40 Simple Tips For A Happy And Healthy Life

It’s all about career and success these days. No matter what we achieve, it’s never enough, we always strive for more. It’s all good as long as we don’t forget ourselves and our loved ones. Sadly, that’s rarely the case.

That’s why we wanted to share these life tips by Daily Health Gen with you. Hopefully, they will be a source of inspiration for some positive changes, even if the smallest ones. We all need a little push from time to time.

Leave a comment or vote for your favorite tips, we want to know what you think!

More info: Daily Health Gen (H/T: Bored Panda)

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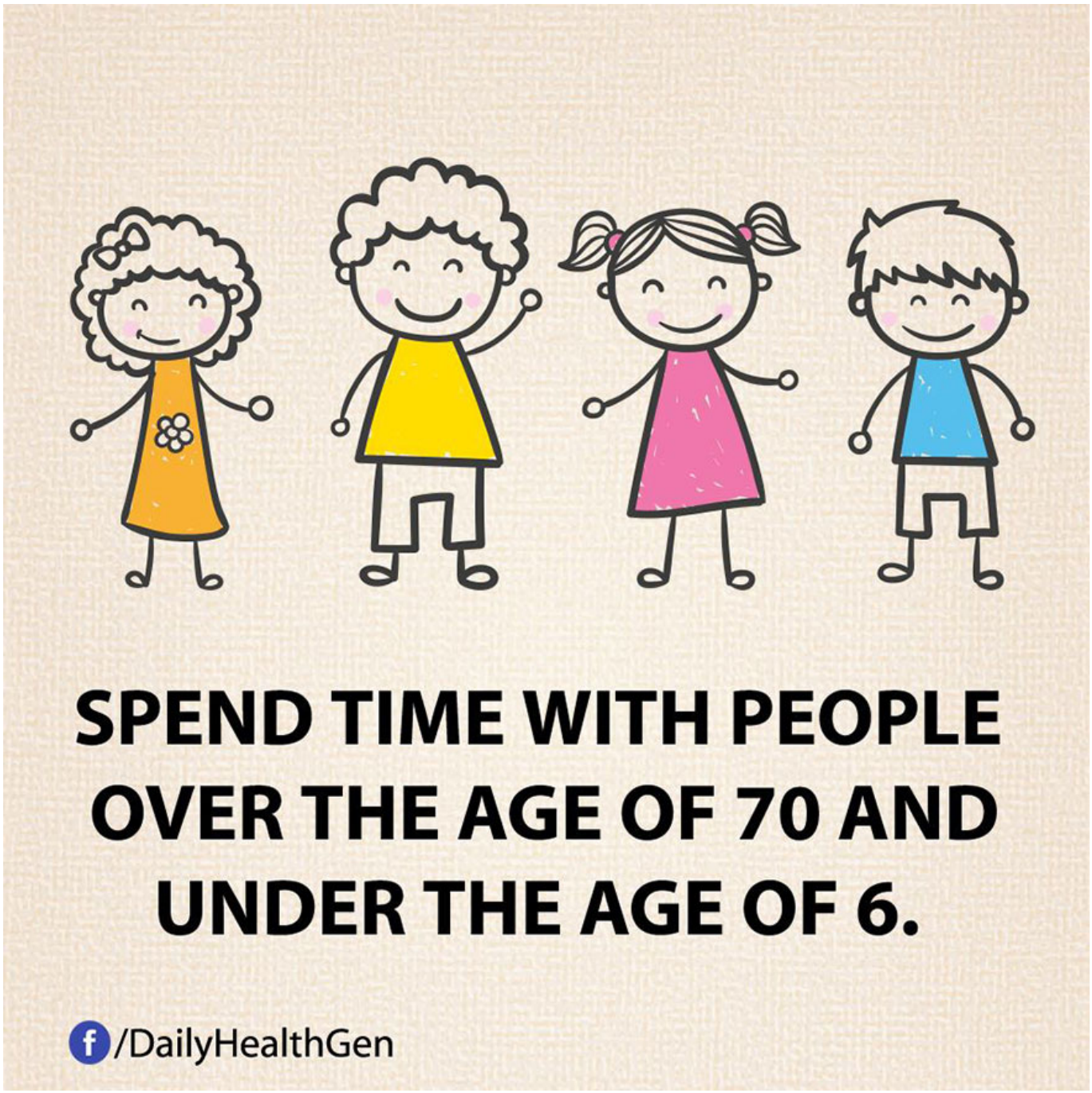
