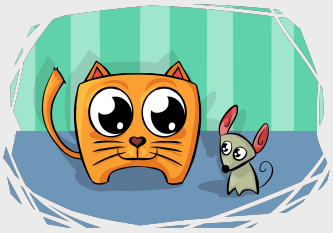
Receta para perdonar

Receta para estar alegre

Receta para tener buen humor

Receta para ser sencillo



Receta para ser buen amigo

Receta para ser solidario

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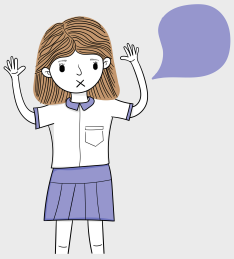
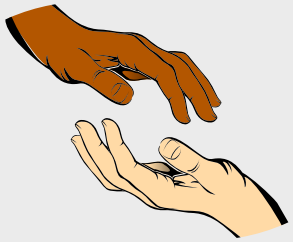
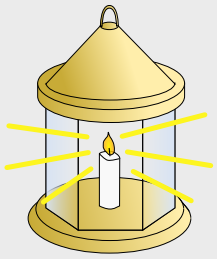


Receta para saber decir que no

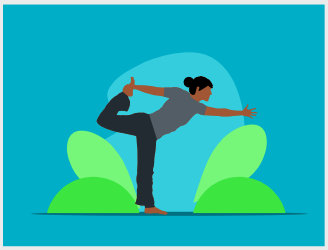


Receta para ser generoso

Receta para escuchar



Receta para ser tolerante



Receta para vivir en calma

Receta para dar besos volaos

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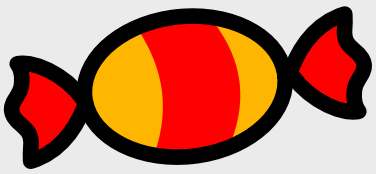
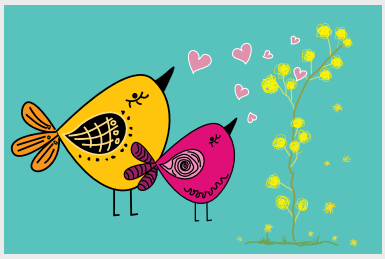
Receta para sonreír mucho

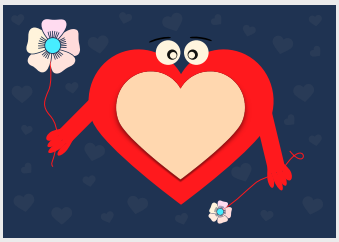


Receta para ser cariñoso

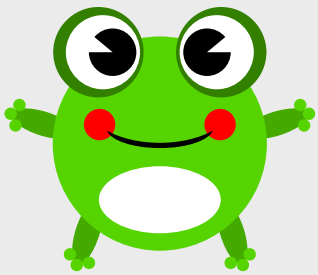
Receta para ser agradecido



Receta para ser paciente



Receta para dejarse querer



Receta para dar abrazos

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