



SUSTAINABILITY

From Siberia with Love



PERSONAL SUSTAINABILITY



**“...A person is *sustainable* if he takes care of himself and
maintains a reasonable level of energy and spirit...”**



I when I was 4







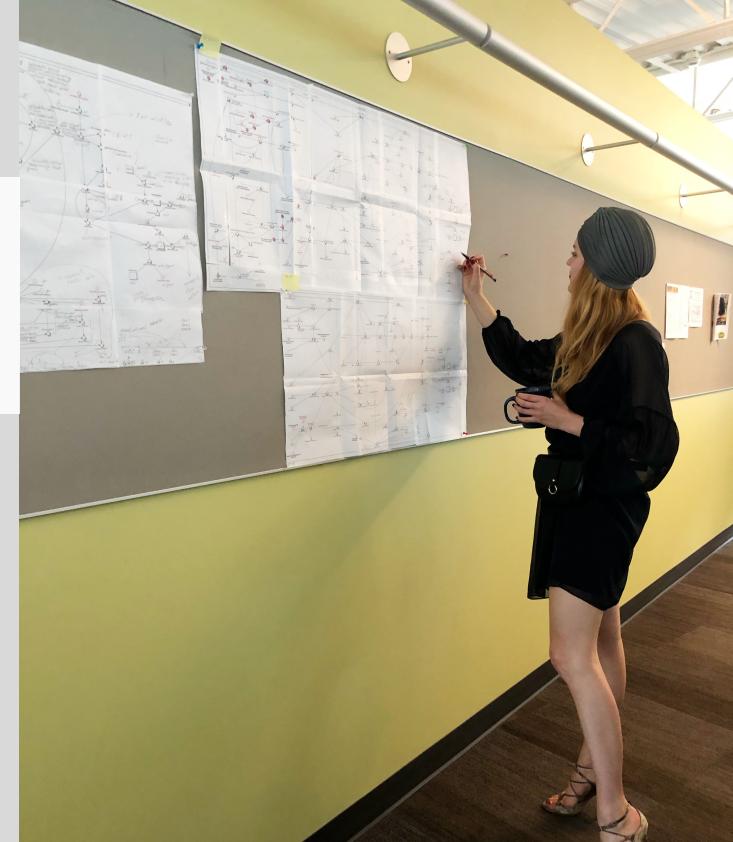


PERSONAL SUSTAINABILITY





PERSONAL SUSTAINABILITY

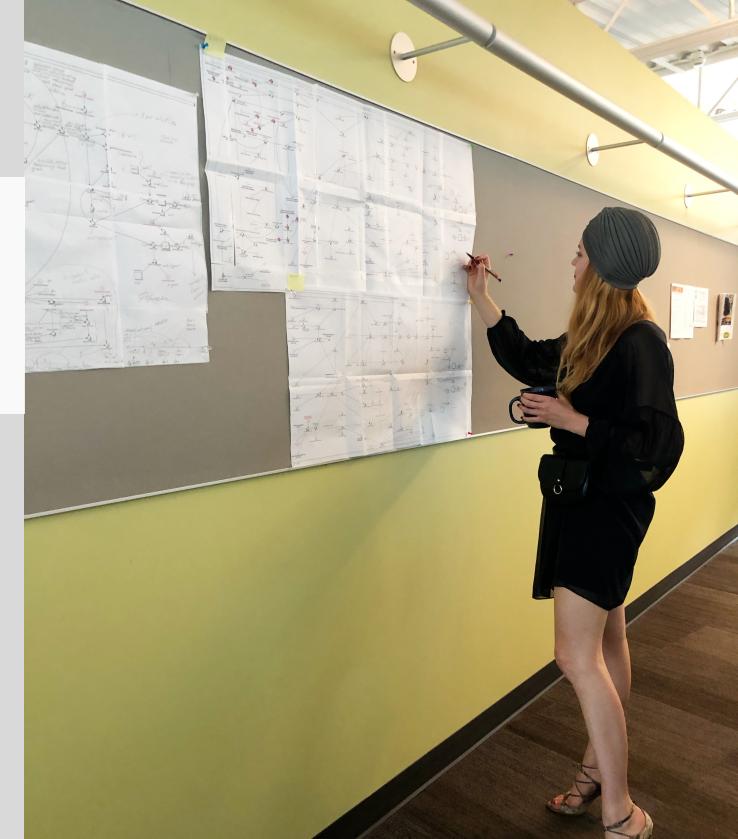


Mental work

PERSONAL SUSTAINABILITY



Sport



Mental work



Art

PERSONAL SUSTAINABILITY



Sport



Mental work