esempio di come funziona una comunit online sapendo, naturalmente, che un risultato simile non possibile.

if you are certain something is a trigger for you avoid it

when you have any of those physical indicators or one more sign of physical anxiety, there's a very good probability you are not fully flowing feel good energy

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these three, adrenaline, cortisol and insulin, are considered the major hormones in the body, without which you cannot survive.

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