 can be an odd untouchable number. Thus it appears that besides 2 and 5, all untouchable numbers are composite numbers (since except 2, all even numbers are composite).

Yellow highlight | Location: 1,314

with jaundice may have unusually yellow skin and eyes due to high levels of bilirubin,

Note:

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Yellow highlight | Location: 1,324

suffered from

Note:

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Yellow highlight | Location: 1,324

acne

Note: tl;dr: 🎬 Stimmt der Film der da abläuft, immer bzw. noch überein \_

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Yellow highlight | Location: 1,326

can

Note:

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Yellow highlight | Location: 1,333

SAD)

Note: .. Dana Fuchs ~ Lonely for a Lifetime ~ 10 Sad Salvation

...2022-04-24 reached to listen ..

« sad [sed ar ears] SARS

« CR of 2001 too was hit in summertime

[https://en.wikipedia.org/wiki/2002–2004\\_SARS\\_outbreak](https://en.wikipedia.org/wiki/2002–2004_SARS_outbreak)

[https://en.wiktionary.org/wiki/blow\\_one's\\_nose](https://en.wiktionary.org/wiki/blow_one's_nose)

<https://de.wiktionary.org/wiki/schneuzen>

« from 2001, Ismaning, T. Siebel (Systems)

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Yellow highlight | Location: 1,334

this is low serotonin levels

Note:

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Yellow highlight | Location: 1,337

winter

Note:

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Yellow highlight | Location: 1,343

eat

Note: [p. 139] "2002–2004\_SARS\_outbreak"

..schlucken <sup>-i-</sup> sofern Sie sich in einem Puren-Reinst-falsch-Raum befinden, könnten Ihre (5-HT) oder Enteramin, Serotonin-Hormone darunter leiden ± #wir

<https://de.wikipedia.org/wiki/Serotonin>

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Yellow highlight | Location: 1,363

cirrhosis,

Note: [p. 141] "nearsightedness" to far sighted ness

...marked by

degeneration of cells, inflammation, and fibrous thickening <sup>(of tissue issue)</sup>

inflammation <sup>=DE=</sup> invert-dauer-durchlauf oder/und andersverdreh<sup>t</sup>

thickening <sup>=DE=</sup> excenter-dauer-durchlauf und/oder andersverdreh<sup>t</sup>

[p. 143] circulation "by hypoxia, or lack of oxygen in the tissue"

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Yellow highlight | Location: 1,369

## circulation

Note: 🇩🇪 Sind wir Brüder!? Hast Du auch Deutsche Blinddärme in deinem Kopf !!

Yellow highlight | Location: 1,377

## IBS).

Note: push the button

push the bow

ring ring ring retire-d 🐦

Yellow highlight | Location: 1,393

## sunscreen

Note: 🏠 G9 Abitur = Sonnenmilch m. Rhesusfaktor 8-10 ABI × Impfmatrix

[https://de.wikipedia.org/wiki/Abitur\\_in\\_Bayern\\_\(G9\)#Benotung\\_des\\_Abiturs](https://de.wikipedia.org/wiki/Abitur_in_Bayern_(G9)#Benotung_des_Abiturs)

Yellow highlight | Location: 1,437

## mood

Note: [moody's-financial-services]

[https://de.wikipedia.org/wiki/Schiefer\\_Turm\\_von\\_Pisa](https://de.wikipedia.org/wiki/Schiefer_Turm_von_Pisa)

[https://en.wikipedia.org/wiki/Programme\\_for\\_International\\_Student\\_Assessment](https://en.wikipedia.org/wiki/Programme_for_International_Student_Assessment)

[https://es.wikipedia.org/wiki/Informe\\_PISA](https://es.wikipedia.org/wiki/Informe_PISA)

<https://en.wikipedia.org/wiki/OECD>

[https://es.wikipedia.org/wiki/Organización\\_para\\_la\\_Cooperación\\_y\\_el Desarrallo\\_Económicos](https://es.wikipedia.org/wiki/Organización_para_la_Cooperación_y_el Desarrallo_Económicos)

Yellow highlight | Location: 1,526

## osteoporosis.

Note: wiki: ...brittle and fragile from loss of tissue,

Yellow highlight | Location: 1,527

## the renal

Note:

Yellow highlight | Location: 1,528

## 50,

Note: distributed network...

