SHADE SOME OF THE CELLS.
NO NUMBER STAYS TWICE IN A ROW OR A COLUMN.
SHADED CELLS NEVER TOUCH BY A SIDE.
ALL THE OTHER CELLS STAY CONNECTED.

3	3	2	4	4	1	2
4	6	1	2	6	5	3
1	4	3	7	3	3	2
5	6	7	2	5	2	6
6	7	3	4	4	7	1
2	1	4	5	7	3	6
5	6	6	7	1	5	7