

**JANEIRO 2025**

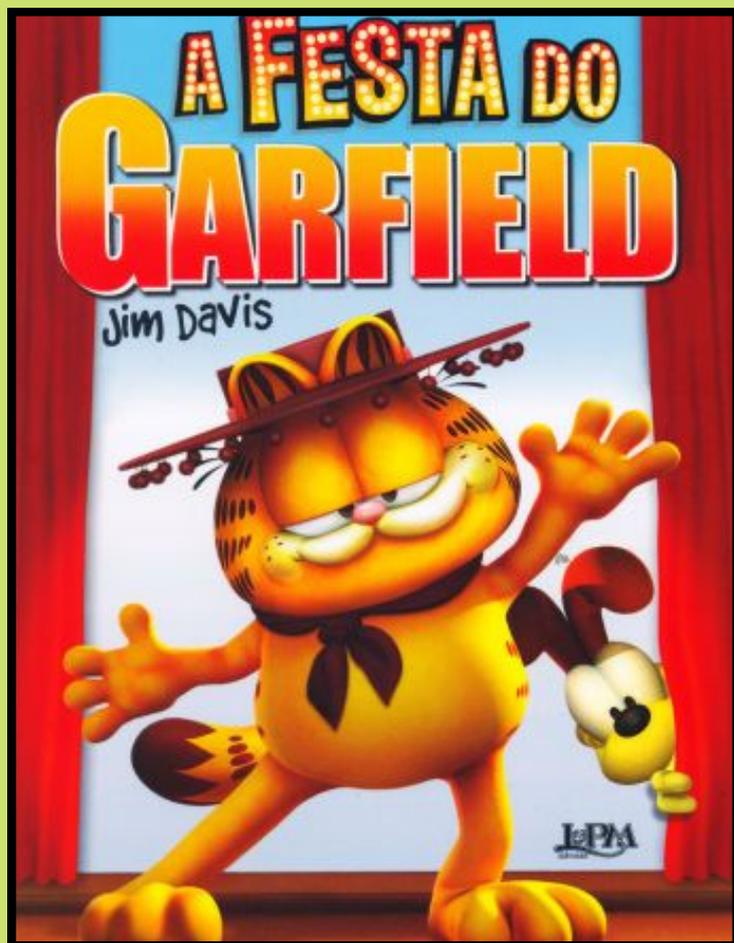


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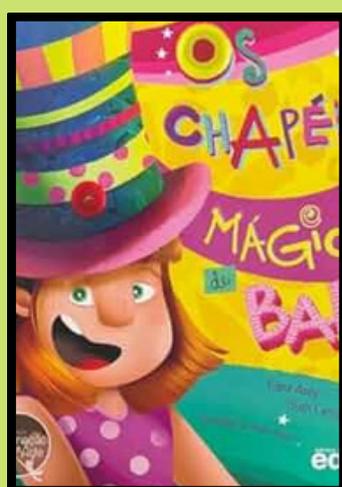
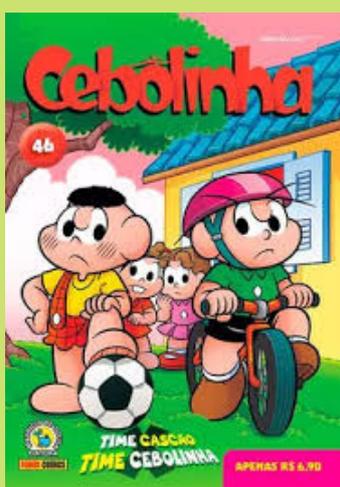
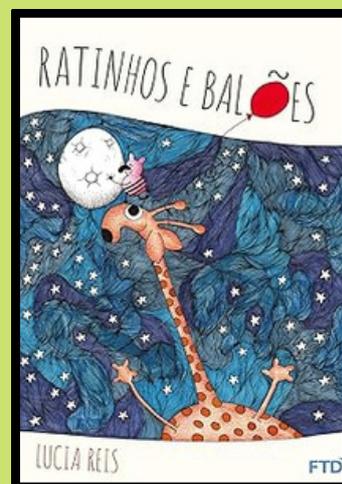
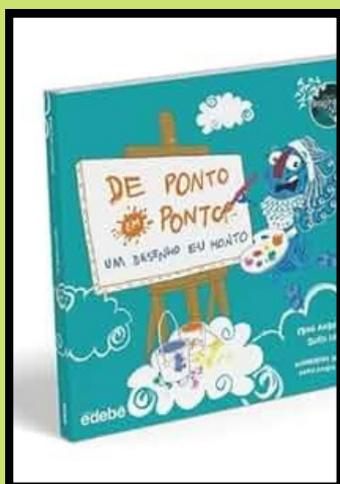
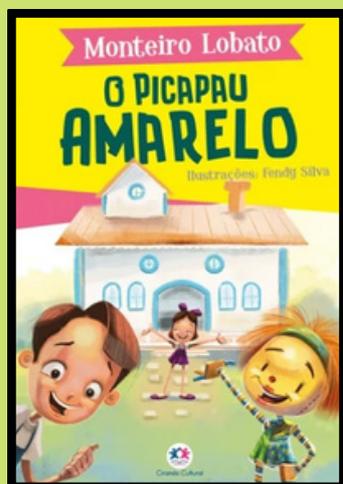
**BIBLIOTECA  
MARTINICO PRADO**

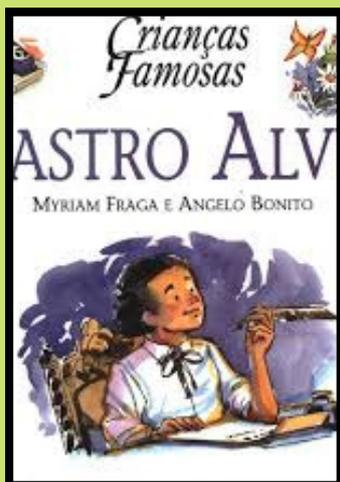
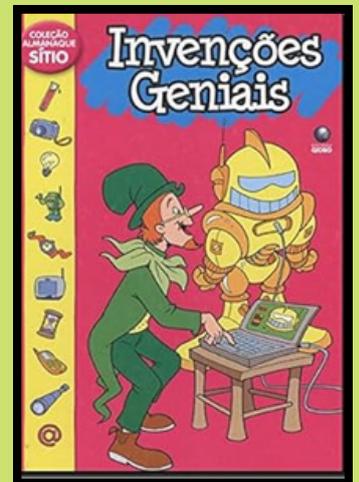
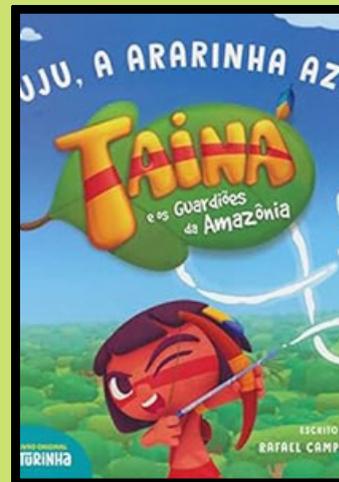
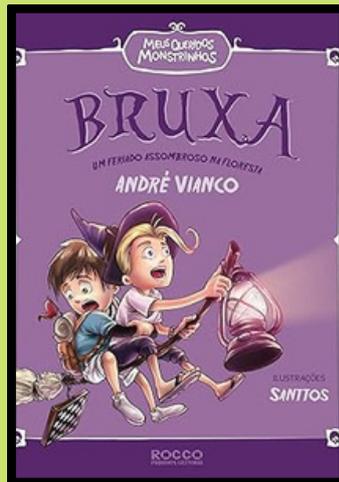
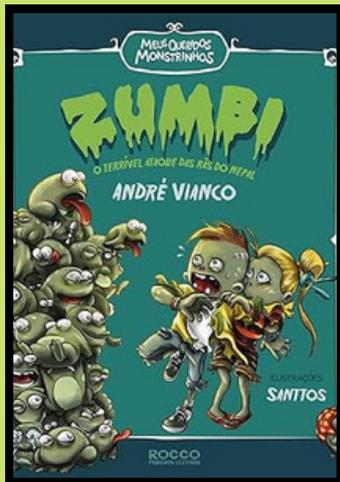
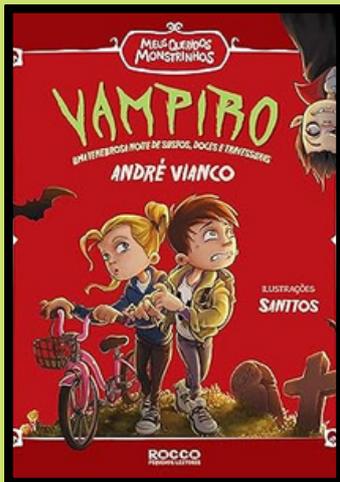
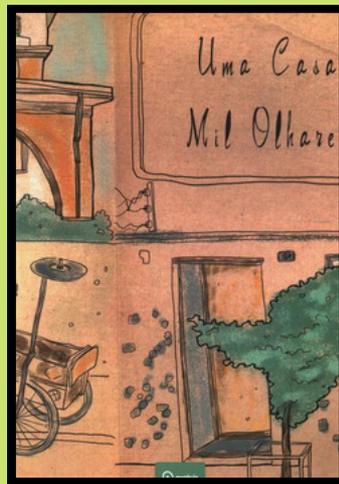
**PREFEITURA MUNICIPAL DE ARARAS  
SECRETARIA MUNICIPAL DE CULTURA**