Yellow highlight | Location: 1,541

## asthma

Note:

Yellow highlight | Location: 1,541

## use of inhalers and other medications

Note: whatch.....: echo of the booklet ↻

Yellow highlight | Location: 1,548

## sit on a chair.

Note: ..sort of read the rules, forms and conducts !

Yellow highlight | Location: 1,548

## meditation

Note: ..thumb-nail average asymptotically 🇩🇪 etwas ausmitteln .

Yellow highlight | Location: 1,578

## signs of MS,

Note: plural multiple klaerungen m. tafeln und sichtfenstern

Yellow highlight | Location: 1,585

## lupus,

Note: 2xtaegl. - lupus, hopfen, malz, lallen, diverticula, deutsche blinddaerme - deutsche DIN Norm gold elektronen

Yellow highlight | Location: 1,607

## lupus, rheumatoid arthritis

Note: ...tungsten<sub>74</sub>  hopfen, malzen, wolfen um Helfer-Platin<sub>78</sub>  toung-twist<sub>rs</sub>


longpox [wir-wissen-wie Linearer-Kreis Tafel, Tisch] → Hawaii →  
shortpox [Faust-Hand!! mach-die-mudda] ← Island ←

 Finger aufs Auge und schrei,, Oma "

Dauerzustand falsch ab start Exponentiell: Tafel Tisch wo? ah ha' keine Zeit?

Introducing: GUCCI X OURA

Oura - 26.05.2022 14:03


X  mach! muss! und die Eigene sichtbarkeit ist nicht gegeben!

<https://en.wikipedia.org/wiki/Juneteenth>

tea-party 'nd keep your milk mom queen, let's wedding top hi ll? up!

Yellow highlight | Location: 1,616

## uveitis

Note: tl;dr: Schielen  d.h. -die-Ratio-kann-nicht- es empfiehlt sich arbeit am Tagebuch, dieses öffentlich ( Augen-Koherent + eye candy )

Yellow highlight | Location: 1,669

## car?

Note: ...car, cancer, or cannot !? voice !!

Yellow highlight | Location: 1,715

## leg and

Note:



Yellow highlight | Location: 1,724

## made to walk

Note: ...wicky wack the daily maintenance points way-all, re&ad visible

Yellow highlight | Location: 1,761

## one-time 45-minute

Note:  not 15'minute 

Yellow highlight | Location: 1,761

## have high blood

Note:  - sugar 

Yellow highlight | Location: 1,787

## Constipated?

Note: ...constitution or body or book

7N - [https://en.wikipedia.org/wiki/Tincture\\_\(heraldry\)](https://en.wikipedia.org/wiki/Tincture_(heraldry))

8O ☀️ [Politur-Kreme] Theor "tincture" 🌧️-Tau-Port  
 6C 📄 [Schmirgel-Papier] Okker "papyrus" 🏰-Pegel-Sand  
 1H 🧱 [Ziegel-Rot] Beige "brick" 🌱-Frisch-Naß  
 ...Salz-SOHLE

Yellow highlight | Location: 1,793

## family has

Note: 🇨🇭 🇩🇪 🇩🇪 🇩🇪 heute Direkter grenzeinsatz eines Florian Rammrath...  
 🇩🇪 statt Litze Letztblitz, neu-deutsch "leap war" für Liebeskind

☕ meine\_openSUSE\_Tasse in HIBoston 2020jar und weg...  
 ...tQM: aus denen "mach ich" Kienesen

...

Yellow highlight | Location: 1,809

## to also get the benefits of

Note: GLOSS: 2<sup>(zwei)</sup> = Übersee ist und/oder heißt Übersee = 7<sup>(sieben)</sup>

Yellow highlight | Location: 1,841

## dry air

Note: ...d.h. den ganzen Weg zurückgehen müssen, da → mangels 1H ohne Verbindung (Kontakt-Abriß)  
 während mit 1H anderfalls vllt. auch 3<sup>te</sup> die Antwort direkt erfassen (nennen) können

vgl. -- 3Li Alkali ist von-sich-selbst aus endlos gebend, es macht absolut-keinen-Sinn d' raus Batterien  
 bauen zu wollen ← für 11Na Alkali wäre das verboten

Yellow highlight | Location: 1,861

## not be bored in

Note:

Yellow highlight | Location: 1,865

## older

Note:

Yellow highlight | Location: 1,867

## at

Note:

Yellow highlight | Location: 1,925

## transdermal

Note: ...Bravais lattice !! !?

