

Leia Livro Online *Imersão* Diogo Lara



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AOS 36 ANOS, Amanda se achava uma mulher bem-resolvida. Com a carreira estabelecida como médica endocrinologista, se preparava para dar uma pausa no trabalho e engravidar quando descobriu a traição do marido. Depois de um ano de terapia e tratamento com antidepressivos, continuava abalada e cada vez menos esperançosa. Decidida a tomar um rumo radical, Amanda parte para um seminário intensivo em um castelo na Escócia que promete revolucionar o modo de se relacionar consigo mesma.

É neste cenário que ela conhece Mike, um terapeuta que utiliza técnicas inovadoras para curar traumas, resolver dramas internos e proporcionar uma viagem de autodescoberta. Após seis dias de imersão, ninguém sairá o mesmo - inclusive o leitor que decidir mergulhar na história e se entregar a essa proposta inovadora de processo terapêutico com uma narrativa literária como pano de fundo.

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