



Heróis de verdade (Portuguese Edition)

Roberto Shinyashiki

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Heróis de verdade (Portuguese Edition) Roberto Shinyashiki

Em Heróis de Verdade, Roberto Shinyashiki mostra que há uma nova maneira de se posicionar perante a vida, sem deixar que as pressões e as cobranças nos dominem. Ao longo de sete capítulos, o autor explica quais são as armadilhas do mundo dos super-heróis (aqueles que vivem a ilusão de conseguir dar conta de tudo sempre) e as estratégias para desmontá-las. O livro leva o leitor a compreender e a combater suas fraquezas e a desenvolver quatro competências para ser uma estrela de brilho próprio.

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