[https://en.wikipedia.org/wiki/Rhomboid\\_protease](https://en.wikipedia.org/wiki/Rhomboid_protease)

[https://en.wikipedia.org/wiki/Reciprocal\\_lattice](https://en.wikipedia.org/wiki/Reciprocal_lattice)

[https://en.wikipedia.org/wiki/Reciprocal\\_pronoun](https://en.wikipedia.org/wiki/Reciprocal_pronoun)

Yellow highlight | Location: 1,929

## institutional

Note:

Yellow highlight | Location: 1,930

## question

Note:

Yellow highlight | Location: 1,931

**worthwhile.**

Note: ...FFT !? !!

[https://en.wikipedia.org/wiki/Slide\\_rule\\_scale](https://en.wikipedia.org/wiki/Slide_rule_scale)

[https://en.wikipedia.org/wiki/Fast\\_Fourier\\_transform](https://en.wikipedia.org/wiki/Fast_Fourier_transform)

3<sup>rd</sup> party people + Cs PTBraunschweig clock quant computin'

<https://docs.google.com/spreadsheets/d/1Ep19QBWUgcZnAvrpDXPgRASXOjbpqhafJXFR3ERVBC8/edit?usp=sharing>

Quanten-Rechner hier 18. - 19. Jh. vermutl. daran gescheitert, weil man sich nicht einigen konnte wie der Produktionsprozeß auszuschauen hat, damit \*nicht\* jeder Dorftrötel das selber produzieren kann. Dafür 1 mit Sternchen.

Blue highlight | Location: 1,942

**Day 183 – Magnesium Can Relieve Muscle Cramps**

Note:

Yellow highlight | Location: 1,944

**different**

Note:  $_{52}\text{Te}$ ...  $^{26}\text{tt}_{50}$  or v or 2 or w or /  $_{43}\text{Tc}$  |  $_{34}\text{Se}$  radar-receiver-V

#project-athena-transmitters'

[https://en.wikipedia.org/wiki/Project\\_Athena#Educational\\_software](https://en.wikipedia.org/wiki/Project_Athena#Educational_software)

[https://en.wikipedia.org/wiki/Project\\_Athena\\_\(Intel\)](https://en.wikipedia.org/wiki/Project_Athena_(Intel))

...In August 2002, the Antiproton Decelerator at CERN

[https://en.wikipedia.org/wiki/ATHENA\\_experiment](https://en.wikipedia.org/wiki/ATHENA_experiment)

[https://en.wikipedia.org/wiki/ATHENA\\_computer](https://en.wikipedia.org/wiki/ATHENA_computer)

...Completed in 1957, "first transistorized digital computer to be

[https://en.wikipedia.org/wiki/Rosetta\\_Stone](https://en.wikipedia.org/wiki/Rosetta_Stone)

[https://en.wikipedia.org/wiki/Wir\\_\(disambiguation\)](https://en.wikipedia.org/wiki/Wir_(disambiguation))

[https://en.wikipedia.org/wiki/Wikipedia:GLAM/Wikipedian\\_in\\_Residence](https://en.wikipedia.org/wiki/Wikipedia:GLAM/Wikipedian_in_Residence)

[https://meta.wikimedia.org/wiki/Wikimedian\\_in\\_residence](https://meta.wikimedia.org/wiki/Wikimedian_in_residence)

[https://commons.wikimedia.org/wiki/File:Wikipedian-in-Residence\\_Scope\\_Diagram\\_Page\\_1.png](https://commons.wikimedia.org/wiki/File:Wikipedian-in-Residence_Scope_Diagram_Page_1.png)

CRISP transconvertername Athene\_(research\_center)