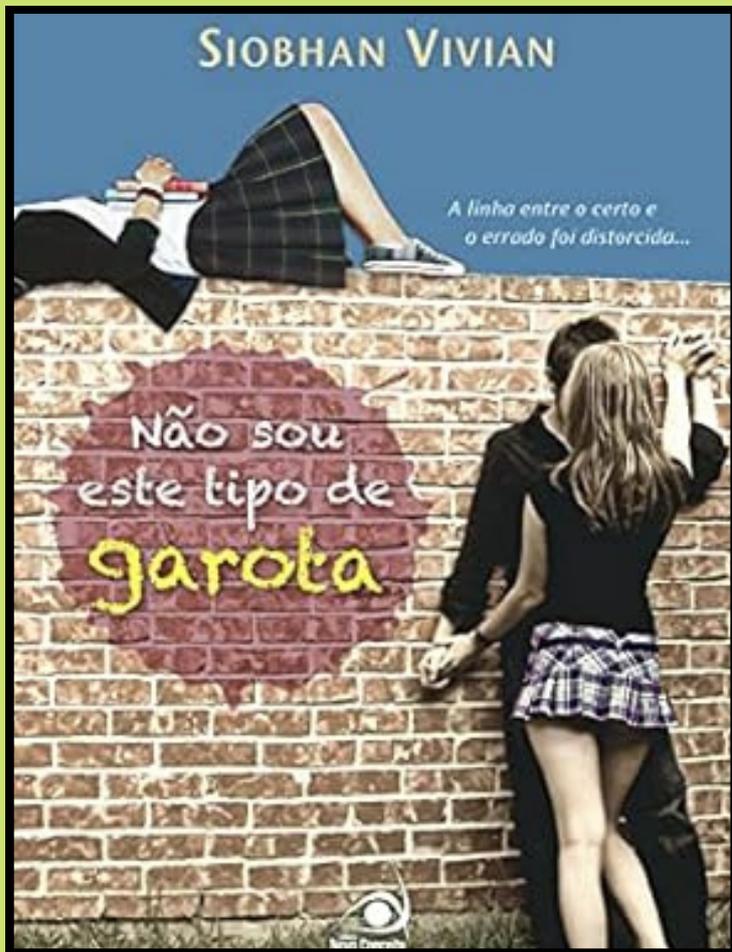
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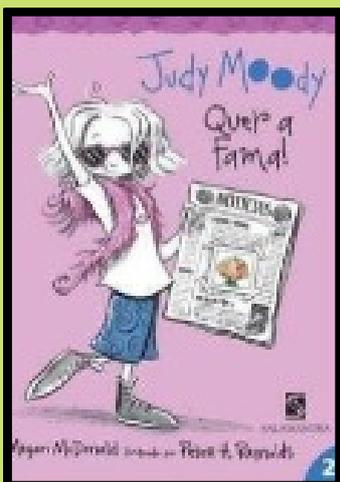
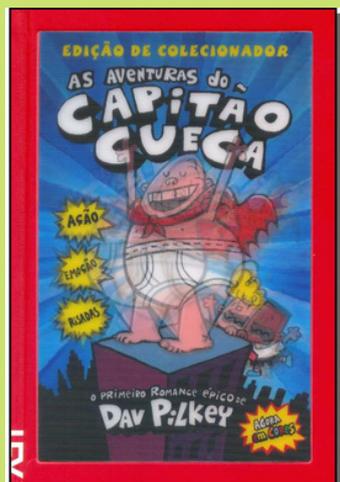
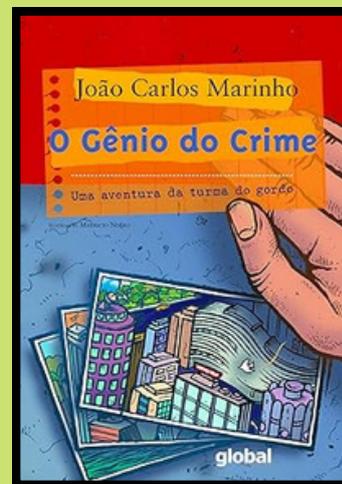
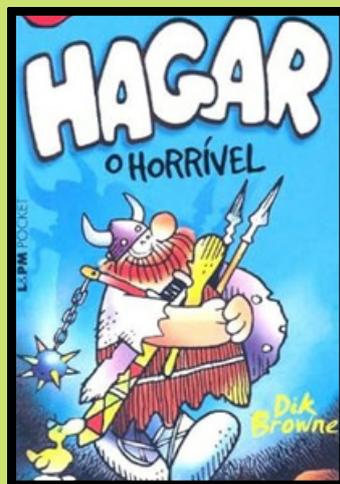
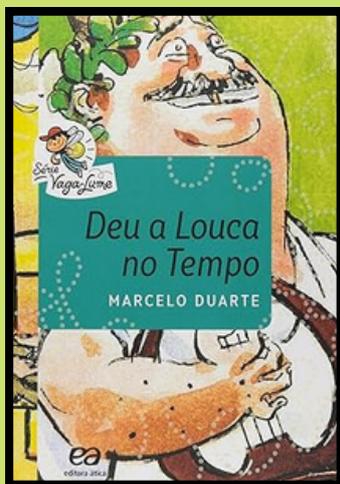
Chegou a hora do tão esperado Festival de Talentos - o concurso anual que escolhe a melhor atração do mundo dos quadrinhos. Há números de dança, sapateado e até rap. Garfield é o grande vencedor de todas as 29 edições da competição, então por que agora seria diferente? Porque, bem, há um novo competidor na cidade, e isso faz uma grande diferença. Seu nome é Ramone. Ele alto, bonitão e representa uma ameaça para o reinado do gato mais guloso dos quadrinhos. Garfield precisará da ajuda dos amigos para arrasar no Festival de Talentos. E para reencontrar sua confiança, contará com os conselhos de Freddy, o sapo mais sábio da floresta

