i was unable to watch as the sight of my amputated finger really unnerved me and therefore i kept my eyes squeezed tightly shut

neem regelmatig een korte time-out, al is het maar of enkele minuten: kort bewust worden van je ademhaling, goed ontspannen gaan zitten, of een glas water gaan drinken

the palestinians are willing to accept land swaps.

in order to ensure relatively quick order fulfilment, it is necessary to correctly enter the data in the website's computer system, or by other means of electronic communication