



Indo Com o Fluxo: Uma Jornada na Alma com o Jiu Jitsu (Portuguese Edition)

Elena Stowell

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Por o que pareceu ser uma eternidade e provavelmente foi, Elena Stowell vagou sem rumo em uma prisão pessoal de insegurança e falta de propósito após a sua filha Carly de apenas 14 anos morrer repentinamente diante de seus olhos. Por uma combinação de milagre e necessidade, ela entrou em uma Academia de Jiu-Jitsu em Seattle e lá rolou pela primeira vez em sua vida. Através desta experiência e de outras que se seguiram, Elena descobriu que os princípios desta forma de arte marcial e da cura eram os mesmos. Com uma honestidade brutal e um refrescante equilíbrio de humor e introspecção, a história de Elena nos lembra a nunca parar a procura de coisas boas dentro de nós mesmos.

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