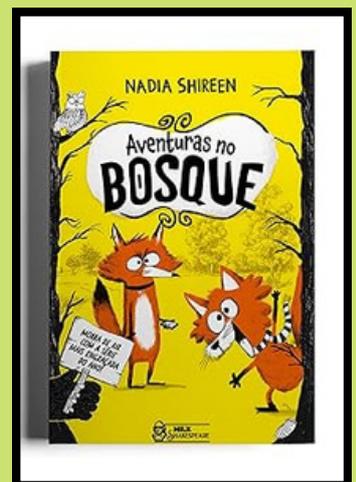
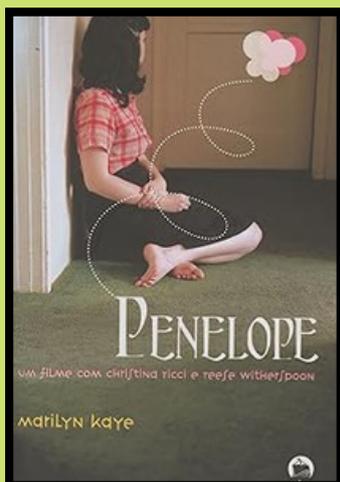
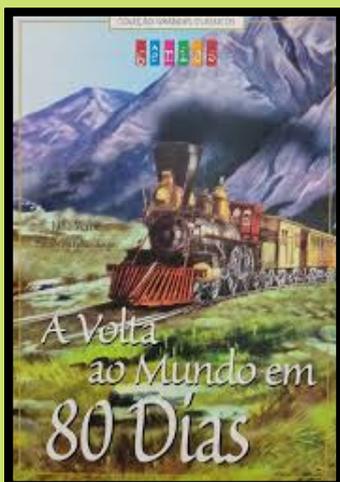
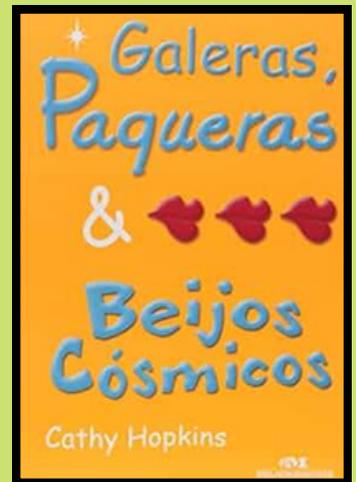
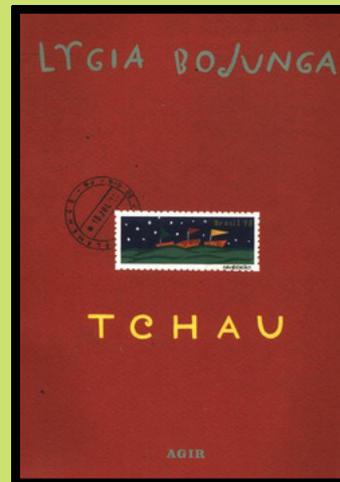
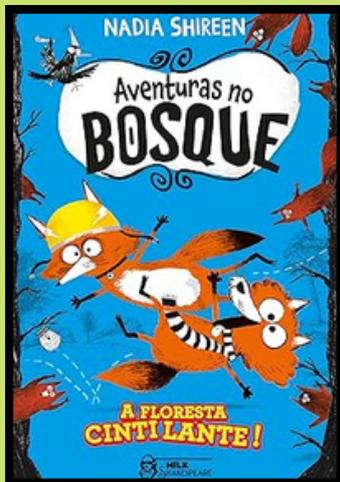
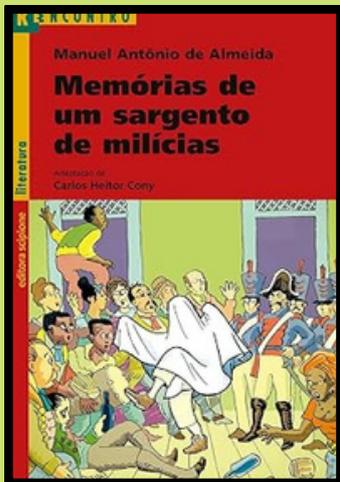
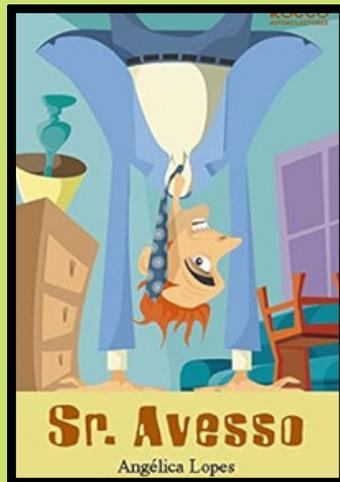
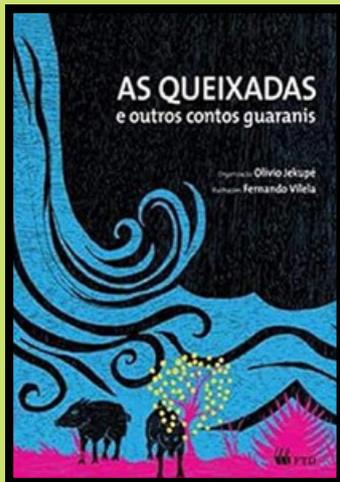
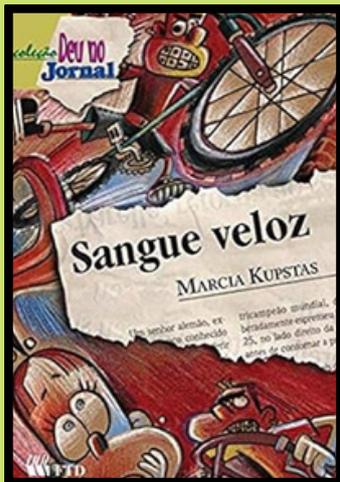
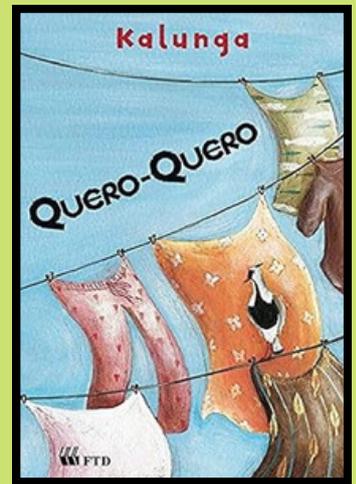
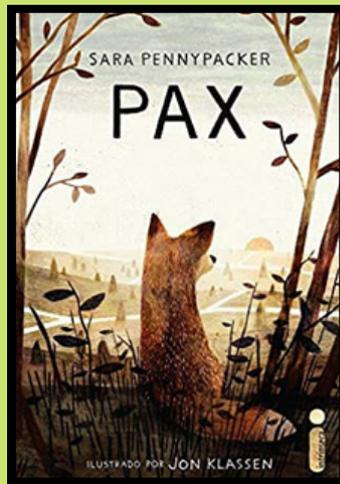


