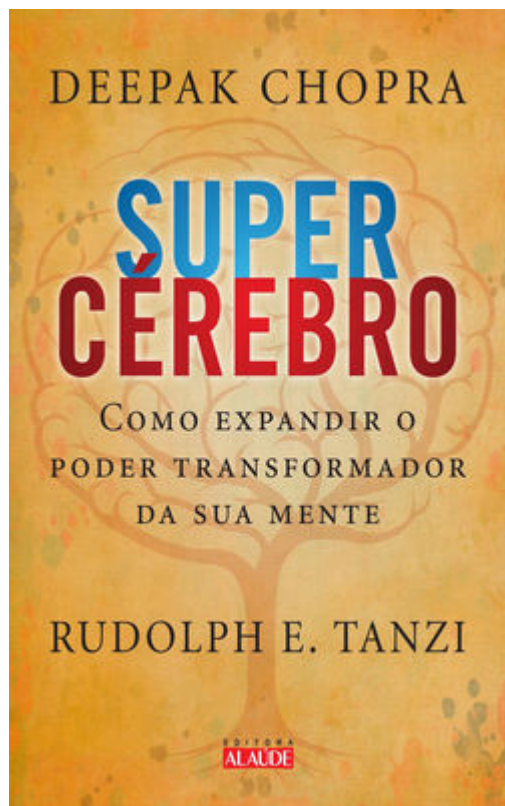


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Qual a diferença entre mente e cérebro? Como controlar o medo, a ansiedade, a depressão? É possível ensinar o cérebro a deixar de lado nossos instintos primários, agir de acordo com a nossa razão e assim sermos felizes de corpo e alma? Essas são algumas das respostas que o renomado médico e autor Deepak Chopra oferece aos leitores de Supercérebro. Escrito em parceria com o neurocientista Rudolph Tanzi, um dos maiores estudiosos do mal de Alzheimer, o livro explica em termos leigos como o cérebro funciona e de que forma é possível deixá-lo em forma para conquistar boa saúde, ter mais qualidade de vida e simplesmente ser mais feliz.

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