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como desconectar a mente É preciso pelo menos de uma a duas horas antes começar a se desconectar de aparelhos reduzir a luminosidade do ambiente além de praticar atividades que

18 hours ago observe sua confiança avalie de onde vem sua segurança ao tomar uma decisão dados experiência ou apenas intuição e o que você pode estar ignorando preste atenção aos

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algumas técnicas de relaxamento são indicadas para acalmar a mente como meditar praticar exercício físico regularmente fazer massagens relaxantes além do uso de remédios naturais como chás

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