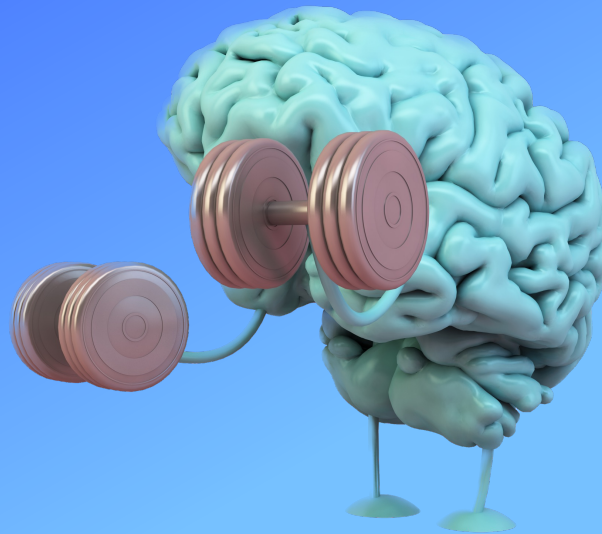
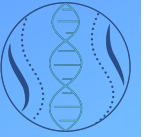

RESILIENZ

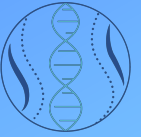
Health Journey

Fabio Arcucci



Resilienz





Resilienz

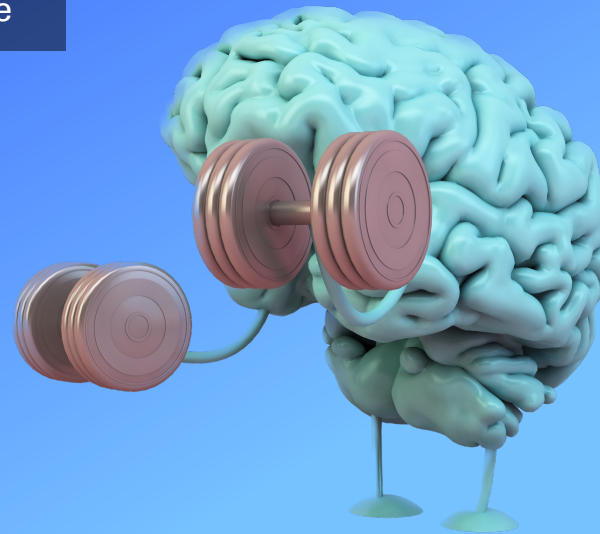
Sport

Challenge

Bewegung

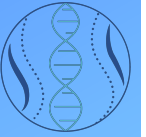
Ziele

Atmung



Schlaf

Pausen



Resilienz

Sport

Challenge

Bewegung

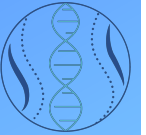
Ziele

Atmung



Schlaf

Pausen



Resilienz

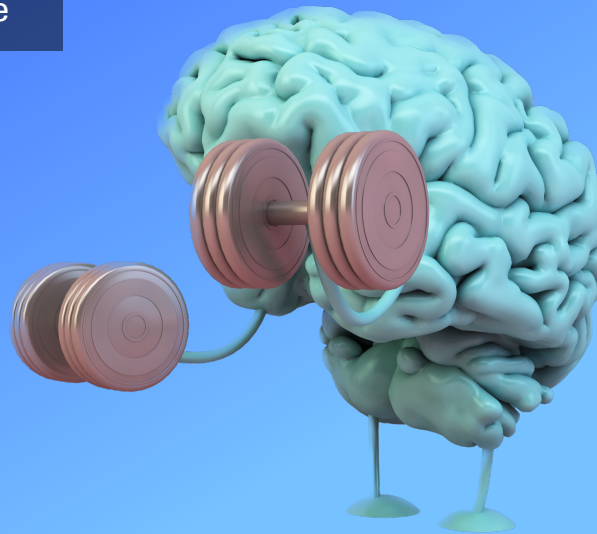
Sport

Challenge

Bewegung

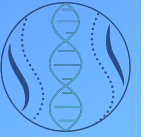
Ziele

Atmung



Schlaf

Pausen



Resilienz

