

**Postul Mare –Parintele Calistrat**

[https://www.youtube.com/watch?v=g\\_mi-gLjT5Q](https://www.youtube.com/watch?v=g_mi-gLjT5Q)

**Smerenia si stima de sine**

<https://www.youtube.com/watch?v=xDC5PNH-7RQ>