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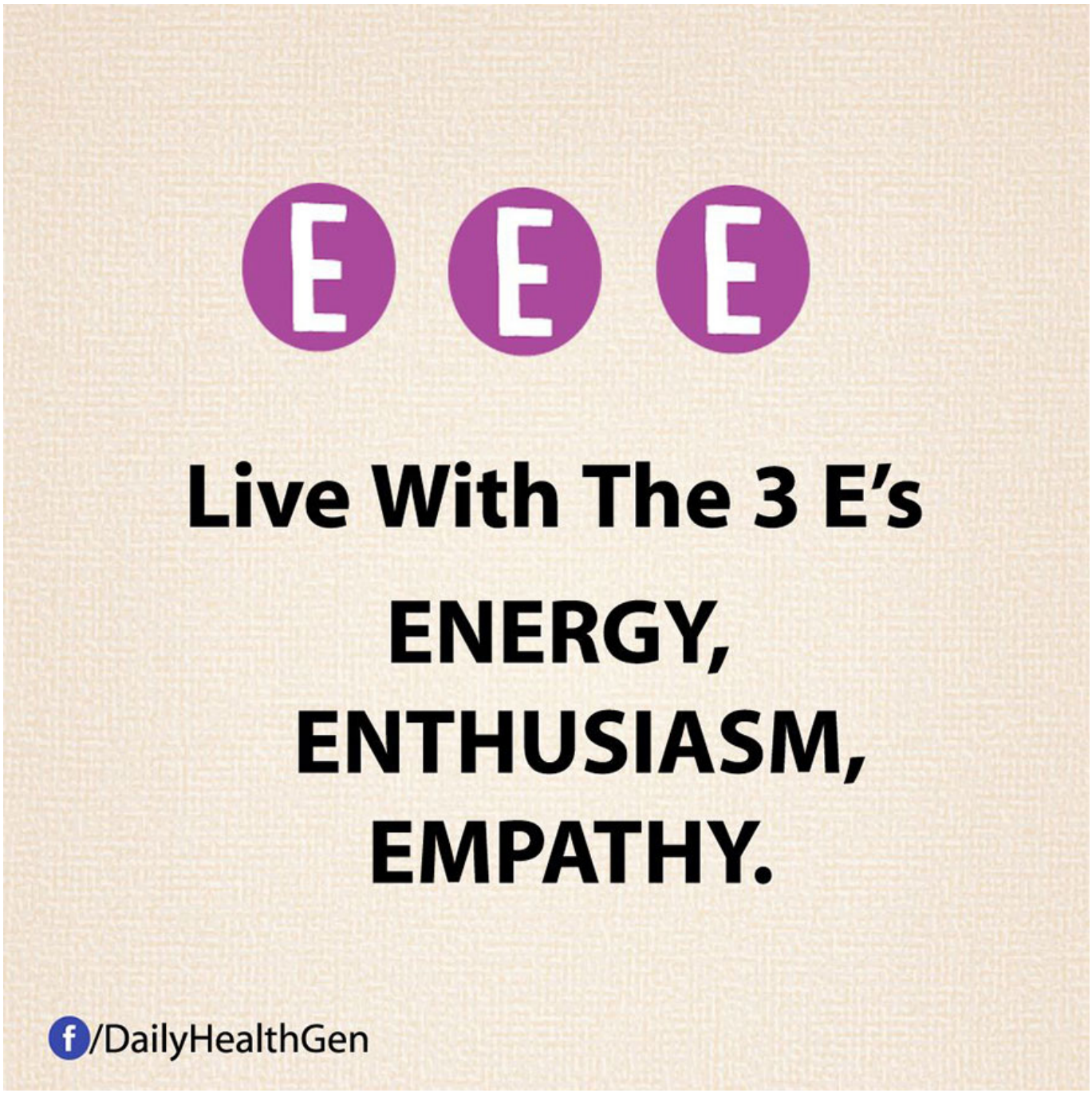
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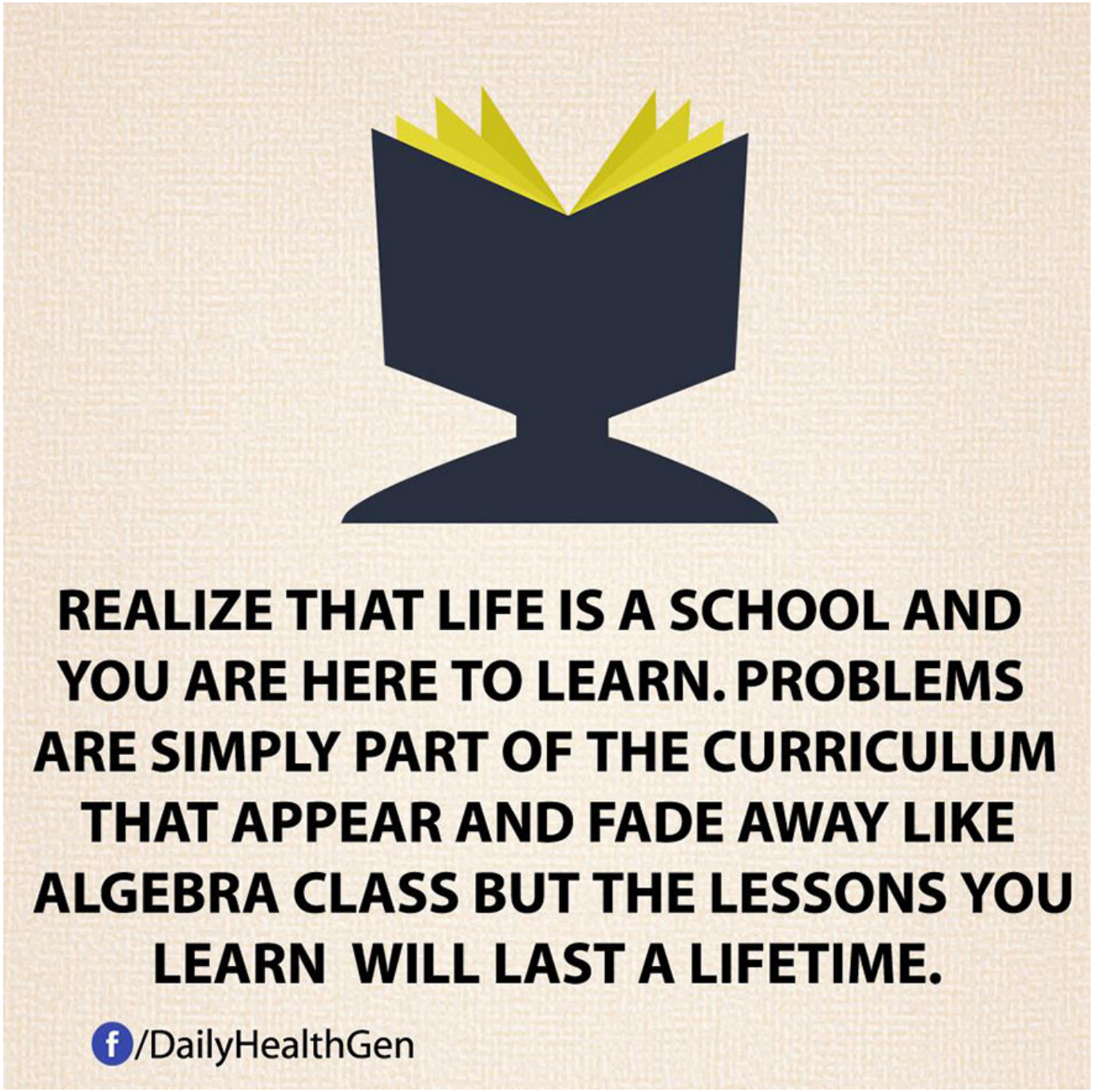
