

A woman with blonde hair, wearing a white long-sleeved shirt and white pants, is walking on a beach. The beach is wet, reflecting the light. In the background, there are rocks and some greenery. The sky is a mix of purple and blue, suggesting sunset or sunrise. The overall mood is peaceful and serene.

*O ponto de equilíbrio*

Meditações para Emagrecer e Curar  
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