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A Vida Nas Próprias Mãos Gudrun Bukhard,2024-07-16 A autora escreveu este livro com base no seu trabalho pr tico sustentado pela sua experi ncia m dica e apontando para as leis do desenvolvimento biogr fico Fez quest o de ressaltar tanto os lados luminosos quanto os sombrios de cada biografia integrando os e reconhecendo o valor desses acontecimentos Ao longo do livro usa relatos e exemplos extra dos de situa es concretas da vida estimulando nos a pensar para a frente e a explorarmos a nossa pr pria biografia como material de trabalho UMA ABORDAGEM NICA E ESCLARECEDORA DOS CICLOS DE DESENVOLVIMENTO HUMANO Cada etapa da nossa vida tem influ ncia no nosso pensamento nas nossas rela es e na nossa exist ncia Atrav s de um trabalho consciente e ativo de an lise da nossa pr pria hist ria podemos descobrir quem somos verdadeiramente e a forma de nos transformarmos naquilo que realmente queremos ser A vida um caminho de inicia o Devemos aprender a olh la e viv la conscientemente

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