

40 Simple Tips For A Happy And Healthy Life

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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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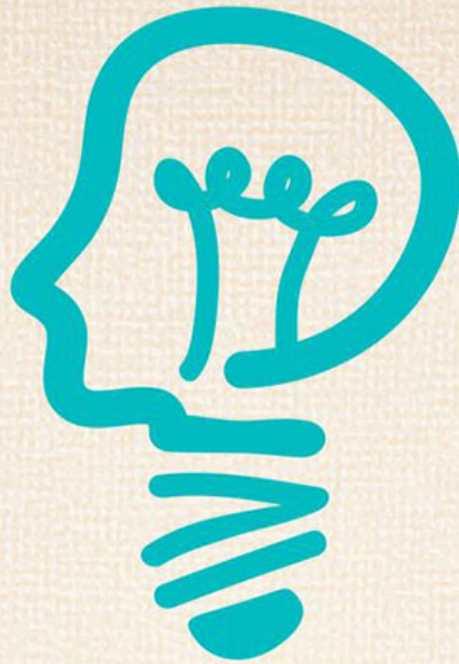


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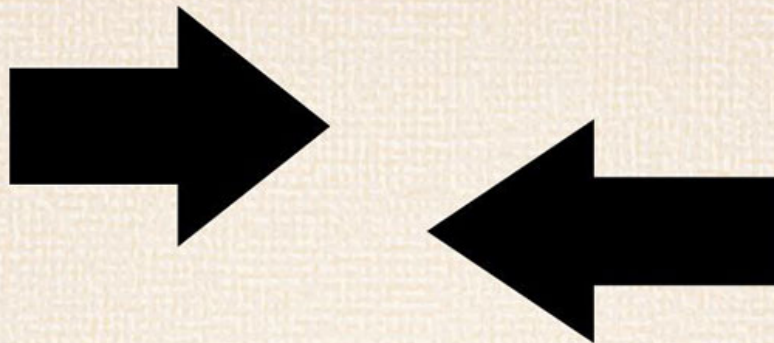


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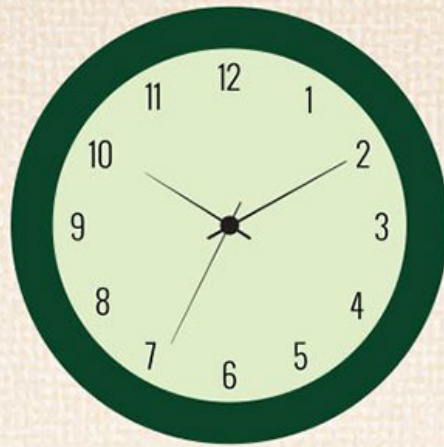


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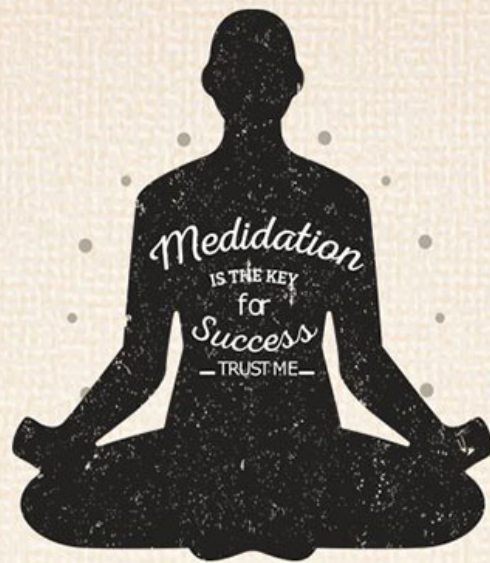


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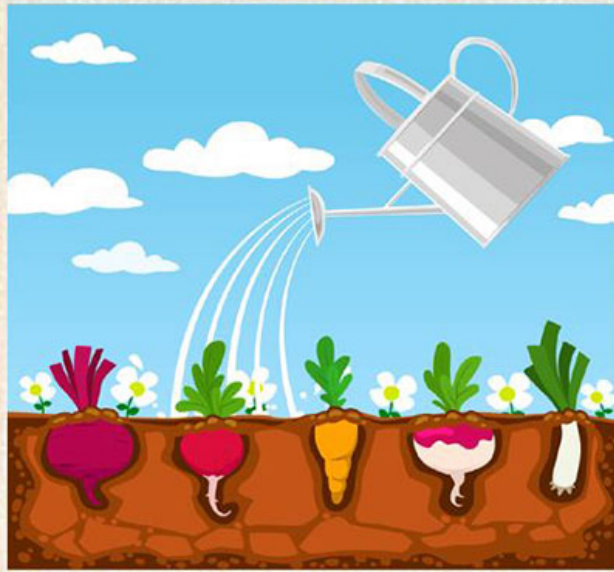


