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Um guia para a **felicidade** para quem não quer mais sofrer. Milhões de pessoas diariamente consomem **medicamentos** como Prozac e Frontal sem erradicar, de fato, o **sofrimento** de suas vidas. Em *Mais Sêneca, menos Prozac*, o leitor encontra o remédio definitivo na **sabedoria** dos ensinamentos que permeiam este **guia** para a felicidade. Através da **filosofia estoica**, compreenda as verdadeiras causas do mal-estar e conheça os **valores** que afastam problemas, de modo a **curar** sua alma e ativar o **crescimento espiritual**. Nesta iminente jornada de autoconhecimento, tome a dose certa com as **sábias palavras** de Clay Newman.

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