

Časotvorba

[SEZNAM ZDROJŮ]

V knize cituji **996 zdrojů**. Níže naleznete jejich seznam. [Webová verze je když tak tady](#).

Necituju podle žádné normy. **Rovnou sdílím odkazy**. Je to přehlednější a efektivnější. Pokud vás něco zaujme, tak se logicky chcete co nejrychleji přesunout k danému zdroji. Nechcete marnit čas hledáním odkazu, který by byl utopený v dlouhém odstavci. A když vás bude zajímat název studie či její autor, tak obojí najdete na dané stránce.

Při takovém množství odkazů je vysoká šance, že některé z nich, dříve či později, **zaniknou, nebo se přesměrují**. Pokusím se průběžně sledovat, jestli něco nezmizelo, ale kdybyste si nefunkčního odkazu všimli dříve, napište mi: kniha@casotvorba.cz

Kdybyste potřebovali daný **zdroj vidět hned**, tak vložte odkaz do [WaybackMachine](#). Většina internetu je archivovaná. Zobrazí se vám kalendář, v něm najdete zvýrazněné dny archivace, ty prokliknete a dostanete se na danou stránku. Tady je když tak [návod](#).

A teď už zdroje. Pro rychlejší orientaci přidávám proklikávatelný obsah.

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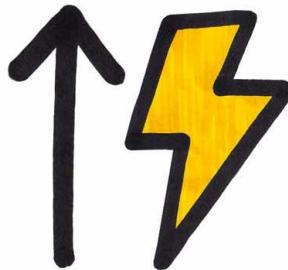
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Výživa, půsty a hydratace

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