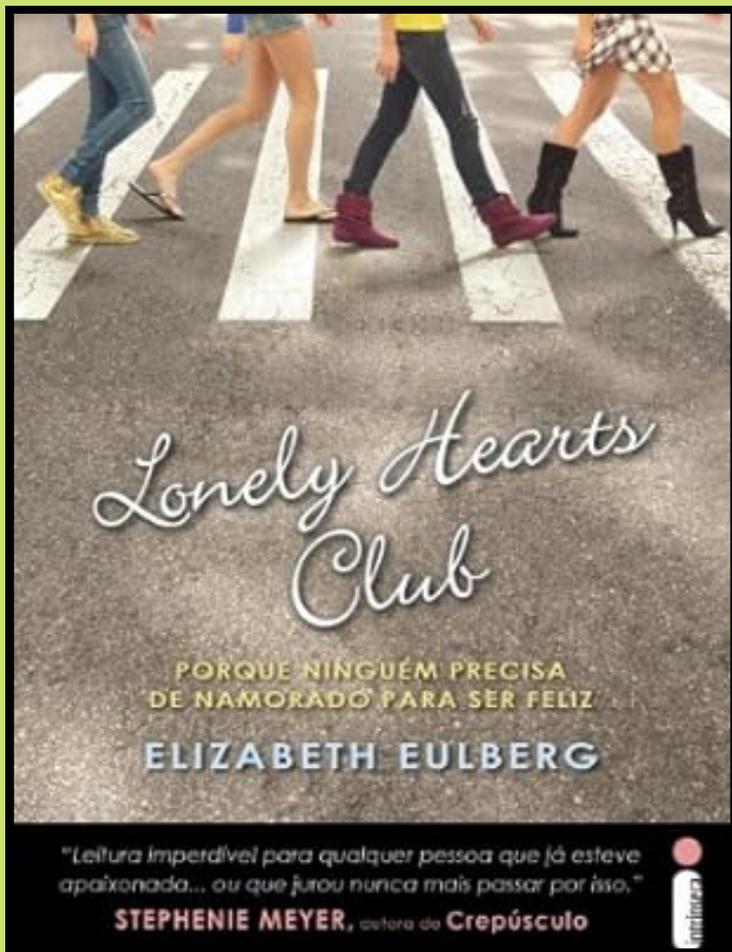




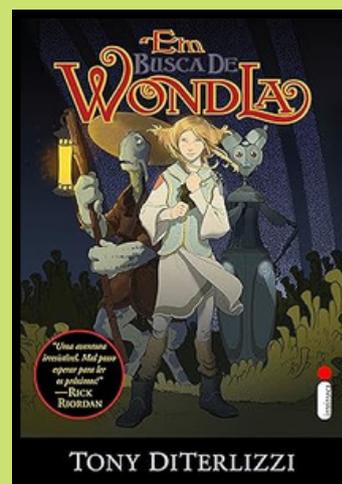
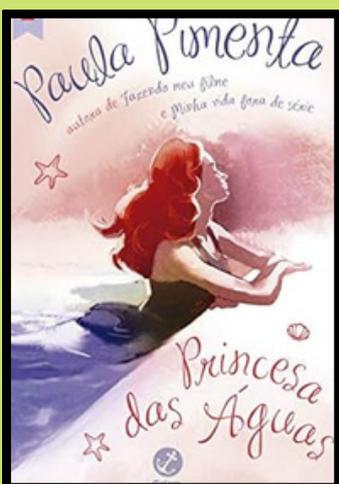
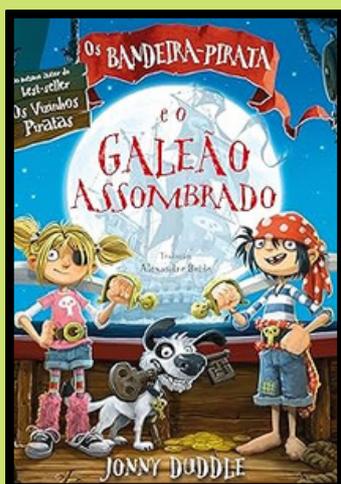
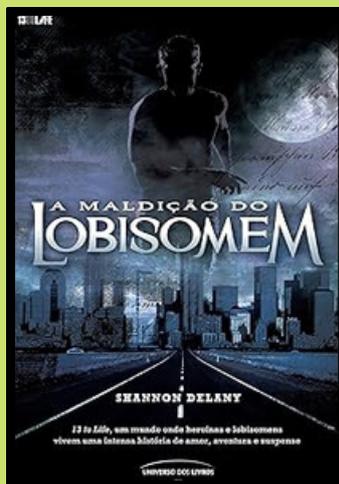
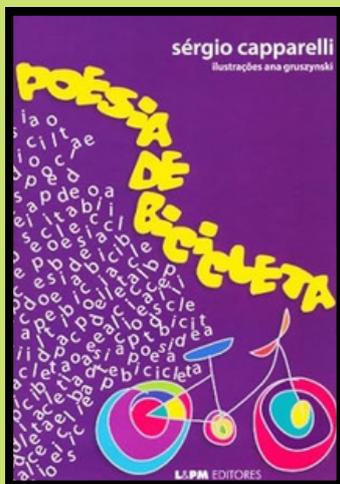
Na minha visão de veterana, a orientação aos calouros é uma perda de tempo colossal. Se fosse por mim, as coisas seriam bem diferentes. Somente três coisas seriam transmitidas aos garotos para que vivessem uma experiência de sucesso no ensino médio: fazer a lição de casa, usar camisinha e passar desodorante nos sapatos de couro. Por outro lado, ao aconselhar as meninas, diria que confiar em garotos é igual a beber e dirigir. O fato de se tomar uma ou duas cervejas nunca parece perigoso no começo. Mas para mim, era óbvio: por que alguém iria correr o risco? (...) Era o tipo de informação que poderia salvar a vida de uma garota (...) Momentos constrangedores tinham uma vida útil surpreendente na escola (...) 'A vida é feita de escolhas, e Natalie Sterling se orgulha de suas decisões. Mas será que agora conseguirá escolher o caminho certo? Ainda continuará sendo o mesmo tipo de garota até a formatura?

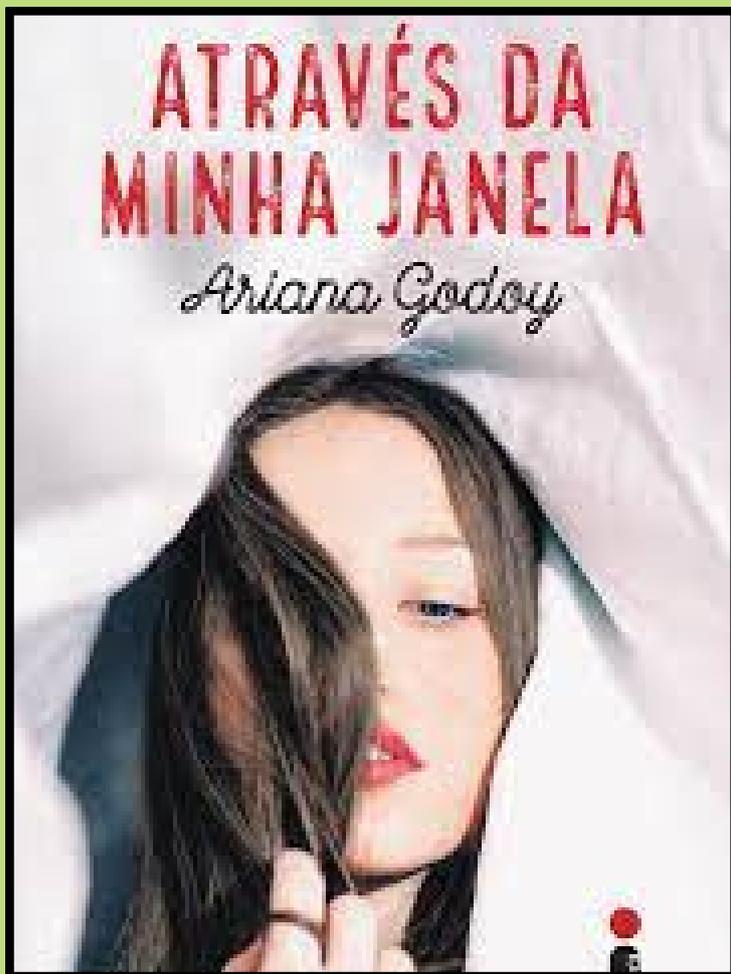






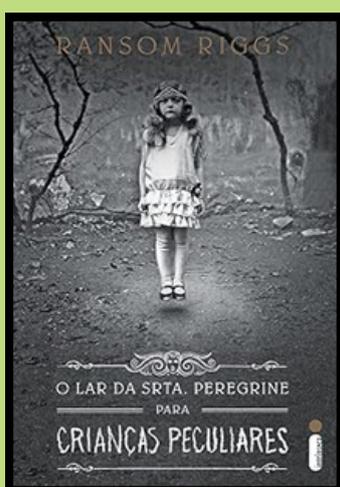
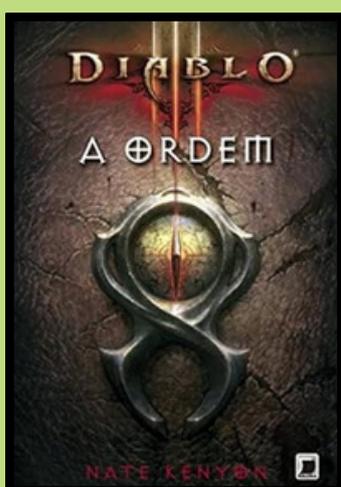
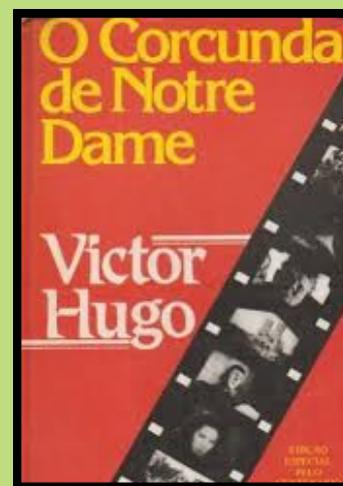
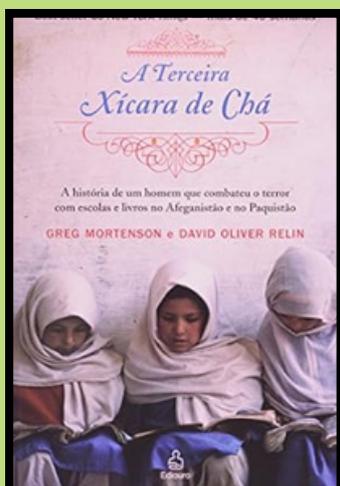
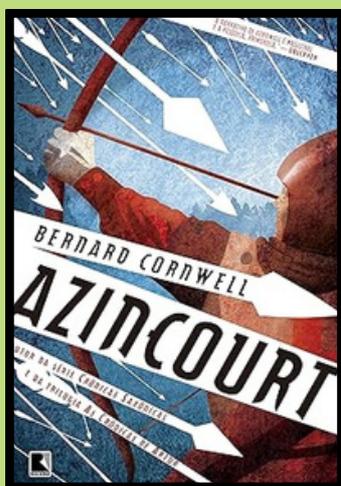
Em *Lonely Hearts Club*, após mais uma decepção amorosa, Penny Lane Bloom cansou de tentar, cansou de ser magoada e decidiu: homens são o inimigo e ela não irá mais namorar enquanto estiver na escola. Ao ver que, definitivamente, não é a única a sofrer nas mãos dos garotos nem a única aluna farta de ver as amigas mudarem completamente (quase sempre, para pior) só para agradar aos namorados, Penny decide criar o Lonely Hearts Club, o lugar certo para uma mulher que não precisa de namorados idiotas para ser feliz. O clube, é lógico, vira o centro das atenções na escola McKinley e Penny é idolatrada por dezenas de meninas que não querem enxergar um namorado nem a quilômetros de distância. Jamais. Seja quem for. Mas será, realmente, que nenhum carinho vale a pena?

