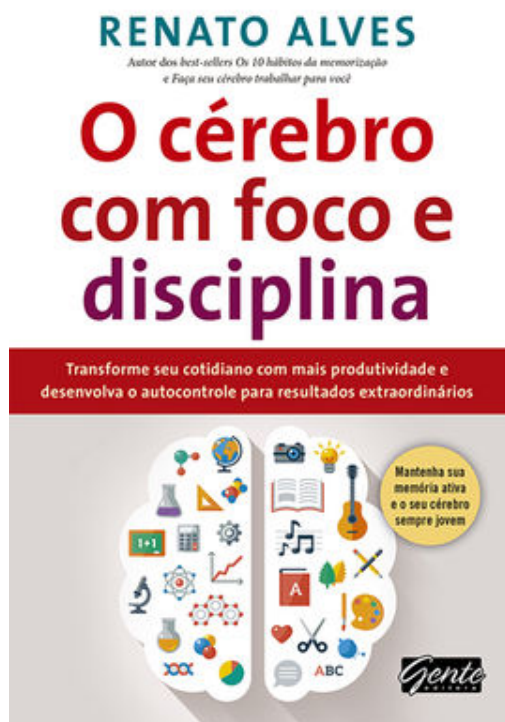


Baixar O cérebro com foco e disciplina (PDF, ePub, Mobi) Renato Alves GRATIS



Cansado de se sentir mal porque não fez o que tinha para fazer hoje?

O que você já perdeu hoje por pura falta de disciplina? As chaves de casa, o prazo do relatório, uma consulta ao médico, a dieta para perder aqueles quilos? O preço que pagamos pela falta de foco e disciplina é sempre muito alto e pode ser medido em dinheiro, tempo e oportunidades que vão pela janela.

Vivemos com a mente atulhada de ideias, mensagens, tarefas a cumprir e o caos mental gera grande cansaço. As pessoas no mundo moderno travam uma batalha diária e invisível com a própria mente... e perdem. No final do dia, voltam para casa com o corpo intacto, mas a mente esgotada sem a mínima disposição para estudar, ler, meditar ou refletir.

Renato Alves, especialista em memória e na mente humana, ensina neste livro como descobriu que era possível quebrar esse padrão. Aprenda com exemplos reais as onze metas - que você pode e deve cumprir - como conquistar o controle da sua vida e a chave dos seus sonhos. Entenda como fazer o autocontrole dirigir sua vida e revolucione seu modo de viver. Faça sua mente trabalhar a seu favor!

Aprenda as técnicas para:

- Concentrar-se para ler e escrever
- Blindar-se emocionalmente contra hábitos viciosos
- Ter foco para ser altamente produtivo
- Aliviar a ansiedade
- Ter reação inteligente
- E muito mais

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Top 15 Melhores Bri Livros [FREE]:

[PDF] Furacão Anitta



<http://media.beebok.info/br-1453894390/furacao-anitta.html>

Desde que deixou o Brasil inteiro babando com o Show das Poderosas, Anitta se tornou uma obsessão nacional. Seus cliques quebram a internet, jovens descolados copiam seu estilo e seus passos são seguidos por milhões de fãs, ávidos por qualquer...

[PDF] The Seven Deadly Sins Capítulo 304



<http://media.beebok.info/br-1456825064/the-seven-deadly-sins-capitulo-304.html>

A Guerra Santa está sugando as energias dos nossos bravos guerreiros. Enquanto uns lutam com os espíritos no Purgatório, outros travam uma dura batalha para proteger o mundo real. Será que nossos heróis vão conseguir salvar Meliodas e Elizabeth? Confira...

[PDF] A sutil arte de ligar o f*da-se



<http://media.beebok.info/br-1293280123/a-sutil-arte-de-ligar-o-f-da-se.html>

Chega de tentar buscar um sucesso que só existe na sua cabeça. Chega de se torturar para pensar positivo enquanto sua vida vai ladeira abaixo. Chega de se sentir inferior por não ver o lado bom de estar no fundo do poço. Coaching, autoajuda, desenvolvimento pessoal,...

