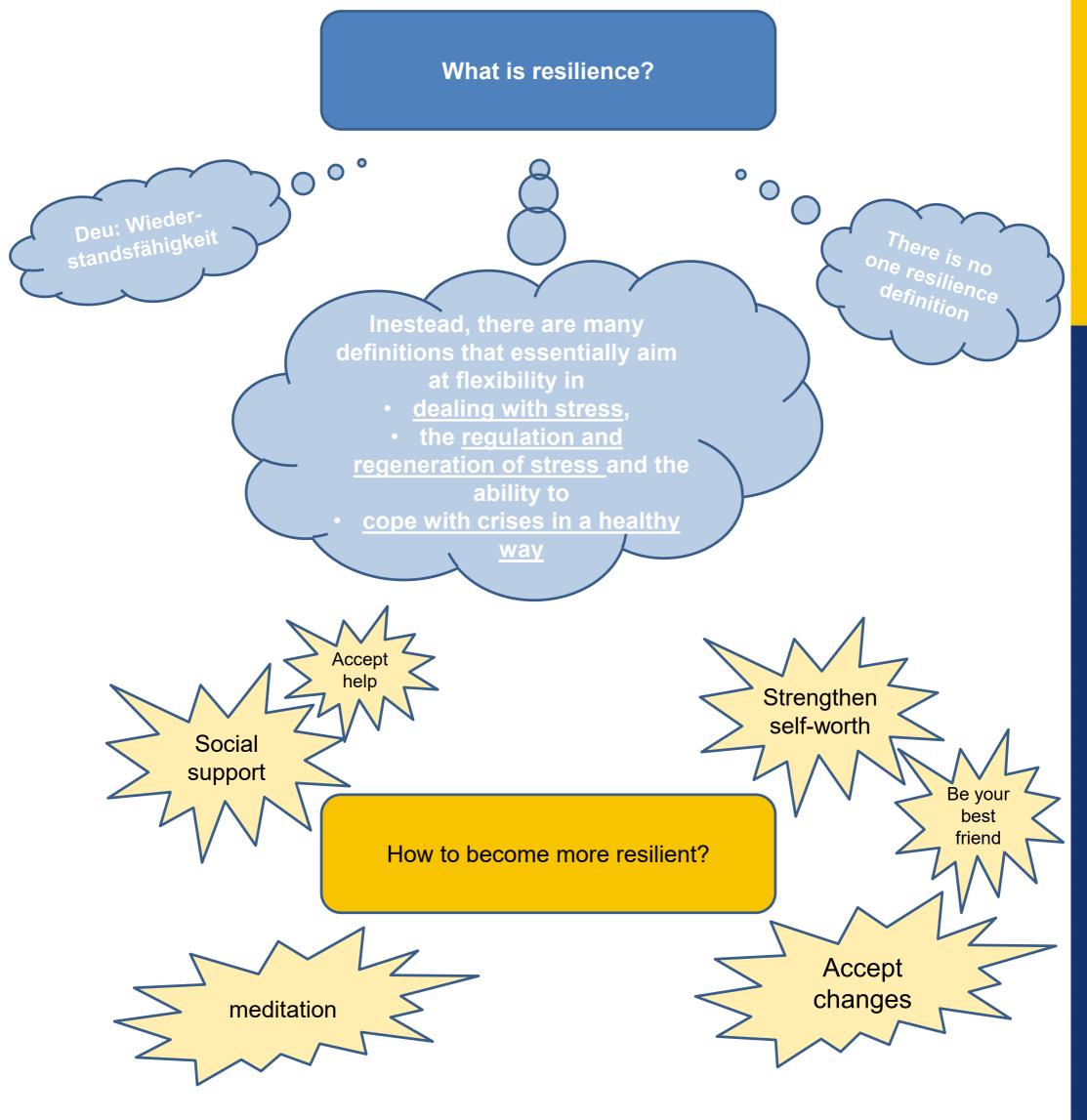
Resilience







Habit formation: becoming reslient is a continous process of repitition

Quelle: https://www.resilienz-akademie.com/10-impulse-zum-resilienz-staerken/