



# O Mundo é das Bem-Amadas (Portuguese Edition)

*Helena Verhagen*

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## **O Mundo é das Bem-Amadas (Portuguese Edition)** Helena Verhagen

Faltando pouco tempo para o casamento, cansada de visitar médicos e tomar remédios em função de suas alergias crônicas, a autora conta de forma divertida e casual como se curou dos tiltes de estresse. Ela larga a medicina alopática por conta própria e embarca em uma grande aventura que passa pela filosofia tântrica, reeducação alimentar, prática diária de meditação e ioga, despertar da intuição e descoberta da importância do amor próprio. A autora envolve o leitor mostrando que pequenas mudanças de hábitos a levaram a viver grandes impactos em sua vida diária. Com pitadas de humor, Helena Verhagen faz questionamentos íntimos e profundos que trazem grandes reflexões.

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