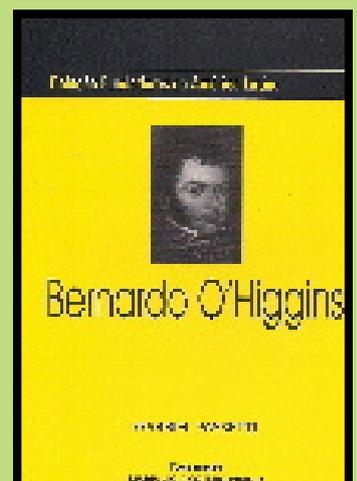
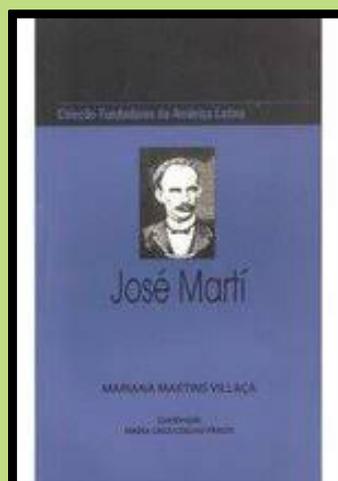
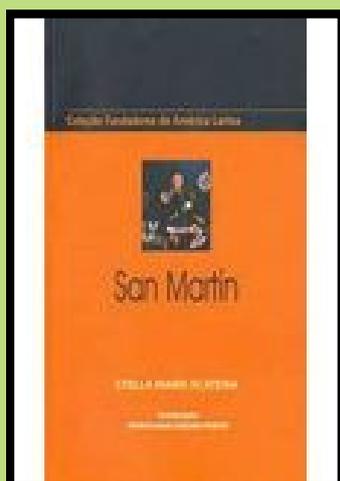
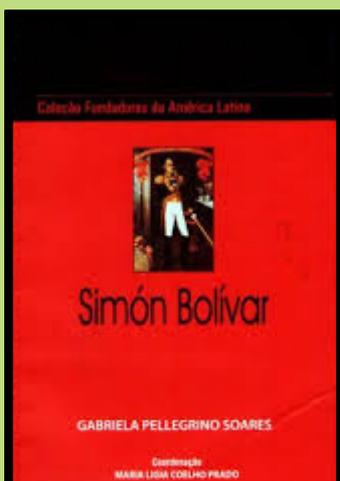
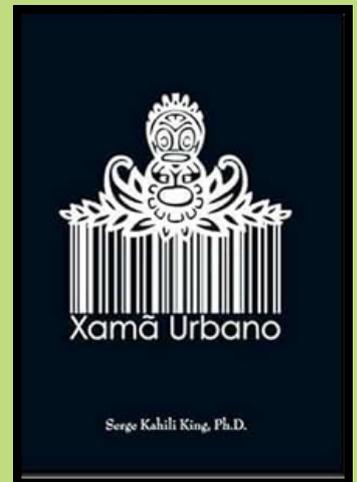
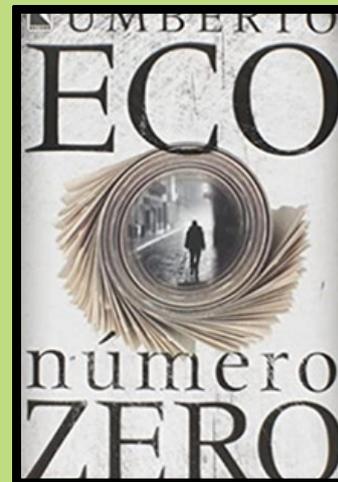
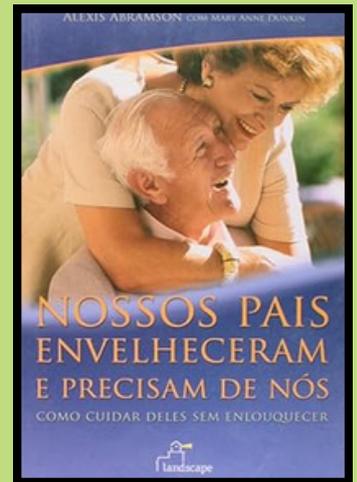
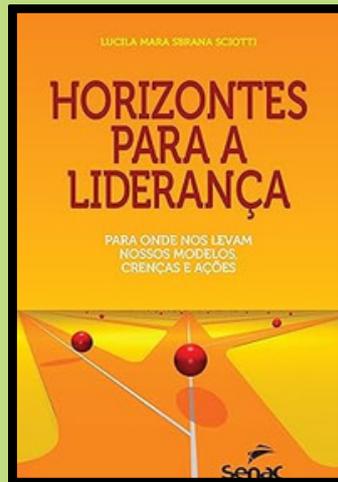
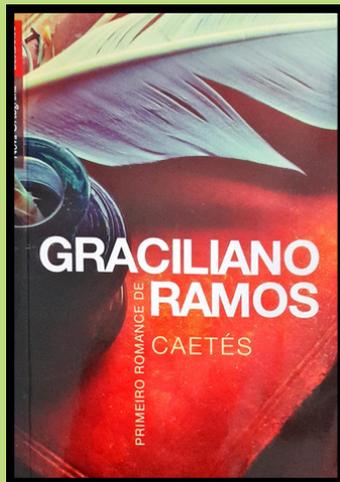
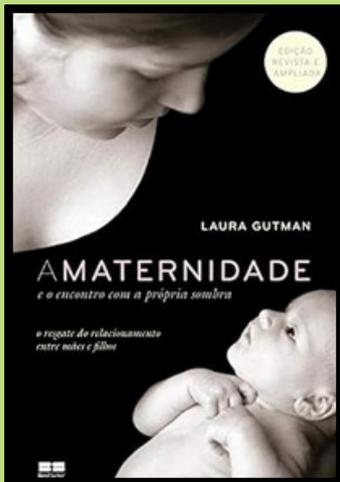
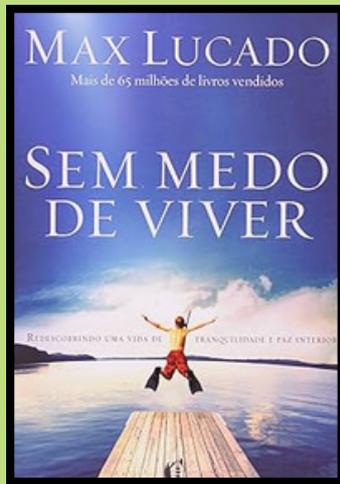


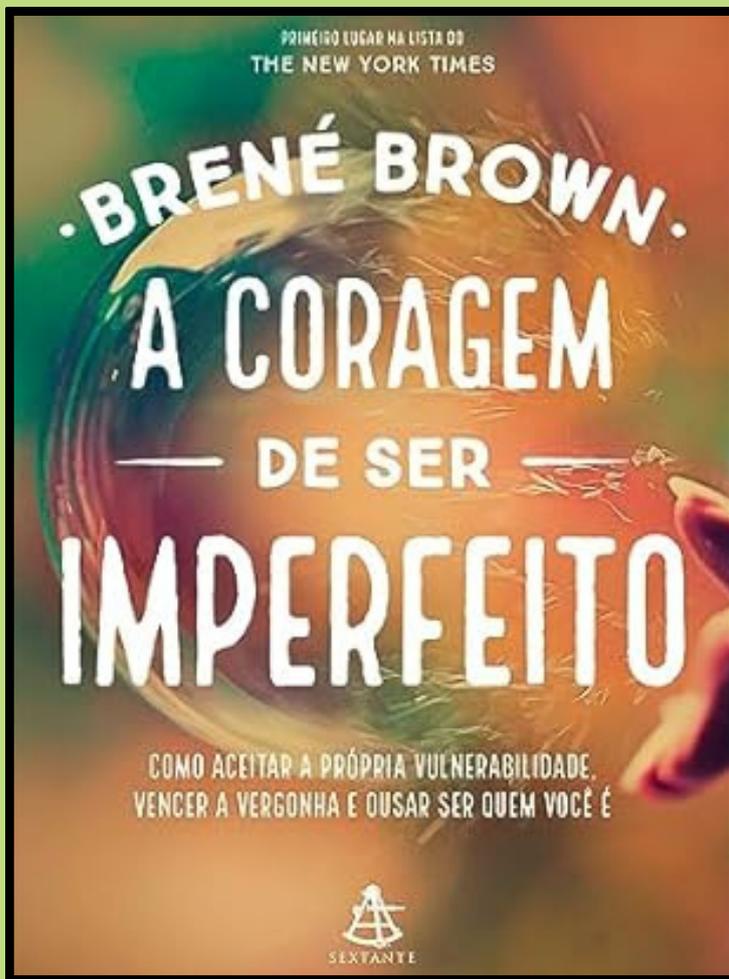


Uma história de amor e obsessão que conquistou o mundo e deu origem ao aguardado filme da Netflix

Aos dezoito anos, a vida de Raquel se resume a trabalhar em uma lanchonete nas férias, sair com os dois melhores amigos e, principalmente, observar pela janela de seu quarto cada passo do vizinho. Alto, atlético, misterioso e lindo como um deus grego, Ares Hidalgo é a paixão secreta de Raquel desde que ela era criança, mas os dois nunca trocaram uma palavra sequer. Só que isso está prestes a mudar...





