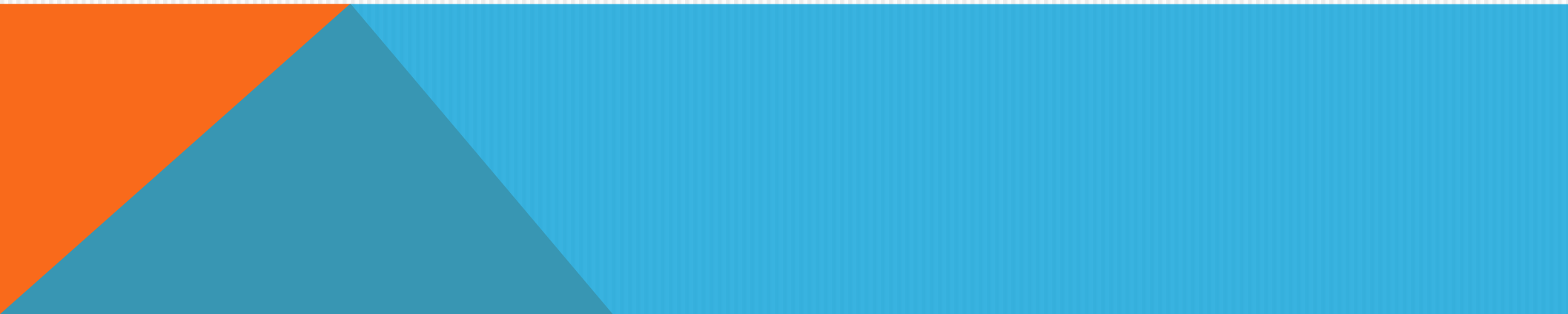


In Harmony with Myself

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Five important things about me



The first important thing about me is healthy way of life.

Bad habits influence our lives. Smoking, drinking alcohol, taking drugs are the worst ones.

Smoking leads to a number of heart and lung diseases, makes your teeth yellow and you look unhealthy.

Drugs tend to lead drug users to early deaths.

All it can shorten our lives, so I don't smoke. I don't drink alcohol. I don't take drugs.



The second important thing about me is healthy diet.

A healthy diet helps maintain or improve overall health.

A healthy diet provides the body with essential nutrition.

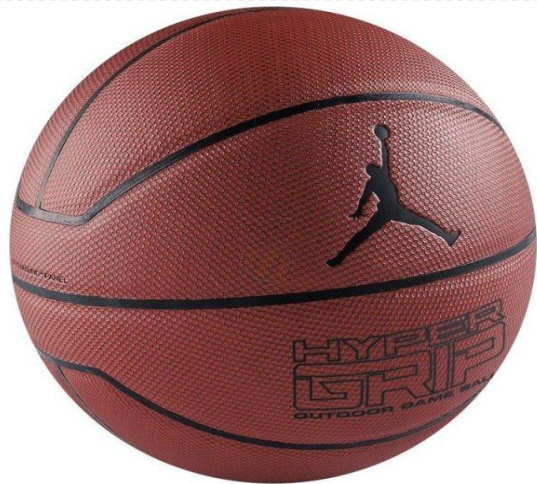
Humans need to eat a lot of vegetables, fruits, meat, dairy products for their health. All It is important for me.



The third important thing about me is doing sports.

Nowadays the popularity of sports is increasing.

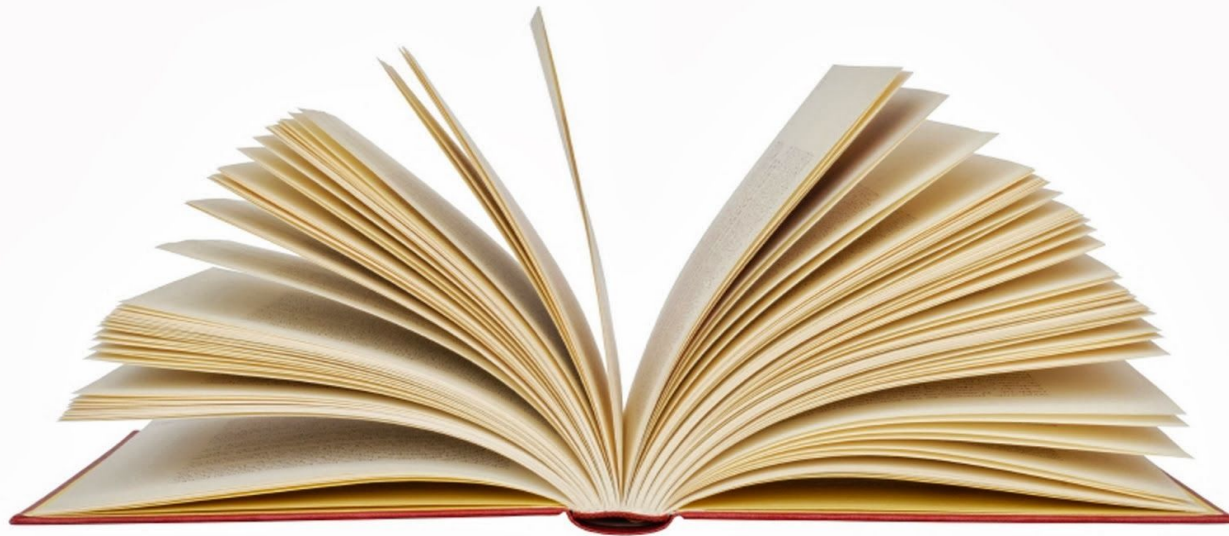
I believe that physical activity has many advantages and brings us great benefit. It is the best way to do our life, health, mood and appearance much better.



The fourth important thing about me is reading books.

Reading books makes me better.

I need read books to increase my intellectual abilities and skills.



The fifth important thing about me is kindness.

Kindness helps to feel happy.

Kindness prolongs life.



What I do to be my own best mate.

1) I must be kindness.

2) I must be good-natured.

3) I must be sociable.

4) I must be easy-going.