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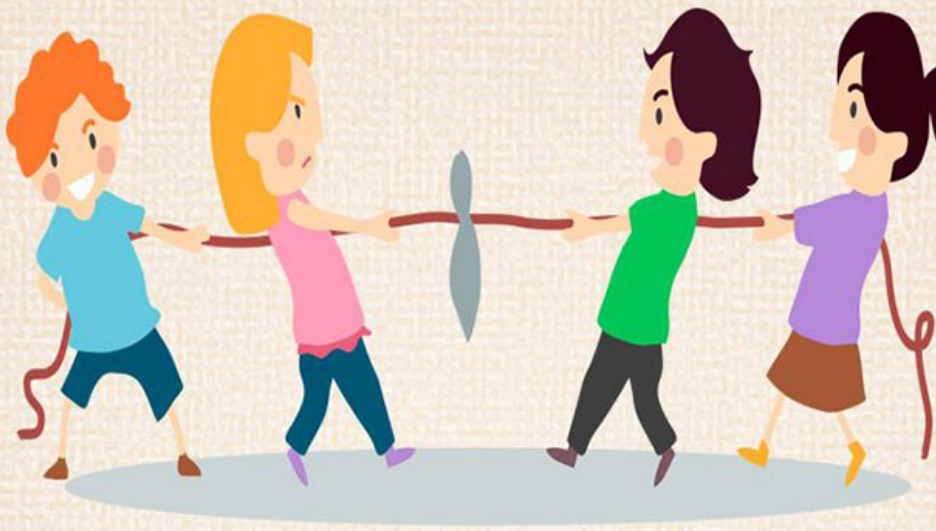


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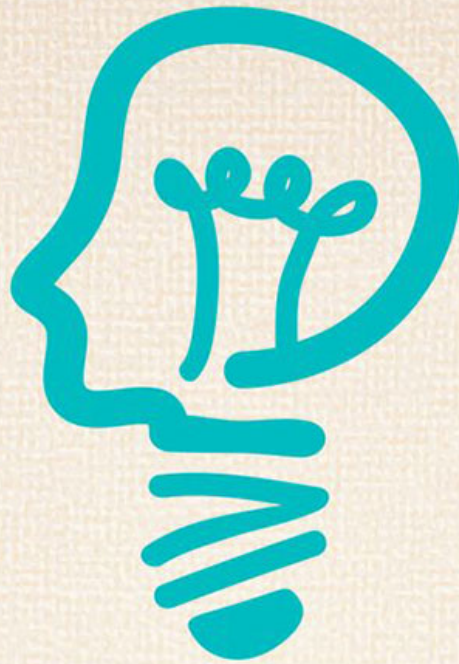


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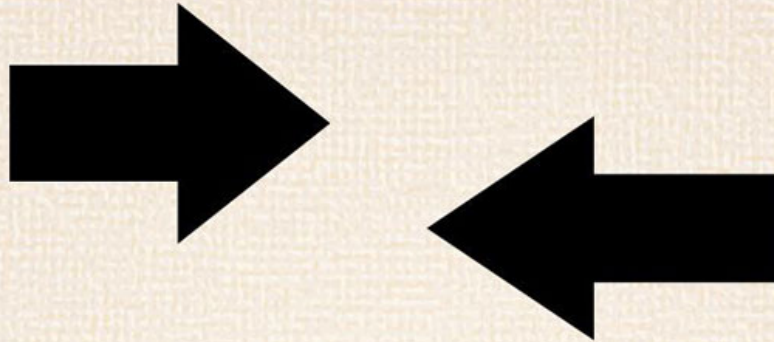