[https://en.wikipedia.org/wiki/Athene\\_\(research\\_center\)](https://en.wikipedia.org/wiki/Athene_(research_center))

[https://en.wikipedia.org/wiki/Center\\_for\\_Research\\_in\\_Security\\_and\\_Privacy](https://en.wikipedia.org/wiki/Center_for_Research_in_Security_and_Privacy)

8:40 AM · Dec 4, 2019 · Twitter Web App

[https://twitter.com/CRISP\\_DA](https://twitter.com/CRISP_DA)

<https://twitter.com/ATHENECenter>

Yellow highlight | Location: 1,952

**believe**

Note: learn = { kkk run pyramid scheme (mach mit), und helfertuepen machen wir als alles erstes weg (mach mit), und helfertuepen braucht es schon mal ganz und gar nicht (mach mit), und jetzt erst recht kkk run pyramid scheme (mach mit), und wir nicht vergessen (mach mit), und auch die eigenen persoenlichen daten kriegt keiner zurueck (alleinstellungsmerkmal), und das ist auch der unterschied, wir nicht umgekehrt } = see

Yellow highlight | Location: 1,981

**migraine**

Note: ...mi july rainy <sub>24</sub>Cr | <sub>25</sub>Mn

Yellow highlight | Location: 1,988

## anxious

Note: ...AP`O anchors hiatus booklet:since biblio:till lit-re

Yellow highlight | Location: 1,999

## spray

Note: 🇩🇪 für/als Wassertropfen symbolisch-stellvertretend eine Stammzelle

Yellow highlight | Location: 2,012

## processed foods

Note: ...cryptic foods, or quantum foods

DGVO <https://de.wikipedia.org/wiki/Druckgeräteverordnung>

DSGVO Département territoriale Généralité 5 Le natron ou atroun

[https://de.wikipedia.org/wiki/Dekagramm\\_\(Einheit\)](https://de.wikipedia.org/wiki/Dekagramm_(Einheit))

<https://de.wikipedia.org/wiki/Gottesgnadentum>

Yellow highlight | Location: 2,030

## kidney disease by preventing mineral buildup in the blood vessels due to phosphate

Note: 🇩🇪 Sprachproblem – und die Umgebung macht auch nicht mit (?) Sichtlich!

Yellow highlight | Location: 2,038

## limit

Note: 🚫 agitation fatigue 🇧🇷

[https://en.wikipedia.org/wiki/Agitation\\_\(dementia\)](https://en.wikipedia.org/wiki/Agitation_(dementia))

[https://en.wikipedia.org/wiki/Depression\\_of\\_Alzheimer\\_disease](https://en.wikipedia.org/wiki/Depression_of_Alzheimer_disease)

-rodeo-

[https://en.wikipedia.org/wiki/Depression\\_\(mood\)](https://en.wikipedia.org/wiki/Depression_(mood))

[https://en.wikipedia.org/wiki/Psychomotor\\_agitation](https://en.wikipedia.org/wiki/Psychomotor_agitation)

Yellow highlight | Location: 2,074

## If you are acidic,

Note:

Yellow highlight | Location: 2,075

## aggravate acid reflux.

Note:

Yellow highlight | Location: 2,075

## antacids

Note:

Yellow highlight | Location: 2,077

## hydroxide or carbonate

Note: 🇩🇪 Universum aller eine Stammzelle, oder Universum aller eine Stamm-knoten-zellen (s. G-Hadern o.)

<https://www.lmu-klinikum.de/coronavirus>

Yellow highlight | Location: 2,092

## activating the parasympathetic

Note:



Yellow highlight | Location: 2,093

## Adequate levels of magnesium

Note: 🇺🇸 false enlarge-ment-s, not → guess what

Yellow highlight | Location: 2,100

## combined

Note: [https://en.wikipedia.org/wiki/Concubine\\_\(disambiguation\)](https://en.wikipedia.org/wiki/Concubine_(disambiguation))

<https://en.wiktionary.org/wiki/concubine>

<https://de.wikipedia.org/wiki/Zeichenbock>

<https://de.wikipedia.org/wiki/Staffelei>

<https://de.wiktionary.org/wiki/Staffelei>

[https://de.wiktionary.org/wiki/Atelier - sstaffeleien](https://de.wiktionary.org/wiki/Atelier_-_sstaffeleien)

A concubine; a secondary female partner. = warns seconds but all; graph' rubycup.

