



# Crônicas para viver melhor (Portuguese Edition)

*Anibal Oliven Filho*

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## **Crônicas para viver melhor (Portuguese Edition)** Anibal Oliven Filho

Um grande contingente de pessoas quer mudar, porque não estão satisfeitas com algum fato ou situação. Mudar não é fácil, pois, para mudar, é necessário deixar um prazer imediato para obter só futuramente a resposta que se deseja.

Mudar requer capacidade de compreensão, adoção de práticas que finalizem o desejo de transformação.

As pessoas, embora queiram mudar, são extremamente resistentes. Parece que não sabem que o universo é dinâmico e que a cada segundo ocorrem mudanças, não só fora de nós, como também em nosso corpo. Não é filosófico citar que o mundo está numa constante transformação e, como o ser humano pertence à natureza, fazemos parte deste contexto.

Um livro que o ajudará nas questões mais simples do dia a dia.

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