

Sometimes, focus feels like exploring a different planet

— vouwlijn —

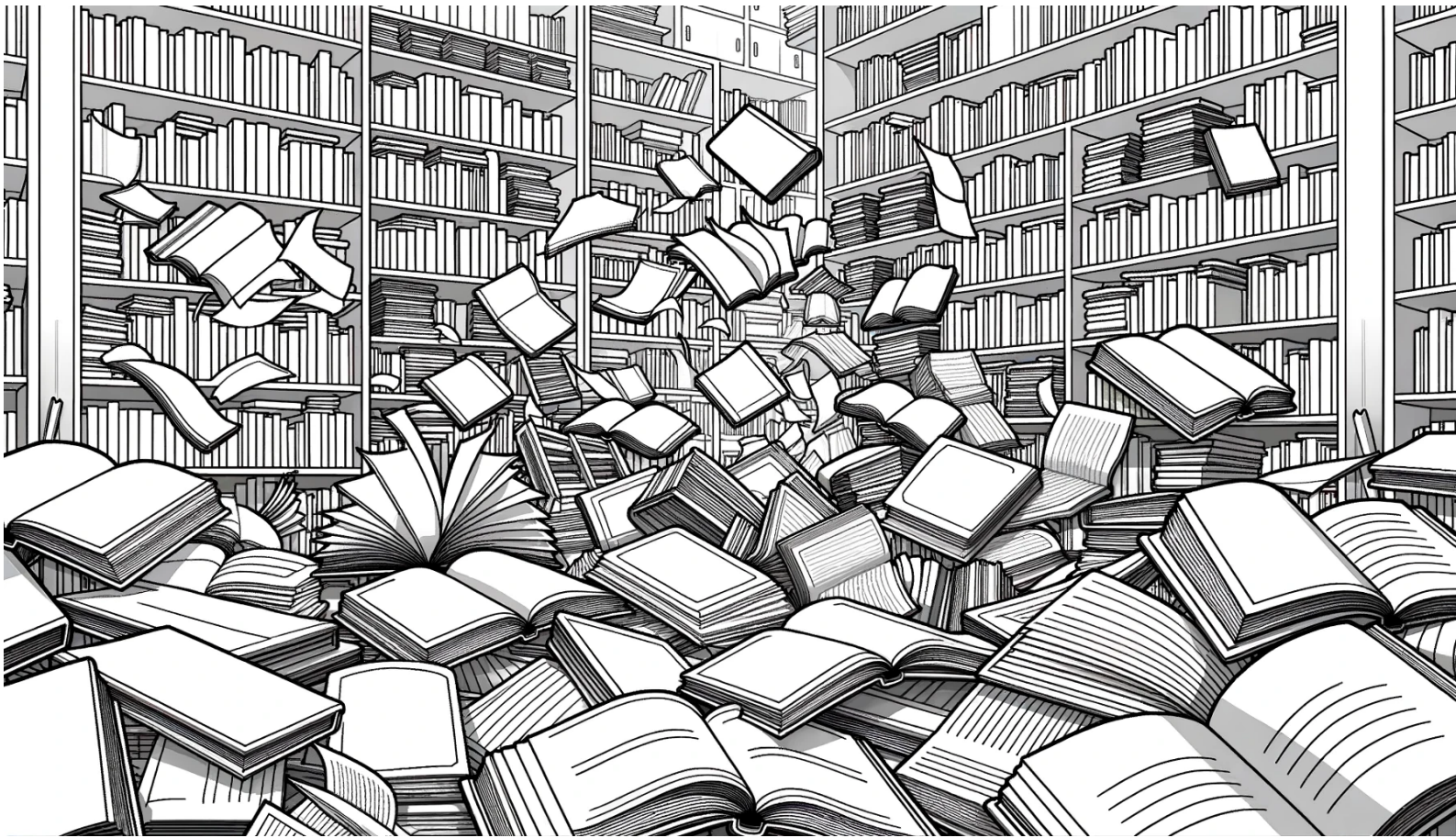
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Shinrin-yoku: the art of forest bathing

