

**PRESENTATION ON: "IN  
HARMONY WITH MYSELF".**

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The first important thing about me is healthy way of life. Bad habits greatly influence our lives. Smoking leads to a number of heart and lung diseases, makes your look unhealthy. Drugs tend to lead drug users to early deaths. All it can shorten our lives, so I don't Smoke. I don't drink alcohol. I don't take drugs.



The second important thing about me is healthy diet. A healthy diet helps maintain or improve overall health. We need to eat a lot of vegetables, fruits, meat, dairy products for our health. It is important for me.







The fourth important thing about me is reading books. Reading makes me better. I need read books to increase my intellectual abilities and skills. I also read books to learn something new.



The fifth important thing about me is chess. I love to play chess they develop concentration and logical thinking. And the main thing that are just fun to play.



What I do to be my own best mate.

I must be kindness.

I must be good-natured.

I must be sociable.

I must be easy-going.

*Thank you for your attention!*