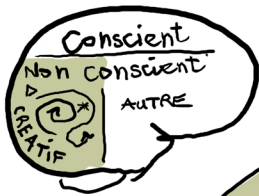
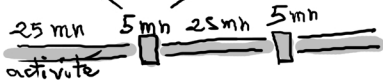


Etudes scientifiques prouvent ↓



- Penser à autre chose
- Math
 - Ranger
 - Rêvasser
 - etc

- Debout
- Marcher
- Yoga
- etc



Pomodoro (technique équilibrée)