Yellow highlight | Location: 2,134

## nausea.

Note: 🇩🇪 kann Gefühlsschutt ver-ur-sachen

Yellow highlight | Location: 2,210

## vasodilators

Note: ...prokrastinators...

<https://es.wikipedia.org/wiki/Esposas>

<https://es.wikipedia.org/wiki/Grilletes>

<https://en.wiktionary.org/wiki/grell>

<https://de.wiktionary.org/wiki/grell>

Yellow highlight | Location: 2,221

## Staphylococcus aureus

Note:

Yellow highlight | Location: 2,221

## Listeria monocytogenes

Note:

Yellow highlight | Location: 2,222

## Bacillus anthracis

Note:

Yellow highlight | Location: 2,223

## subtilis

Note:

Yellow highlight | Location: 2,225

## Salmonella enterica

Note:

Yellow highlight | Location: 2,227

## typhimurium

Note:

Yellow highlight | Location: 2,236

## supplement to potentially

Note: TL;Dr: ... wer das sooo kompliziert (!) erklärt, weil-das anders nicht-zu-verstehen ist, da ist dann nix zu machen

Yellow highlight | Location: 2,281

## your doctor first

Note: 🇩🇪 Turm — du hast eine Frage, und wenn diese Frage selbst am Turm niemand weis !

<https://de.wiktionary.org/wiki/weisen>

Yellow highlight | Location: 2,288

## Before trying the expensive options,

Note: 🎯 mangels sehen Optionen 🇩🇪

Yellow highlight | Location: 2,335

## Ulcers

Note: 🤔 compare this w/ uterus but unable to see, or guess whatch, to-ex plain

Yellow highlight | Location: 2,373

## sidh makardhwaj

Note:

Yellow highlight | Location: 2,389

## 53 bipolar patients

Note: [TL;DR] 🇩🇪 grüne Swap-Zertifikate für AK deutsch BioFair, jetzt erst recht, vorgenanntes ist der Unterschied !? !! Vor dem Autofahren ← die Windschutzscheibe immer putzen..

Yellow highlight | Location: 2,412

## by improving lower limb muscular strength and muscle memory.

Note: [OUT NOW] Hands and foots for Dummies — Supremacist Press 2 Un-/Usual Excellence

Yellow highlight | Location: 2,451

## ashwagandha,

Note: [MNEMONIK] Lymphknoten 🇩🇪; Luft-zirkula-tion; Druckausgleich; Raum<sup>wa-hr-ung</sup>

Yellow highlight | Location: 2,528

## melatonin

Note:

Yellow highlight | Location: 2,537

## obesity.

Note:

Yellow highlight | Location: 2,543

## cataracts

Note: -note-  
\_this is salted

Yellow highlight | Location: 2,548

## four sleep (very deep sleep).

Note:

Blue highlight | Location: 2,554

## Day 252 – Blue Blockers May Improve Concentration

Note:

Yellow highlight | Location: 2,574

salt and fat intake. If possible, refrain from

Note: APO 🇩🇪-vermessen statt an-gemes-sen Salz und Öhl von der Theke weg nehmen; gemäß geschwungen gekonnt Maß|Krug

Yellow highlight | Location: 2,578

tired due to lack

Note:

Yellow highlight | Location: 2,580

problems

Note:

Yellow highlight | Location: 2,581

drive

Note: BUZZ: E @ Acid 🇩🇪 Buße

Yellow highlight | Location: 2,623

You must avoid doing high-risk activities when you are sleep deprived.

Note: waybackmachine .org ready<sub>-1</sub>  
poor attention, slow reaction, and poor decision-making<sup>-9</sup>

Yellow highlight | Location: 2,647

take vitamins

Note: 🇩🇪 contrast a hint or sign → that to develop clear disclosure ← this for help (might differ, from Groß-Hadern, or not); once anybody knows' tooo simple to false here

Yellow highlight | Location: 2,698

wearing blue blockers

Note: ...wasted .. e e shift .. in 🇩🇪 Germany you don't even get your own personal-data-back, communication-as-easy is not possible:

Erosion (usually represented by  $\ominus$ ) is one of two fundamental operations (the other being dilation) in morphological image processing from which all other morphological operations are based.

