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Este livro contém etapas e estratégias comprovadas sobre como organizar a sua mente para ajudá-lo a superar os maus hábitos na sua vida. Irá ajudá-lo a compreender como funciona a sua mente. Dar-lhe-á passos simples sobre como você pode vencer os maus hábitos e os vícios que estão a impedi-lo de viver a sua vida ao máximo .

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