



#ficadica pra ser mais forte (Portuguese Edition)

Ed Strauss

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A gente precisa se alimentar direito e fazer exercícios físicos pra deixar os músculos em dia, mas não só braços, pernas, abdome e costas devem ser trabalhados. A cabeça também precisa de exercício, afinal, também precisamos ser fortes por dentro!

#ficadica pra ser mais forte traz 90 dicas - criadas especialmente pros garotos - que contam histórias sobre homens fortes, grandes exemplos, com muitas lições importantes pra sua vida. Eles vão ajudar você a se tornar mais parecido com a melhor pessoa que já existiu neste mundo: Jesus.

Coloque a cabeça pra funcionar e seja um cara forte! #ficadica

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