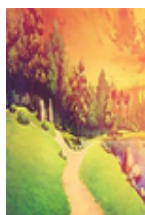
[PDF] O milagre da manhã



<http://media.beebok.info/br-1155673257/o-milagre-da-manha.html>

Conheça o método simples e eficaz que vai proporcionar a vida dos sonhos — antes das 8 horas da manhã! Hal Elrod explica os benefícios de acordar cedo e desenvolver todo o nosso potencial e as nossas habilidades . O milagre da manhã permite que o leitor...

[PDF] Dragon language beast repair(2)



<http://media.beebok.info/br-1456552693/dragon-language-beast-repair-2.html>

When the sun was shining in the sky, he could hardly keep his eyes open. He raised his arms and Wang Dalin shielded himself from the sunshine. Today should have been a good day. He got up in the morning with bright sunshine and sparrows singing happily.

[PDF] Enlightenment from heaven(2)



<http://media.beebok.info/br-1456545958/enlightenment-from-heaven-2.html>

Once indulged in Yi learning, one study lasts a whole day. But I don't feel tired. Generally speaking, a person will feel tired if he concentrates for a long time. On the contrary, the longer he watches, the more energetic he is

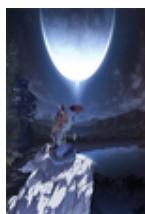
[PDF] Cyan cloud gate(2)



<http://media.beebok.info/br-1456550932/cyan-cloud-gate-2.html>

This day is the most important day of Tiancang City every year. The Yunjia family was founded on this day five hundred years ago, and this day of every year for five hundred years is a big proportion of the day

[PDF] Super reality(1)



<http://media.beebok.info/br-1456547031/super-reality-1.html>

The Temple of Heaven has finally come into existence. Countless practitioners have entered it at all costs. They try to have a chance. If they are lucky enough to get a high-level skill or immortal artifact, they have the capital to arrogate themselves. Faced with this temptation, even two of the...

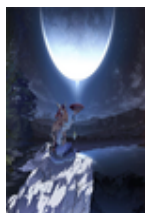
[PDF] Enlightenment from heaven(1)



<http://media.beebok.info/br-1456545657/enlightenment-from-heaven-1.html>

Once indulged in Yi learning, one study lasts a whole day. But I don't feel tired. Generally speaking, a person will feel tired if he concentrates for a long time. On the contrary, the longer he watches, the more energetic he is

[PDF] Super reality(2)



<http://media.beebok.info/br-1456547921/super-reality-2.html>

The Temple of Heaven has finally come into existence. Countless practitioners have entered it at all costs. They try to have a chance. If they are lucky enough to get a high-level skill or immortal artifact, they have the capital to arrogate themselves. Faced with this temptation, even two of the...

[PDF] Cyan cloud gate(1)



<http://media.beebok.info/br-1456550212/cyan-cloud-gate-1.html>

This day is the most important day of Tiancang City every year. The Yunjia family was founded on this day five hundred years ago, and this day of every year for five hundred years is a big proportion of the day

[PDF] Star Joy(3)



<http://media.beebok.info/br-1456545452/star-joy-3.html>

Seeing the charming woman beside him, there was something strange about her. As soon as he stepped on the accelerator, the quartz mine in the energy bunker of the land-air dual-purpose vehicle roared and whispered. The tail exhaust pipe ejected two pure white incandescent flames more than 10...

[PDF] Star Joy(1)



<http://media.beebok.info/br-1456544328/star-joy-1.html>

Seeing the charming woman beside him, there was something strange about her. As soon as he stepped on the accelerator, the quartz mine in the energy bunker of the land-air dual-purpose vehicle roared and whispered. The tail exhaust pipe ejected two pure white incandescent flames more than 10...

[PDF] Fairy land(3)



<http://media.beebok.info/br-1456523192/fairy-land-3.html>

He had a clean face under his disorderly hair and a moustache on his chin. Even though his face was covered with wrinkles, it looked like a fairy wind tunnel at first sight.

[PDF] Cyan cloud gate(3)



<http://media.beebok.info/br-1456551935/cyan-cloud-gate-3.html>

This day is the most important day of Tiancang City every year. The Yunjia family was founded on this day five hundred years ago, and this day of every year for five hundred years is a big proportion of the day