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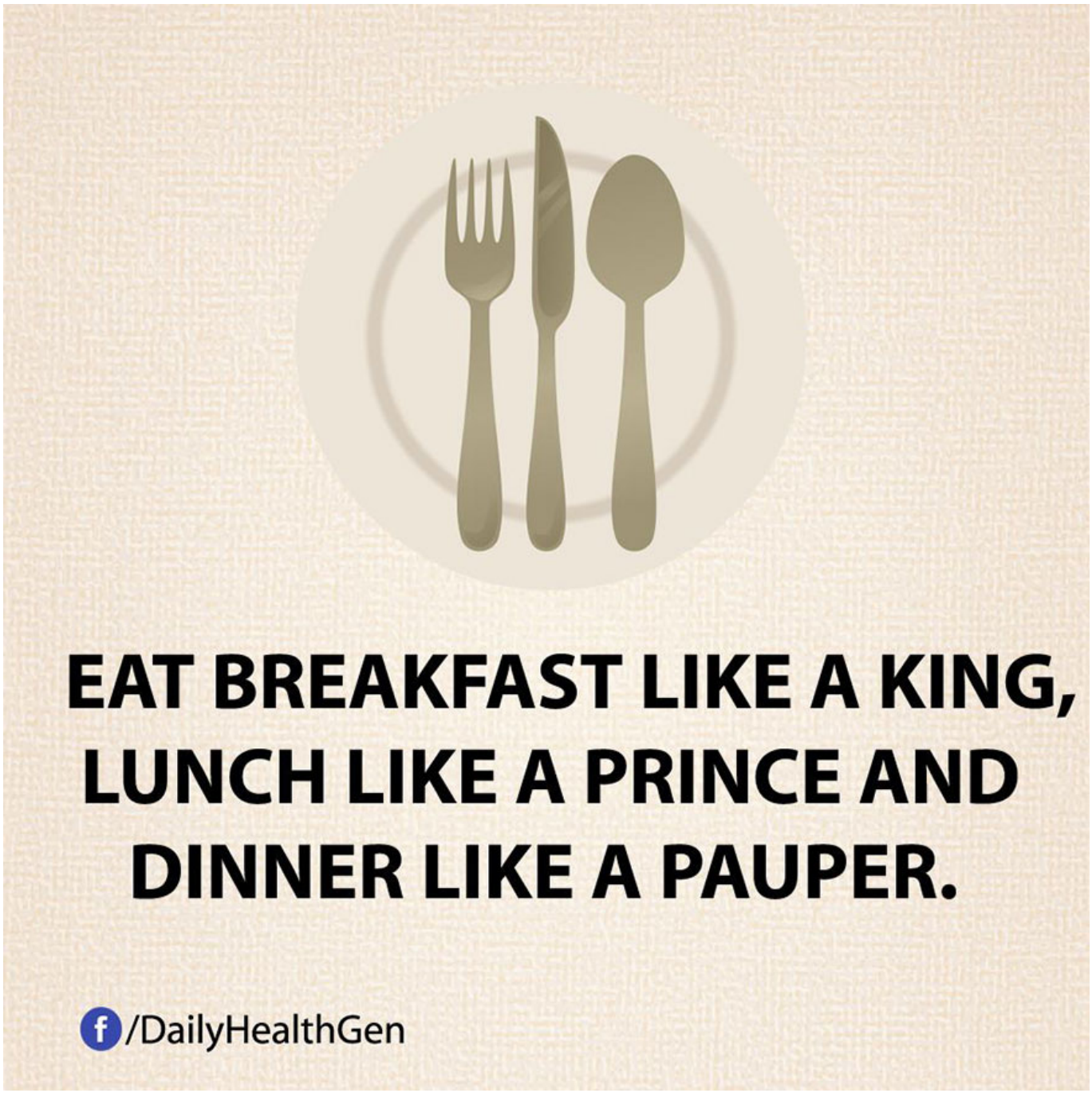
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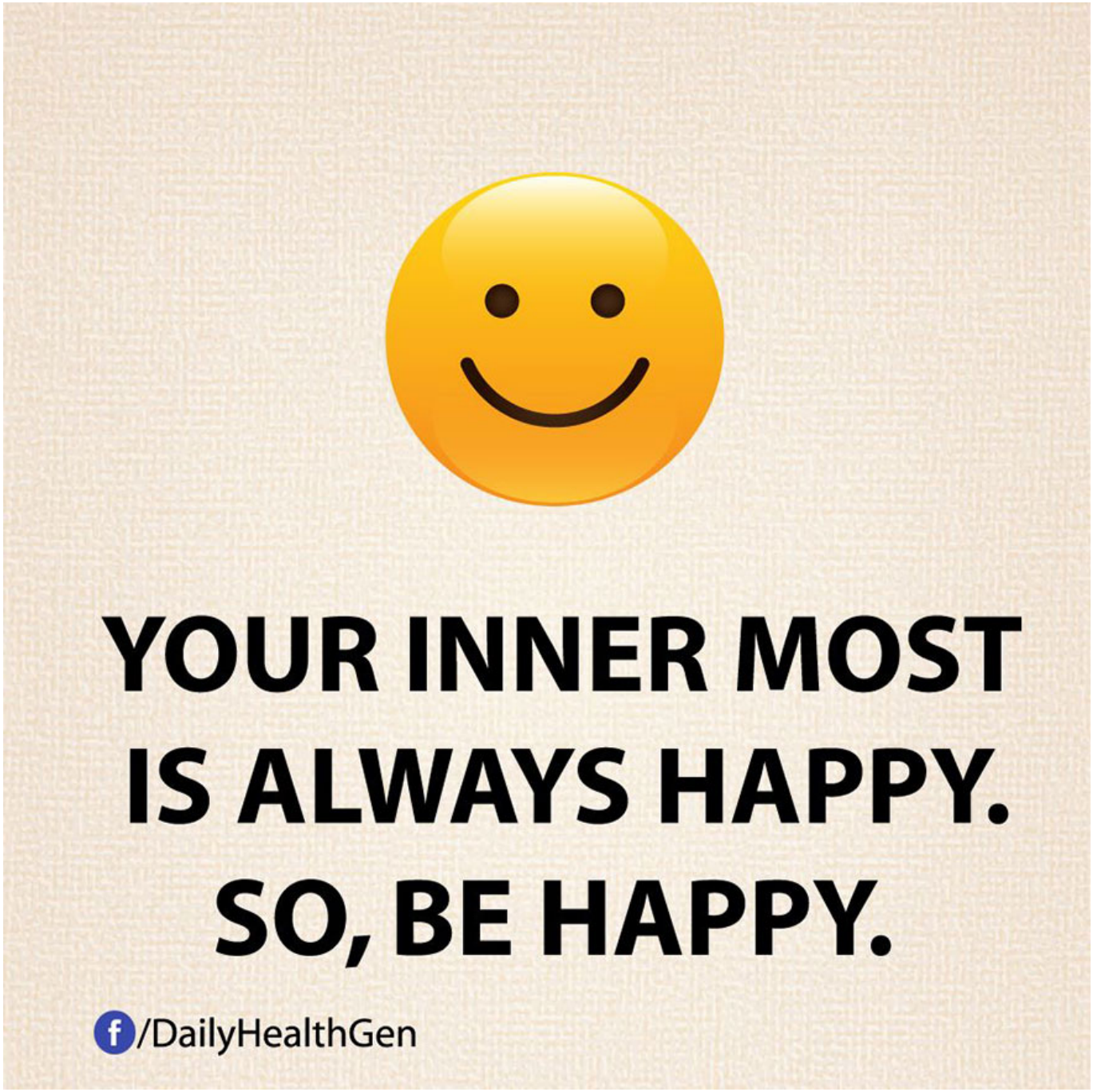
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