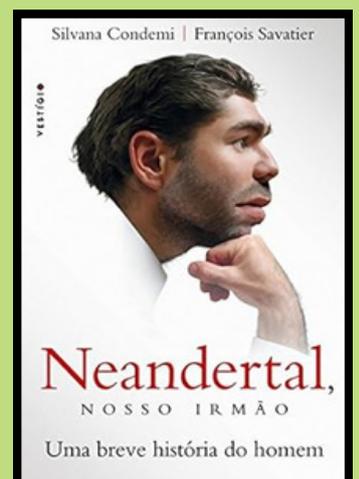
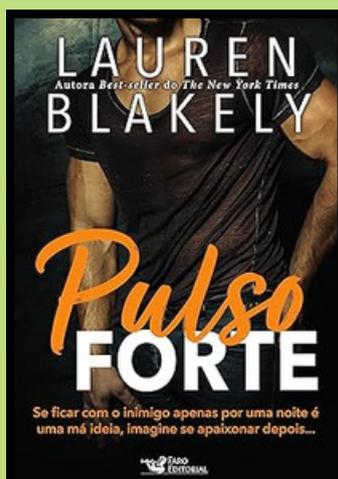
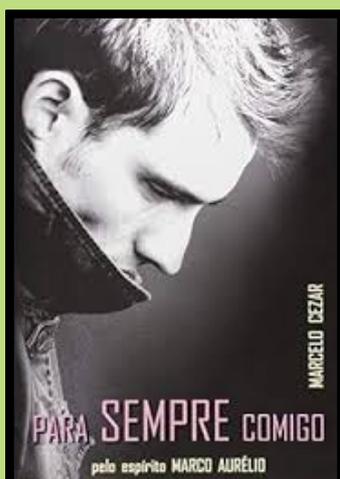
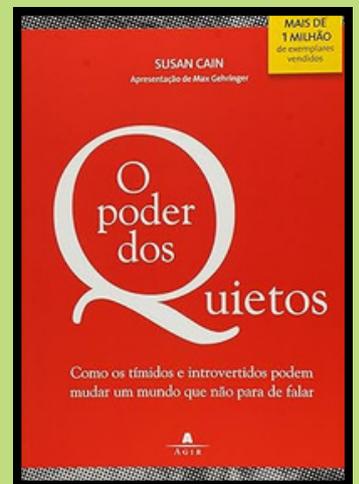
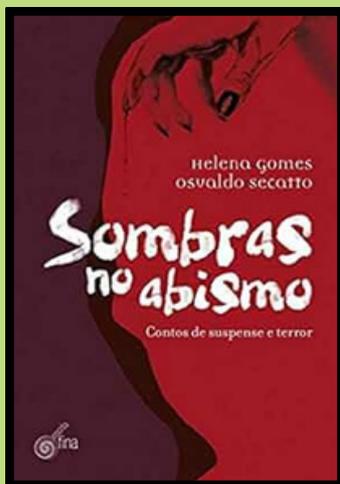


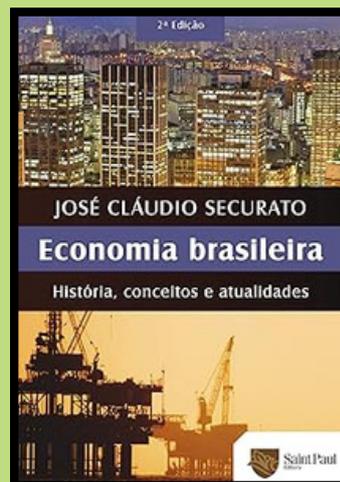
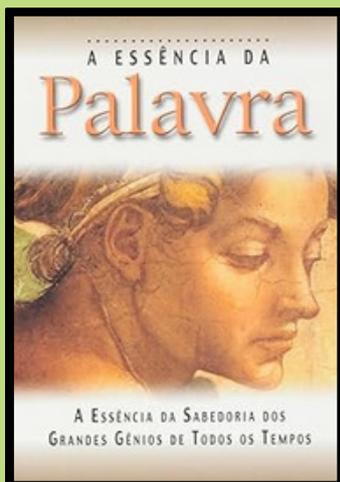
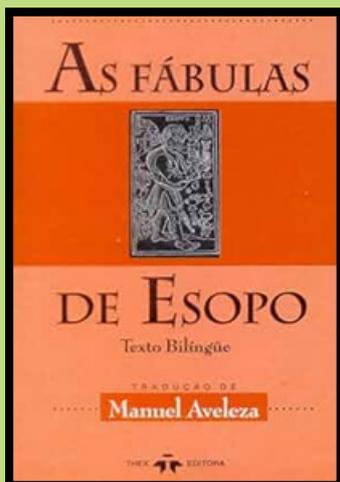
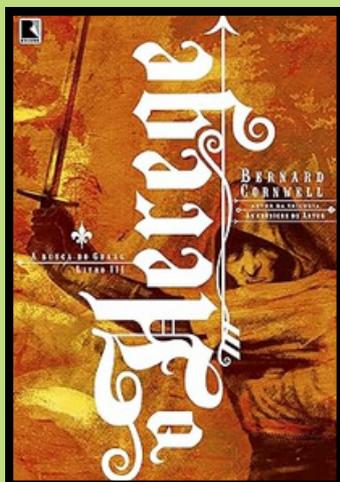
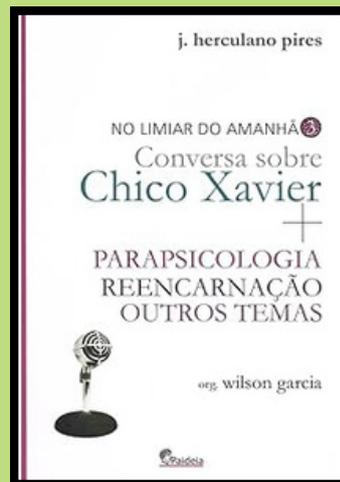
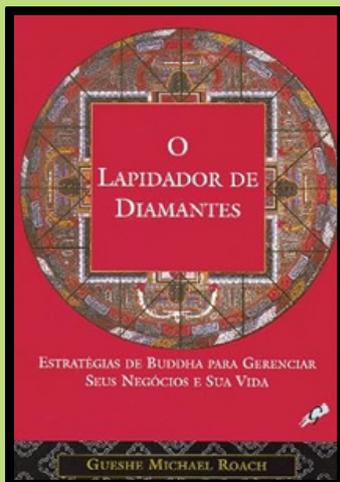
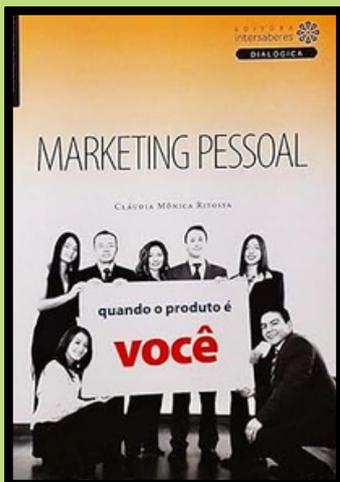
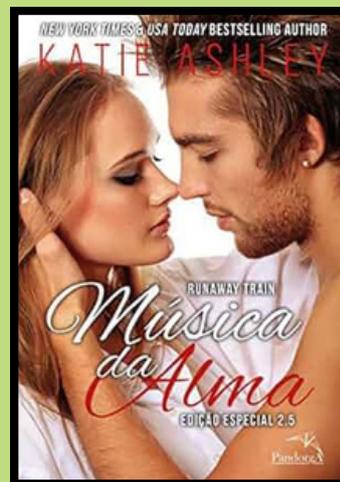
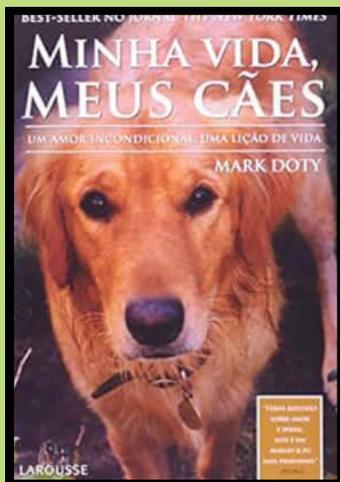
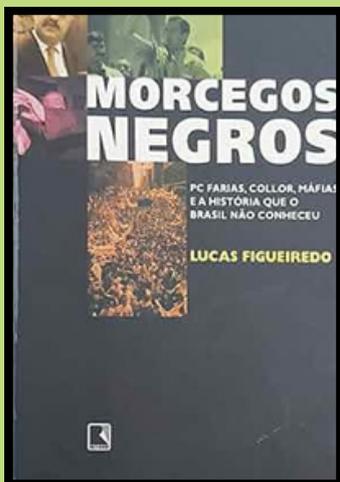
Viver é experimentar incertezas, riscos e se expor emocionalmente. Mas isso não precisa ser ruim. Como mostra Brené Brown, a vulnerabilidade não é uma medida de fraqueza, mas a melhor definição de coragem.

