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16 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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refeições leves antes de dormir manter uma rotina de sono praticar atividades físicas meditação e técnicas de respiração profunda são fatores que evitam esse transtorno o que é bom para desligar

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