Blue highlight | Location: 2,783

Day 280 – Breathing Fresh Air Can Reduce the Risk of Inhaling Airborne Infections

Note:

Yellow highlight | Location: 2,802

stamina in the long run.

Note:

Yellow highlight | Location: 2,804

some stretching.

Note: <https://en.wiktionary.org/wiki/Schunt> 🇩🇪 ôffal offal carrion re-fuse 🇬🇧  
[https://en.wiktionary.org/wiki/shunt#Further\\_reading](https://en.wiktionary.org/wiki/shunt#Further_reading)  
[https://de.wikipedia.org/wiki/Shunt\\_\(Elektrotechnik\)](https://de.wikipedia.org/wiki/Shunt_(Elektrotechnik))

Yellow highlight | Location: 2,809

your home garden

Note: <https://en.wiktionary.org/wiki/Plafond> 🇩🇪 Condor Kranich 🇩🇪  
<https://de.wikipedia.org/w/index.php?title=Plafond&redirect=no>

Yellow highlight | Location: 2,821

## air with plenty

Note:

Yellow highlight | Location: 2,828

## oxygen contributes to the release of serotonin

Note: 🇩🇪 Konditions|training sowie 🏃 Ausdauer-sport % fh×rt mit Bekannten oder-bzw-und Lösungsgröße

Yellow highlight | Location: 2,850

## with plenty

Note:

Yellow highlight | Location: 2,850

## break down the lactic acid

Note:

Yellow highlight | Location: 2,860

## strenuous

Note: 🏠 strenuous — requiring or using great effort or exertion: the government made strenuous efforts to upgrade the quality of the teaching profession.

Yellow highlight | Location: 2,904

## wearing certain face masks could help filter out

Note: tl;dr: does it too 'resonate ?

Yellow highlight | Location: 2,922

## necessary for patients with pneumonia.

Note: [https://commons.wikimedia.org/wiki/File:Cannondale\\_Lefty\\_Fork.jpg](https://commons.wikimedia.org/wiki/File:Cannondale_Lefty_Fork.jpg)

🇩🇪 luftgefederte Fahrradgabeln  
[de.wikipedia.org/wiki/Fahrradgabel#Luftfederung](https://de.wikipedia.org/wiki/Fahrradgabel#Luftfederung) ?

Yellow highlight | Location: 2,930

## live in

Note:

Yellow highlight | Location: 2,935

## secondhand smoke,

Note: <https://en.wiktionary.org/wiki/yourself>

🇺🇸 urbanize yourself, alphabet absey

Blue highlight | Location: 2,962

## Day 302 – Meditation Can Help You Manage Stress Better

Note:

Yellow highlight | Location: 2,966

## Clearing your mind can ease your stress and may help you do your job better.371

Note: 🇺🇸 assume the years last three chapters (?) to discuss full bar w/ your people, and Cc sum up

[https://en.wiktionary.org/wiki/sum\\_up](https://en.wiktionary.org/wiki/sum_up)  
<https://en.wiktionary.org/wiki/errata>

🇬🇧upper does not work havin' no one and not neither that script reverses this acceleratin' spin (months ten already drifts-off-outer-most); visibility and comprehension ease, given all have access to any text in true, a format that even helps children to filter what, and to set an aperture for the wrong, mark Cc hardly can one solve this without contacts' better put it www open public (fake idents aren't feeds)

<https://en.wiktionary.org/wiki/aperture>

[https://en.wiktionary.org/wiki/Guy\\_Fawkes](https://en.wiktionary.org/wiki/Guy_Fawkes)

Yellow highlight | Location: 3,004

## Meditating

Note: 🇬🇧 respect [ t n t ] room, distance, color echoes AP/2

Blue highlight | Location: 3,035

## Day 311 – Meditation May Help Alleviate Chronic Pain

Note:

Yellow highlight | Location: 3,074

## meditation

Note: TL;DR: reciprocate visible, does this reciprocate - at all ?