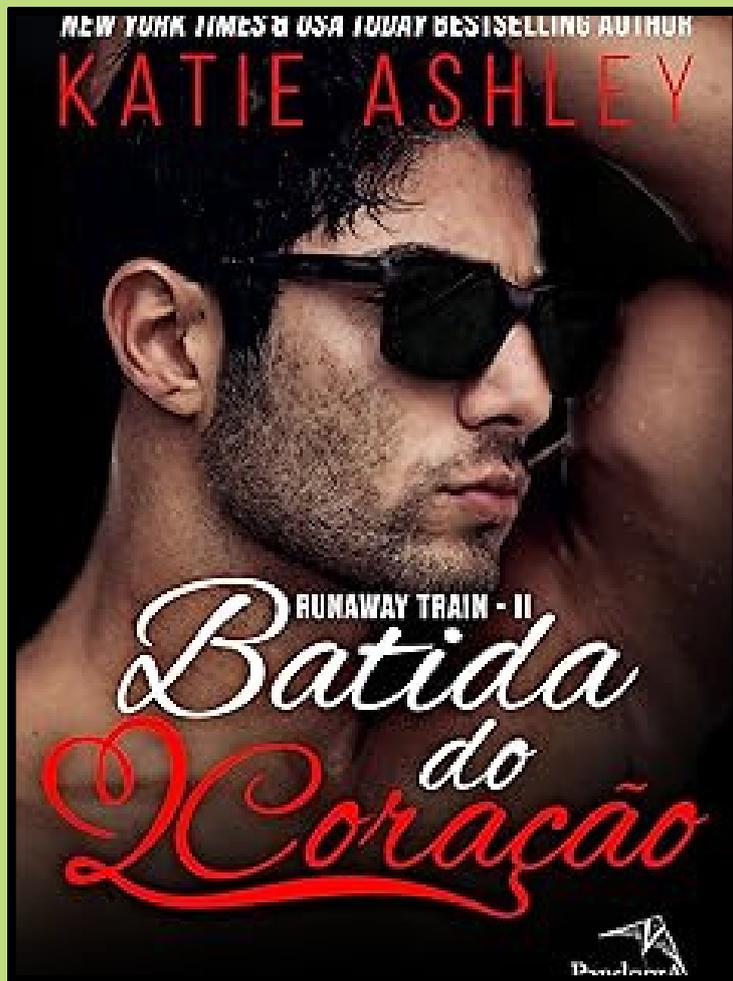
Quando fugimos de emoções como medo, mágoa e decepção, também nos fechamos para o amor, a aceitação e a criatividade. Por isso, as pessoas que se defendem a todo custo do erro e do fracasso acabam se frustrando e se distanciando das experiências marcantes que dão significado à vida.

Por outro lado, as que se expõem e se abrem para coisas novas são mais autênticas e realizadas, ainda que se tornem alvo de críticas e de inveja. É preciso lidar com os dois lados da moeda para se ter uma vida plena. Em sua pesquisa pioneira sobre vulnerabilidade, Brené Brown concluiu que fazemos uso de um verdadeiro arsenal contra a vergonha de nos expor e a sensação de não sermos bons o bastante, e que existem estratégias eficazes para serem usadas nesse “desarmamento”.

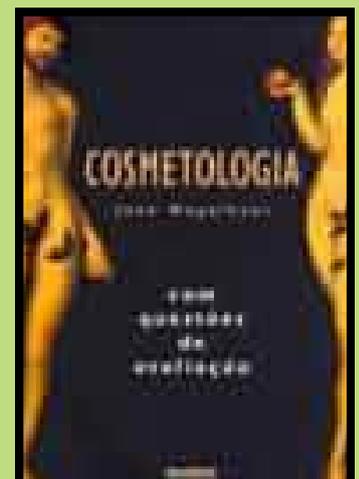
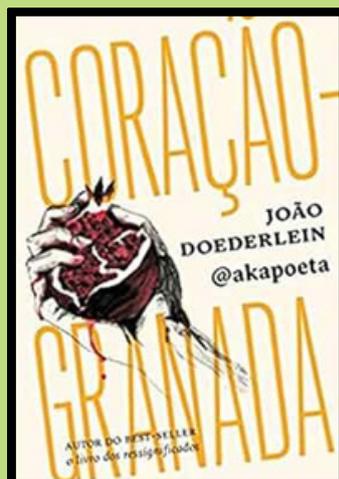
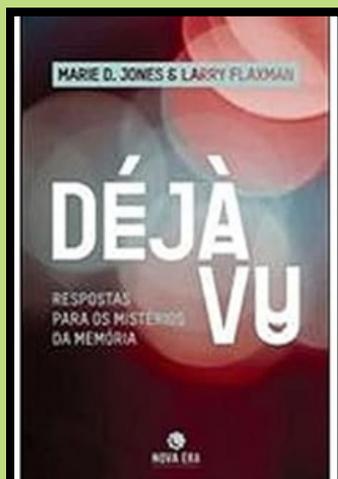
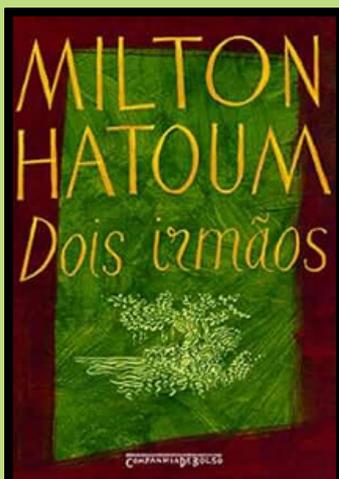
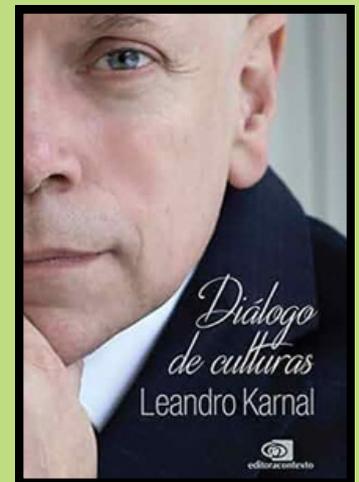
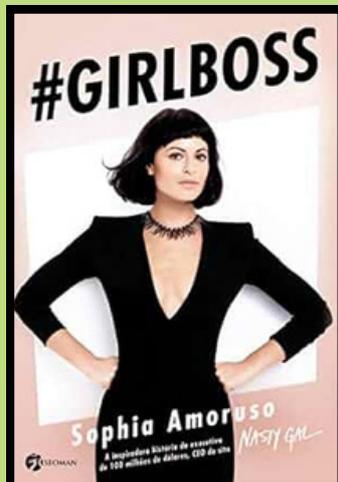
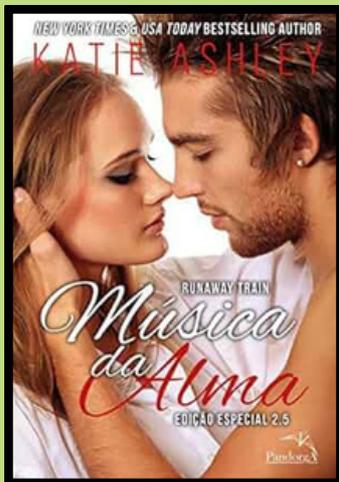
Neste livro, ela apresenta suas descobertas e estratégias bem-sucedidas, toca em feridas delicadas e provoca grandes insights, desafiando-nos a mudar a maneira como vivemos e nos relacionamos.