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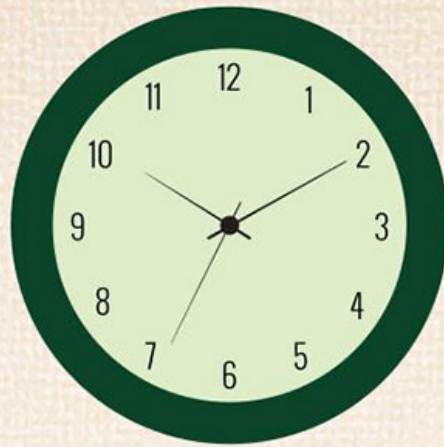


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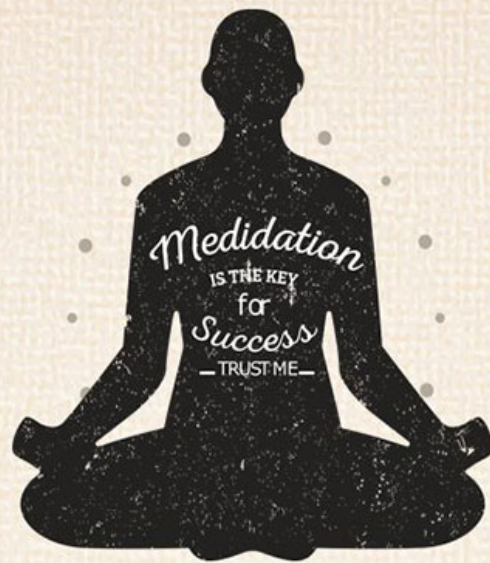


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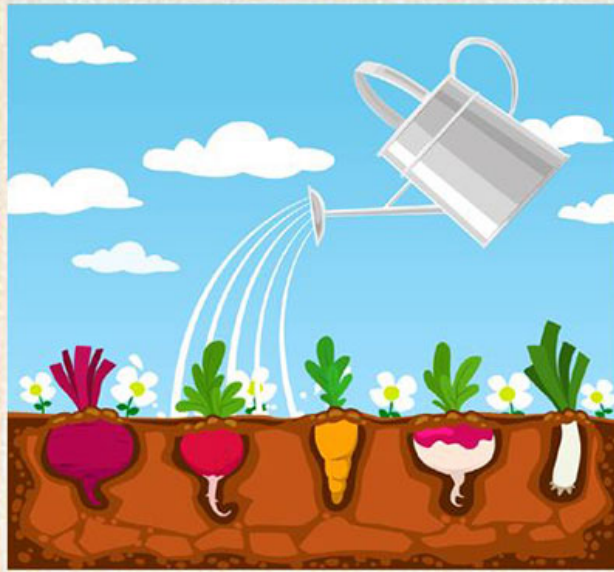


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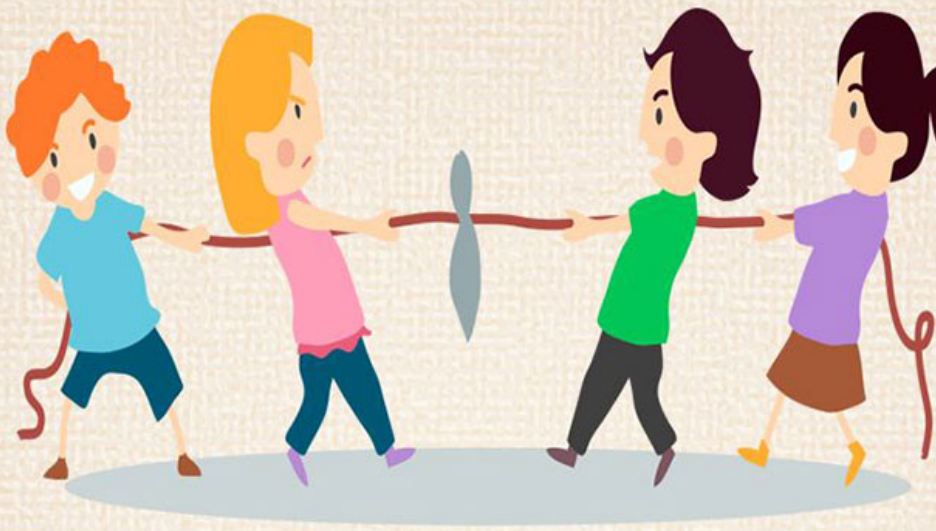


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