



Turbine sua memória 2 (Portuguese Edition)

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Neste segundo volume de Turbine sua memória, o leitor aprenderá um pouco mais sobre as causas, efeitos e como prevenir a perda dessa faculdade cerebral. Descobrirá a relevância do controle do colesterol e do consumo de açúcar e como até mesmo dormir o tempo necessário pode ajuda-lo a se lembrar mais rápido das informações e lembranças.

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