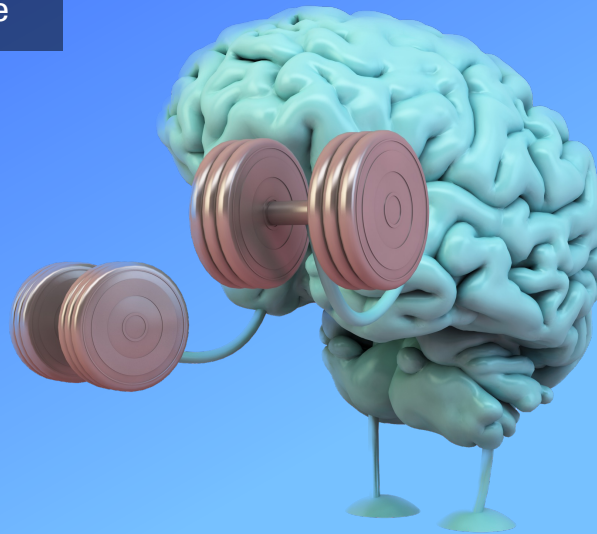
Sport

Challenge

Bewegung

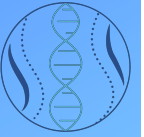
Ziele

Atmung



Schlaf

Pausen



Resilienz

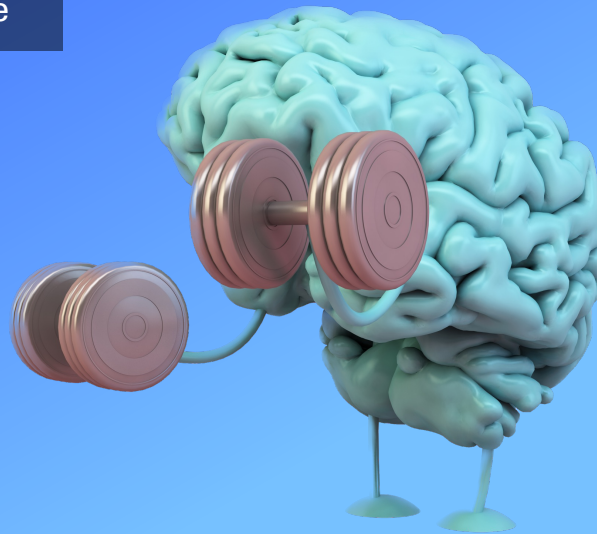
Sport

Challenge

Bewegung

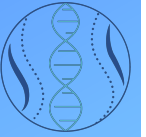
Ziele

Atmung



Schlaf

Pausen



Resilienz

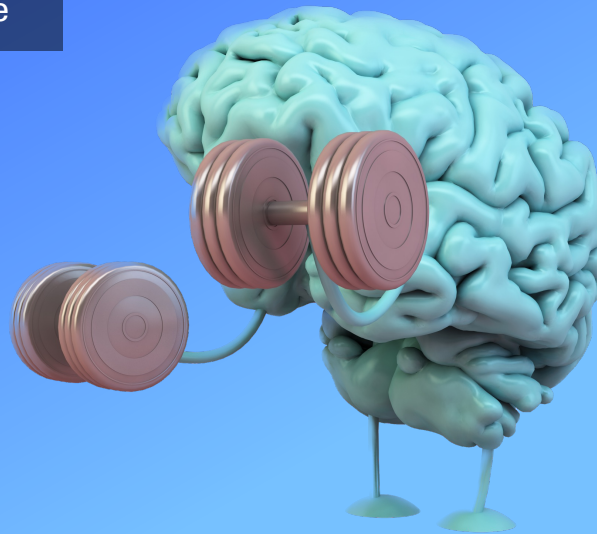
Sport

Challenge

Bewegung

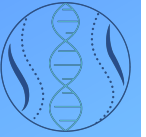
Ziele

Atmung



Schlaf

Pausen



Resilienz

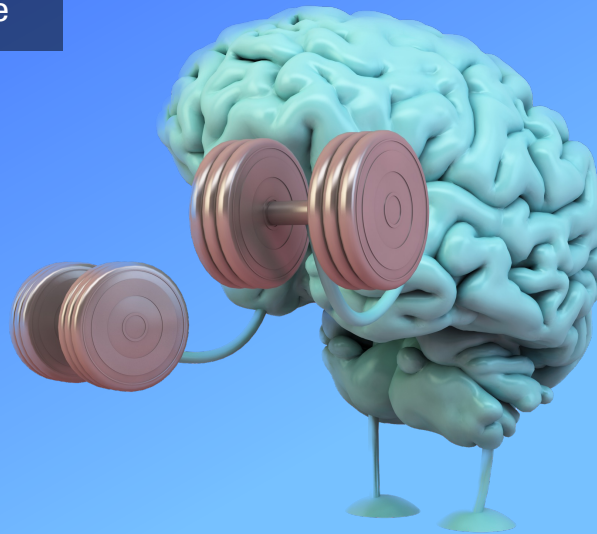
Sport

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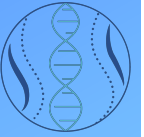
Ziele

