



A Teia de Aranha Alimentar: Quem come quem? (Portuguese Edition)

Máximo Ravenna

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Esta obra utiliza a simbologia da aranha e sua teia para tratar dos vícios alimentares. O autor aborda a filosofia do prazer imediato, a fim de alertar o leitor a respeito de sua própria alimentação. Com o método Ravenna, busca, ao invés de ensinar a dieta, mostrar como é possível mudar a relação com a comida.

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