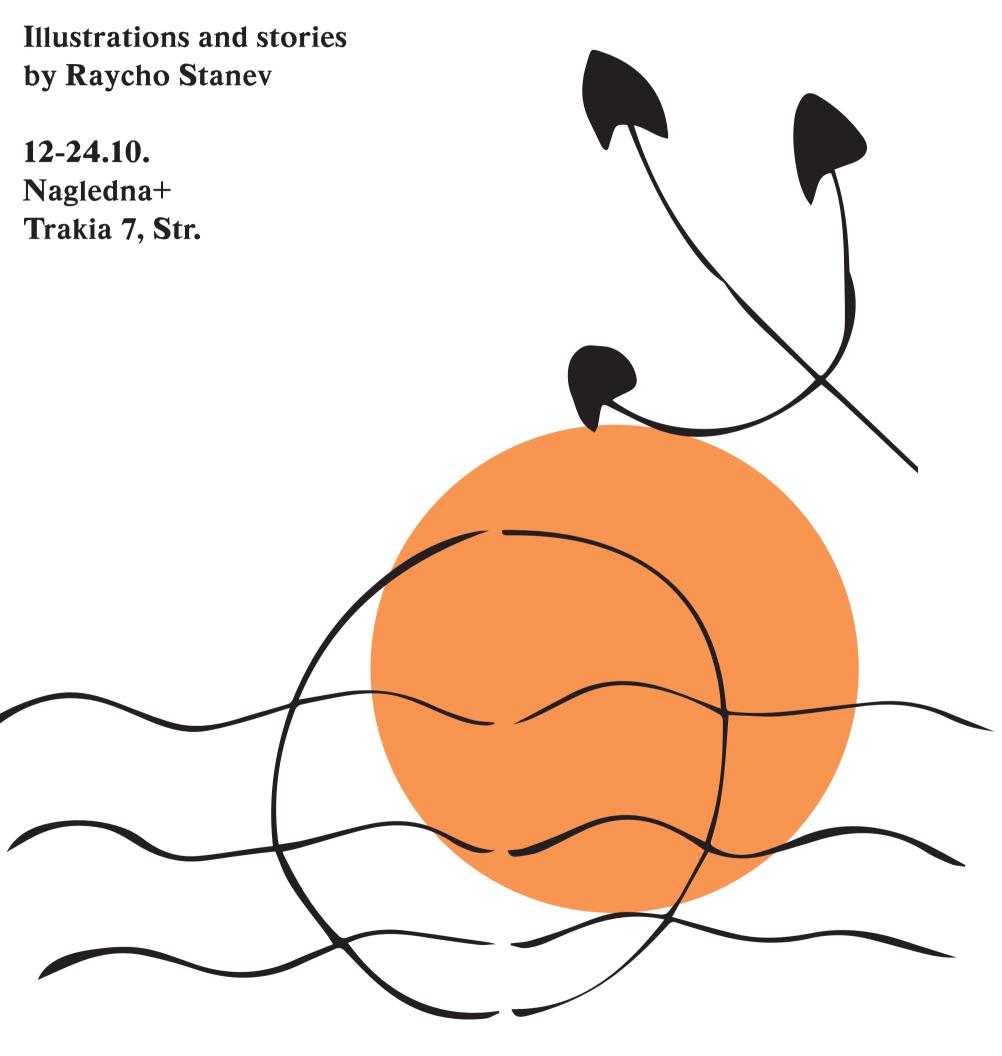
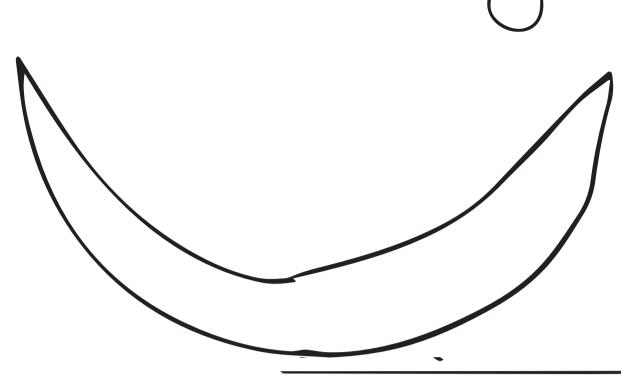
SEASIDE

focus and concentration techniques







CETA LU MPELCTABETE PABHATA NOBBPXHOG HA MOPE U OTPAHEHUE TO HA CABHUETO NO-HETOBATA ROBBPXHOG PA3BUTA HA MHOHEC-TBO MAPHEMUA. XOPU-30HTA CE DTAPBABA A RAPHEHUATA CE CIPYKTYPUPAT B TPUBrommuk u chupat. robophim 3A PEKOH-CTPYKILLUS HA OBPASA, KOTATO C EQUI СВЩМАТЕРИЯЛ ИЗГРА-HIRAME PABNUHHE POPMA. MARYEHUATA LE PABUBUHBAT L RPENUBAT BAB OPAL MEHT OT HOBELLIKU TOPC CZC CBETNOCZHKA.