Atmung



Schlaf

Pausen



Resilienz

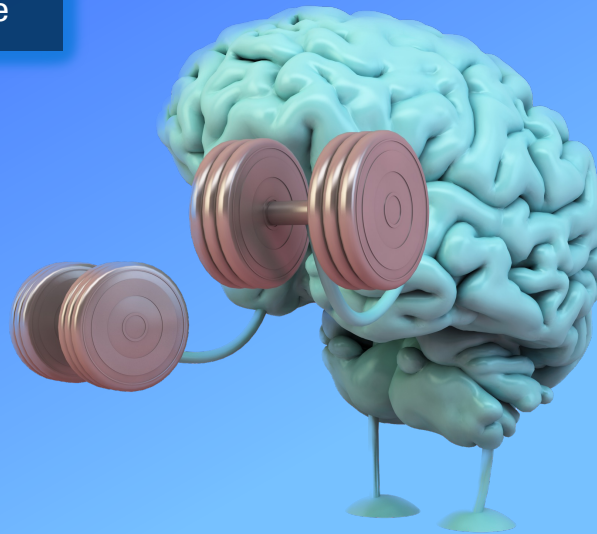
Sport

Challenge

Bewegung

Ziele

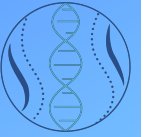
Atmung



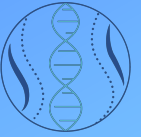
Schlaf

Pausen

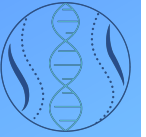
Resilienz und Stress



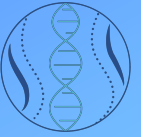
Resilienz und Stress



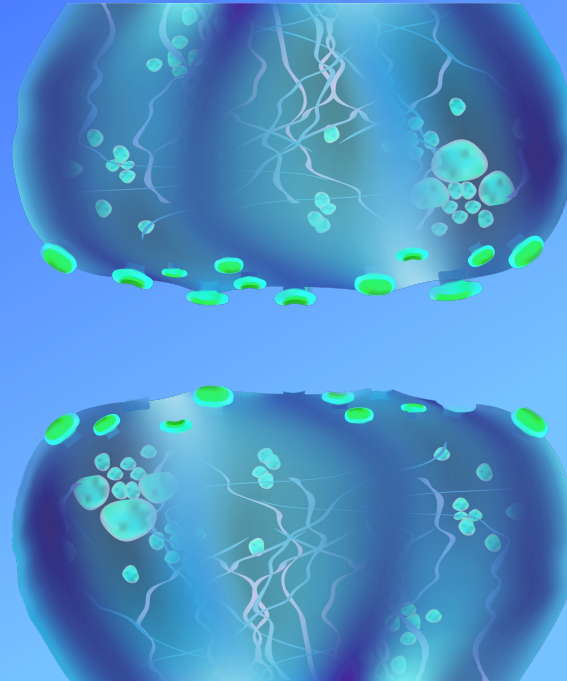
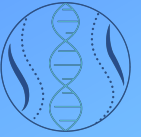
Resilienz und Stress



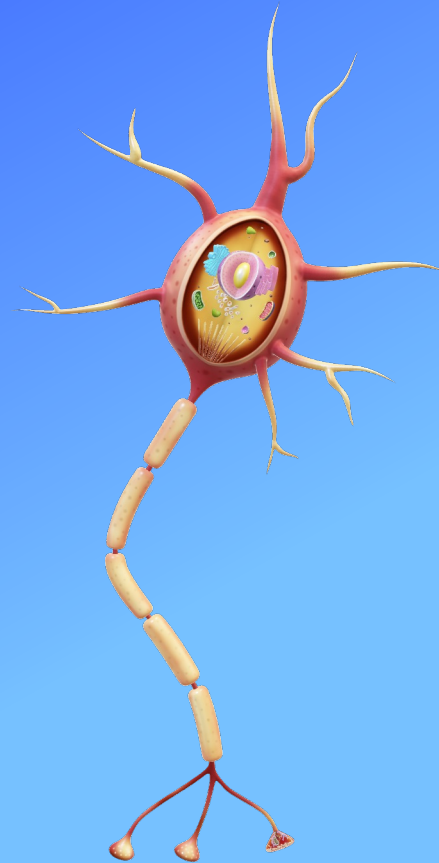
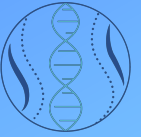
Resilienz und Stress



Synaptischer Spalt



Nervenzelle



Nervenzelle