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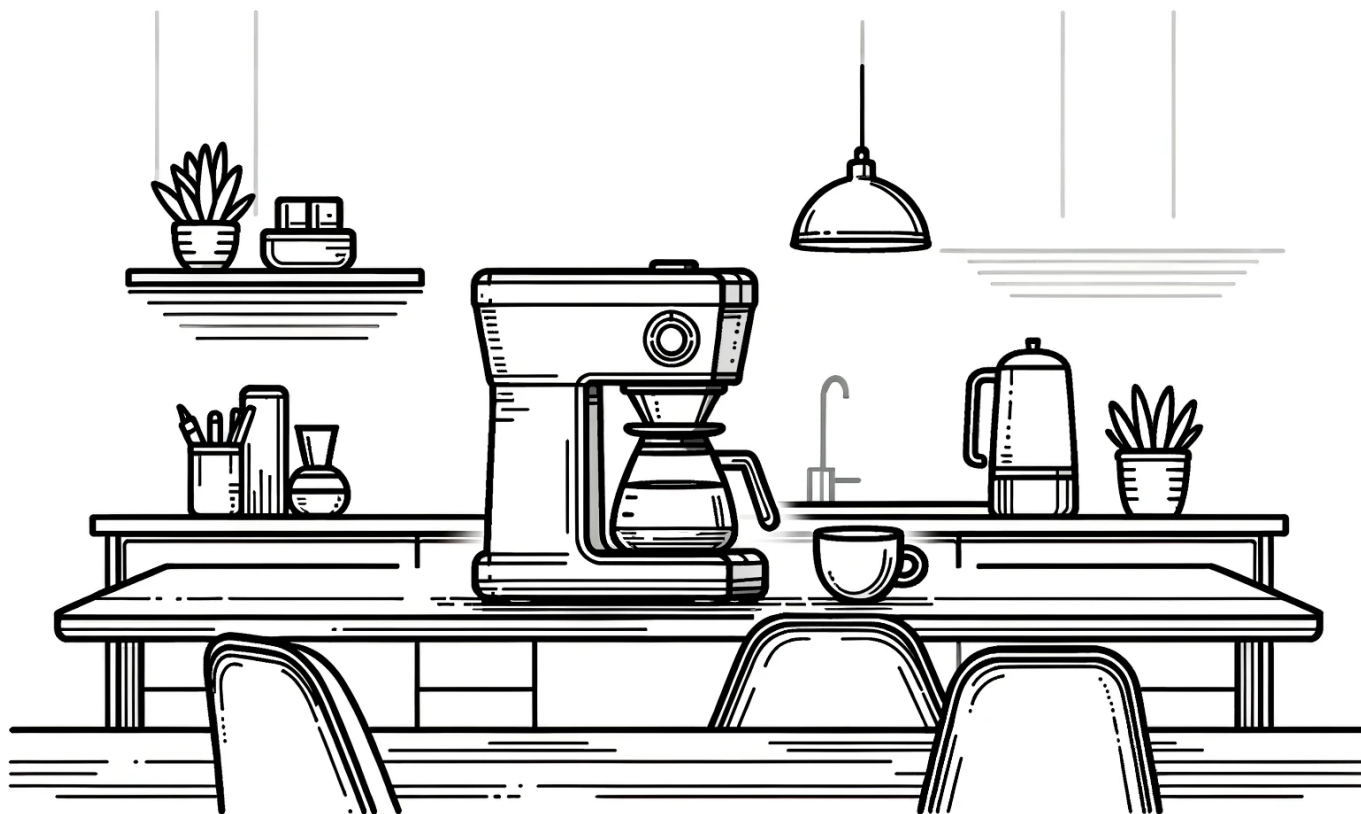
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A busy mind is like a library with books scattered everywhere

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Filter out noise, let focus drip through

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You can't stop the waves, but you can learn to surf

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