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Angelina de Aragão Bulcão Soares Nascimento

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Neste livro a autora enfoca vários aspectos que se entrelaçam, para que o objetivo de ampliar a questão da alimentação para além da nutrição, seja alcançado. Este é um livro que, pela originalidade de seu enforque, pelo cuidado na pesquisa dentro de uma área que, afinal, atinge a todos, não pode deixar de despertar grande interesse. E de ensinar a ver aspectos da realidade em que as pessoas estão imersas e, por isso, cegas para eles. É uma leitura proveitosa, enriquecedora, erudita e, em grande parte - o que parece cada vez mais raro despretensiosamente divertida.



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