Yellow highlight | Location: 3,091

## something spiritual or a past memory

Note: white-condition-red ~ un-aerob or aerob w/ capacity or duration

Yellow highlight | Location: 3,119

## fibromyalgia

Note:

Note | Location: 3,119

🇩🇪Klaresichtkreislauf-Umweltzertifikatetauschwelthandel

<https://twitter.com/EVerify>

Blue highlight | Location: 3,130

## Day 324 – Meditation May Increase Memory

Note:

Yellow highlight | Location: 3,143

## mental

Note:

Yellow highlight | Location: 3,143

## important

Note:

Yellow highlight | Location: 3,143

## physical

Note:

Yellow highlight | Location: 3,155

## adverse mental health sequalae.

Note: KINDLE: No results in the English (UK) dictionary 🇬🇧

Yellow highlight | Location: 3,169

you empathize more as you focus on the other person's needs above yours.

Note: 🇩🇪 wenn alle miteinander mehr von dir sehen, reicht bereits ein bisschen von deinem gegenüber, um trotzdem alles zu sehen: dieses - wiederum - von allen gesehen und also entsprechend darzustellen etc. pp.

Yellow highlight | Location: 3,178

**addictions cold turkey**

Note: 🇬🇧 replace the time by creating visibility - easily self descriptive - knot

Yellow highlight | Location: 3,221

**real.**

Note:

Yellow highlight | Location: 3,221

**could still positively affect**

Note:

Blue highlight | Location: 3,234

**Day 333 – Affirmations May Help You Keep a Rational Mind**

Note:

Yellow highlight | Location: 3,247

**beating**

Note: BING: sputter “to inject, spray, splash” <https://en.wiktionary.org/wiki/sputter>

Yellow highlight | Location: 3,274

**have a talent in hosting or in sales.**

Note: tl;dr: say in mediating and/or in resolve

Yellow highlight | Location: 3,283

**bragging about them**

Note:

Yellow highlight | Location: 3,284

**matter how subtle.**

Note:

Yellow highlight | Location: 3,308

**“I am mature and wise enough to trust my gut.”**

Note: [evrrything gut] — is your computerus gut ??

Yellow highlight | Location: 3,319

**express**

Note:

Yellow highlight | Location: 3,319

**there are people with**

Note:

Yellow highlight | Location: 3,320

**There are also people who**

Note:

Yellow highlight | Location: 3,326

**depriving**

Note: <https://de.wikipedia.org/wiki/Staffelei>

<https://en.wikipedia.org/wiki/Trivet>

[https://en.wikipedia.org/wiki/Cardboard\\_bicycle](https://en.wikipedia.org/wiki/Cardboard_bicycle)

<https://en.wikipedia.org/w/index.php?title=Posterboard&redirect=no>

[https://en.wikipedia.org/w/index.php?title=Composition\\_board&redirect=no](https://en.wikipedia.org/w/index.php?title=Composition_board&redirect=no)

[https://en.wikipedia.org/wiki/Display\\_board](https://en.wikipedia.org/wiki/Display_board)

"Kindertafel stand magnet schreibtafel ablage uhr "

<https://www.flickr.com/photos/hametneruwe/51689549818/in/dateposted-public/>

Yellow highlight | Location: 3,345

**happy to share what I know**

Note:

Yellow highlight | Location: 3,345

**to**

Note:

Blue highlight | Location: 3,366

**Day 348 – Affirmations Can Boost Your Creativity and Innovativeness**

Note:

Yellow highlight | Location: 3,372

**just**

Note:

Yellow highlight | Location: 3,372

**our**

Note:

Yellow highlight | Location: 3,372

**IQ.**

Note:


Yellow highlight | Location: 3,423

**Achieving inner peace**

Note: ..is publish your 5 (five fairly written) in full words — tl;dr

Yellow highlight | Location: 3,439

**Tell yourself something like, "I am determined to pursue my dreams, and I am not afraid to move when needed."**

Note: 

Yellow highlight | Location: 5,053

**Thank you!**

Note: