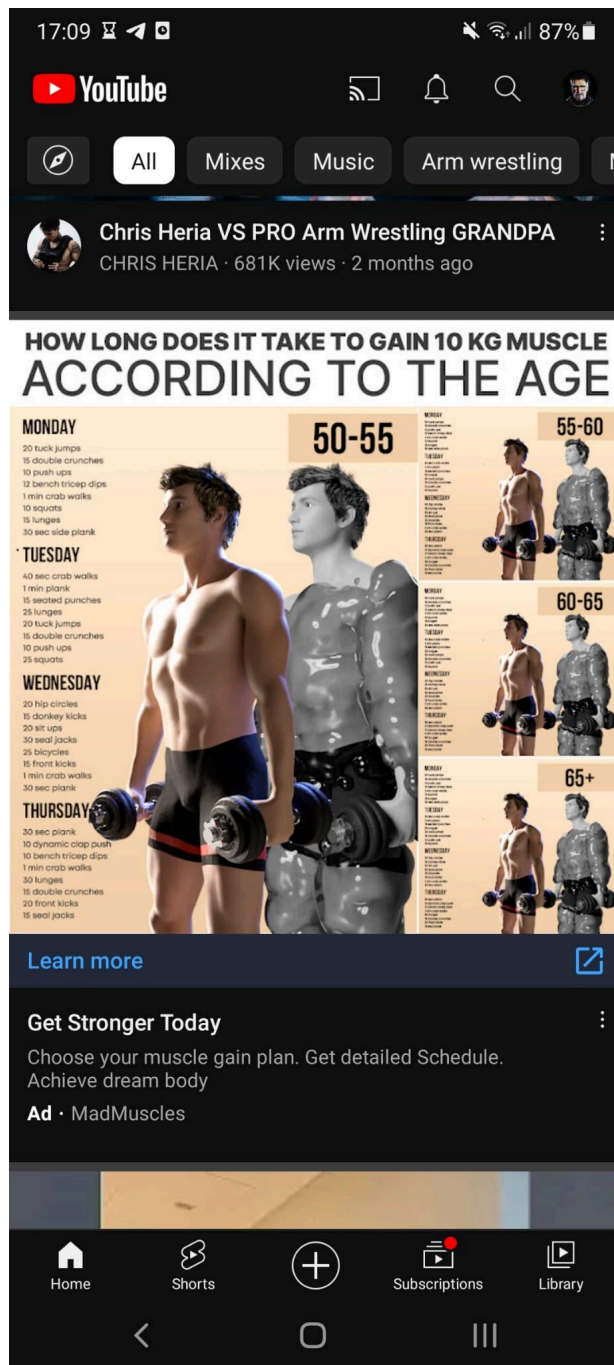


What caught my attention and why

1.



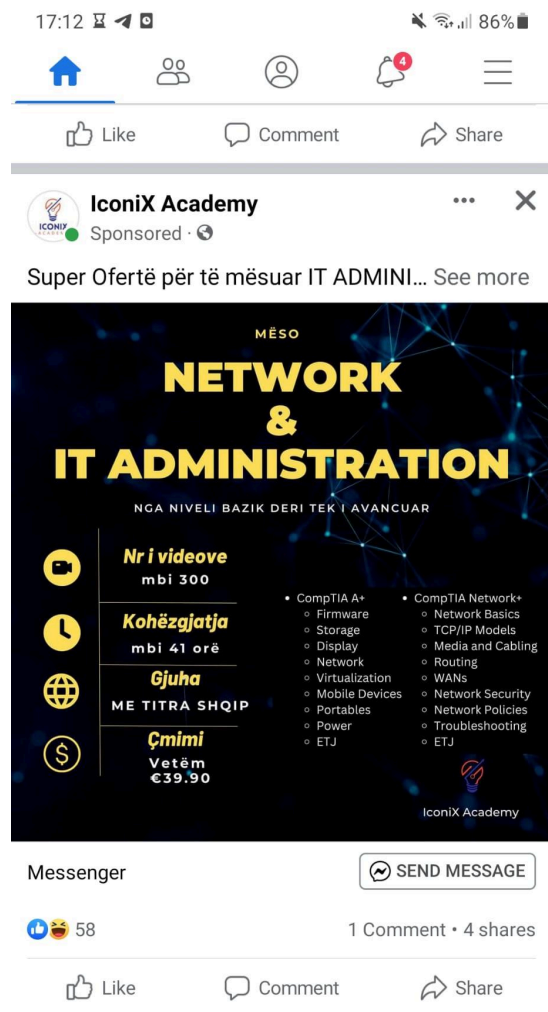
Get stronger today

It caught my attention with this title

“How long does it take to gain 10 KG muscle ACCORDING TO AGE”

It caught my attention because it actually is valuable to me. I have been trying to put on muscle at the age of 18, but it seems like I'm getting something wrong. I don't know if it's the protein intake or how I eat my food or maybe even how I train. But it seems like they could help me find my problem and give me a solution.

2.

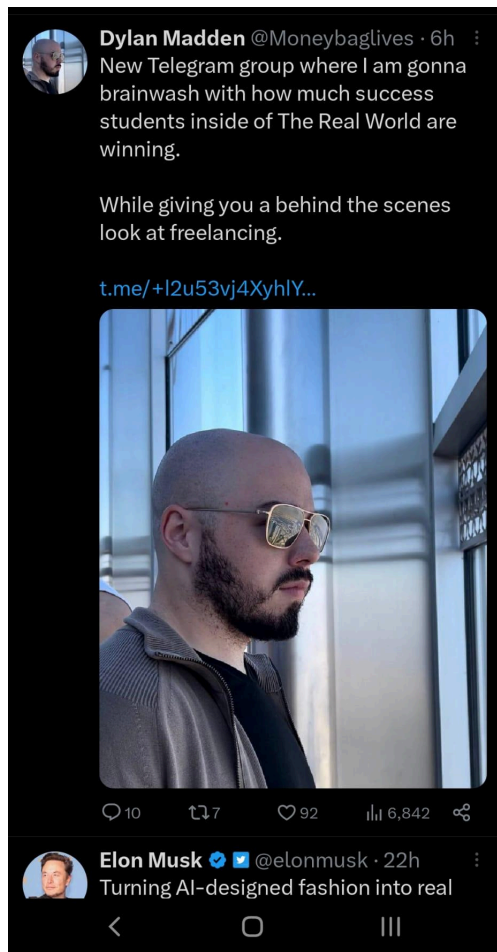


(not english)

I was scrolling through my facebook feed, and a sponsored ad came up

As a Network Engineer myself, when I read the title “**NETWORK & IT ADMINISTRATION**” it caught my attention and I wanted to know what it is about. Turns out to be an online course to learn about the basics and advanced of Network and IT administration.

3.



This also got a bit of my attention as I value success and maybe I can get value and learn something from joining the Telegram group.