

# Télécharger Livres Gratuit Medicina e meditação (PDF | ePub | Mobi) Roberto Cardoso DataBase Book



Médico há mais de vinte anos e meditador há mais tempo ainda, o autor mostra com precisão várias técnicas de meditação e os seus benefícios para a saúde. Sem qualquer orientação religiosa, filosófica ou moral, trata-se de uma obra para ler, aprender e praticar. Edição revista, atualizada e ampliada.

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