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ANTÓNIO ARAÚJO



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Da Direita à Esquerda ANTÓNIO ARAÚJO, 2020-04-01 Cultura e sociedade em Portugal dos anos 80 actualidade Come ando por retratar a cultura de direita portuguesa dos anos 80 aos nossos dias o autor debru a se sobre os grandes pontos de clivagem que pelo menos superf cie continuam a dividir as culturas de esquerda e de direita em Portugal Percorrendo diversas tend ncias contempor neas como a prolifera o do lifestyle e do trendy a revisita o light do salazarismo os livros de auto ajuda e outras taras actuais a sociedade portuguesa apresentada como adversa a extremismos real ando se as muitas afinidades ocultas entre direita e esquerda mais numerosas e profundas do que costumamos julgar **A dieta dos 31 dias** Ágata Roquette, 2014 **DIETA DOS 31 DIAS, A ÁGATA ROQUETTE**, Est farta de dietas que n o funcionam Que a obrigam a passar fome Em que emagrece um quilo e logo recupera dois Dietas com alimentos que n o encontra nos nossos supermercados e restaurantes Que a pro bem de comer o p o ao pequeno almo o de que tanto gosta N o quer tomar medicamentos nem suplementos dispendiosos para emagrecer Ent o este livro para si gata Roquette traz lhe uma dieta inovadora adaptada aos h bitos alimentares portugueses onde o resultado garantido No final do m s a sua balan a vai acusar menos 3 a 5 quilos se for mulher e 5 a 8 quilos se for homem Como Tudo come a na primeira consulta onde a nutricionista lhe explica os alimentos proibidos como batatas massa arroz bolachas isto os hidratos de carbono e os alimentos que pode consumir vontade diariamente A partir daqui cada p gina deste livro acompanha a dia a dia com dicas pr ticas conselhos teis que a motivam e receitas variadas do que pode cozinhar Uma nota importante uma vez por semana h o dia da asneira onde pode comer tudo o que lhe apetecer Chegamos ao 15 o dia onde volta consulta para perceber os resultados que conseguiu at ent o No final do m s o t o esperado dia 31 com menos peso a sua autoestima aumentada e com h bitos alimentares mais saud veis e entra numa nova fase Se j alcan ou o peso desejado ent o resta lhe fazer a manuten o da dieta A j conhece o seu corpo que se torna num verdadeiro aliado na manuten o de um peso que lhe d mais sa de autoconfian a e boa apar ncia Se quer perder ainda mais peso a nutricionista gata Roquette d lhe todos os conselhos de que precisa para prosseguir a dieta at que a balan a lhe indique o peso que tanto ambiciona Uma dieta onde n o passa fome n o se sente desmotivada e onde os resultados s o vis veis **A nova dieta dos 31 dias** Ágata Roquette, 2022

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