

# GRATIS Desarmando a Compulsão Alimentar: Conheça a si mesmo (epub, PDF, Mobi) Jorge Azevedo Baixar



Desarmando a Compulsão Alimentar, uma série de 9 e-books, com base na Roda da Compulsão. Como combater os principais ofensores de quem almeja emagrecer e ter uma vida mais saudável.

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03. Stress, o pior cenário está na sua cabeça
04. Vulnerabilidade, a dor do trauma
05. Tristeza, sentimento de perda
06. Frustração, não conseguir controlar externalidades
07. Tédio, monotonia da fome
08. Proteção de gordura
09. Euforia, desculpa para comer



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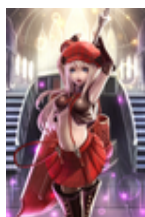
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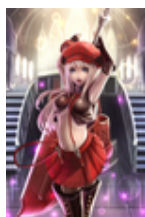
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Although many game enthusiasts are competing to sign up, it is really a game with life as a stake. Only real game enthusiasts can pass the strict assessment of the stunt company and be fortunate to be a member of this game.

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Although many game enthusiasts are competing to sign up, it is really a game with life as a stake. Only real game enthusiasts can pass the strict assessment of the stunt company and be fortunate to be a member of this game.

## [PDF] Rivers and lakes(2)



<http://media.beebok.info/br-1467811412/rivers-and-lakes-2.html>

A good muscular, is a standard muscular man, in the team known as the King of Great Power, even I dare not touch his fist.

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## [PDF] Peak Hacker(2)



<http://media.beebok.info/br-1467808761/peak-hacker-2.html>

He knows that three years ago, he had reached a high level in the hacker world. This height is not attainable by ordinary people. Although I am also a software institute, the level of programming, the arithmetic of analyzing and solving problems are not within my reach

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## [PDF] Rivers and lakes(1)



<http://media.beebok.info/br-1467808212/rivers-and-lakes-1.html>

A good muscular, is a standard muscular man, in the team known as the King of Great Power, even I dare not touch his fist.

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## [PDF] Peak Hacker(1)

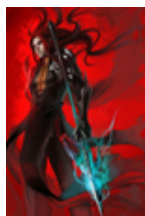


<http://media.beebok.info/br-1467801961/peak-hacker-1.html>

He knows that three years ago, he had reached a high level in the hacker world. This height is not attainable by ordinary people. Although I am also a software institute, the level of programming, the arithmetic of analyzing and solving problems are not within my reach

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## [PDF] Time and space(2)

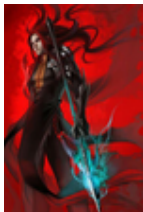


<http://media.beebok.info/br-1467707831/time-and-space-2.html>

As my breathing became calm, I turned on the fluorescent lamp at the end of the bed, sat up at the edge of the bed, pulled out a cigarette and held it on my lips. The lighter turned smoothly on the right hand for two turns, and then lit a faint blue flame

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## [PDF] Time and space(1)



<http://media.beebok.info/br-1467707338/time-and-space-1.html>

As my breathing became calm, I turned on the fluorescent lamp at the end of the bed, sat up at the edge of the bed, pulled out a cigarette and held it on my lips. The lighter turned smoothly on the right hand for two turns, and then lit a faint blue flame

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## [PDF] God made(2)



<http://media.beebok.info/br-1467675265/god-made-2.html>

It's been more than a week since I came to this city. I still can't adapt to the phenomenon of heavy traffic on the roads. Fortunately, not even the roadways and alleys are polluted by the exhaust gas from cars, otherwise my sensitive nose will be really unbearable

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## [PDF] God made(1)



<http://media.beebok.info/br-1467673427/god-made-1.html>

It's been more than a week since I came to this city. I still can't adapt to the phenomenon of heavy traffic on the roads. Fortunately, not even the roadways and alleys are polluted by the exhaust gas from cars, otherwise my sensitive nose will be really unbearable

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## [PDF] Evening embankment



<http://media.beebok.info/br-1467667077/evening-embankment.html>

She has a beautiful appearance, white skin, a pure and straightforward personality. Her black and white eyes show her cleverness.

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## [PDF] Ice Wind Valley(1)



<http://media.beebok.info/br-1467861818/ice-wind-valley-1.html>

I'm quiet here, but even so, life around me is always turbulent. It's full of barbarian aggression and war against goblins, as well as dangerous tundra snow apes and polar giant worms.

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