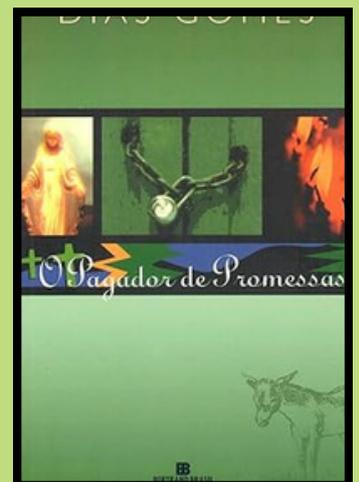
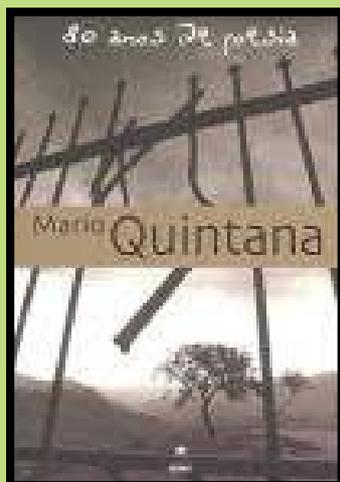
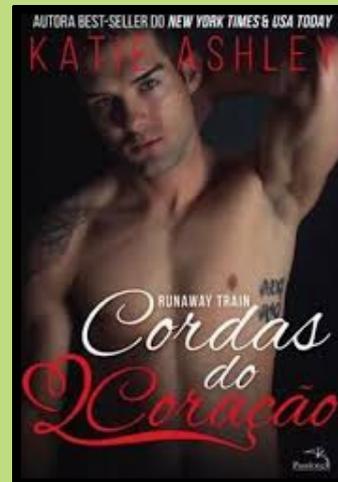
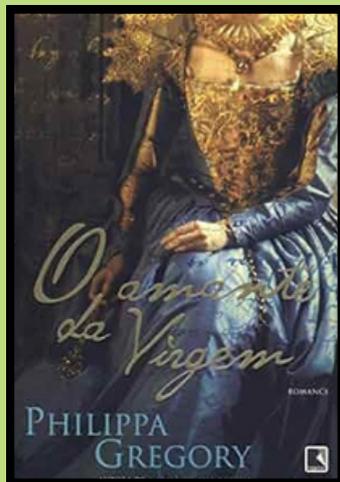
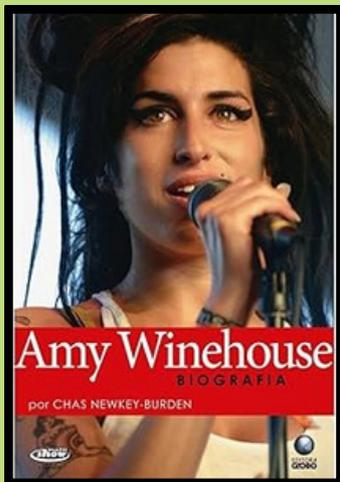
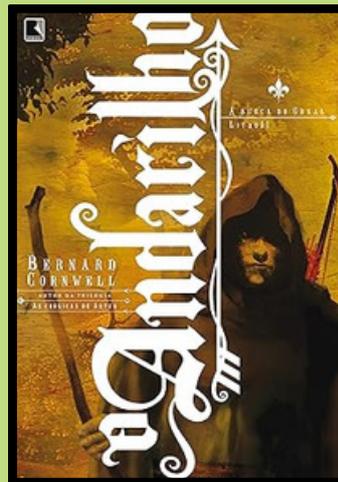
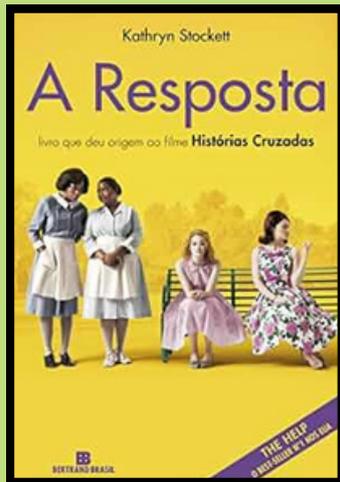
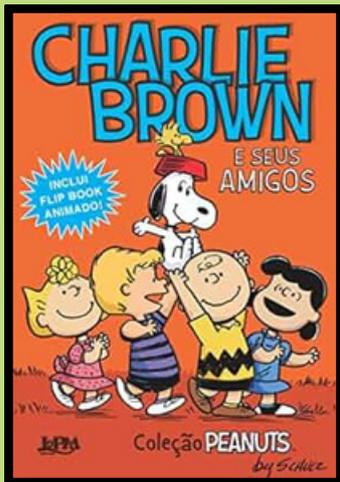
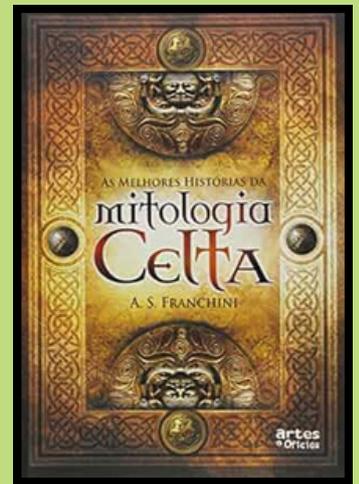
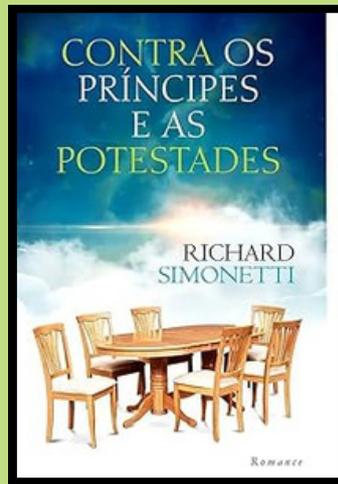


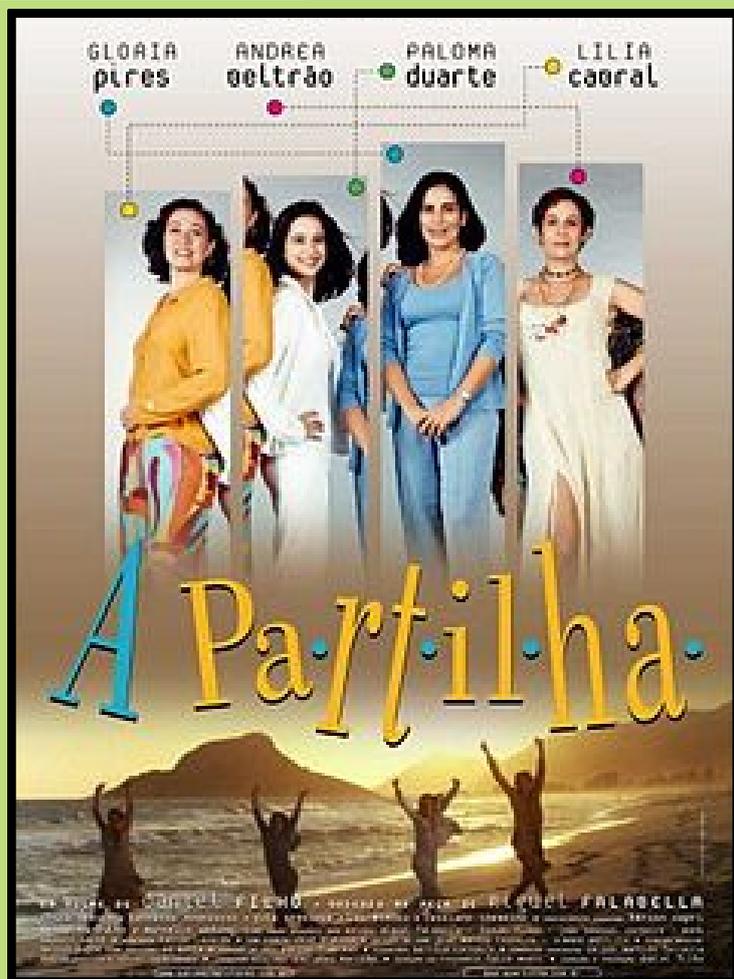




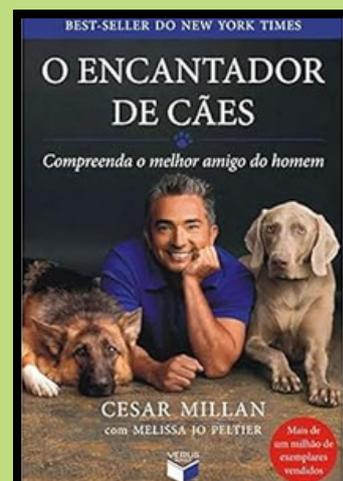
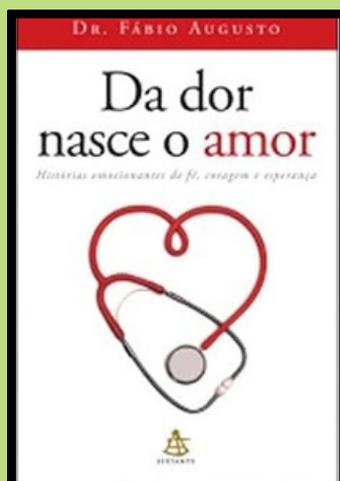
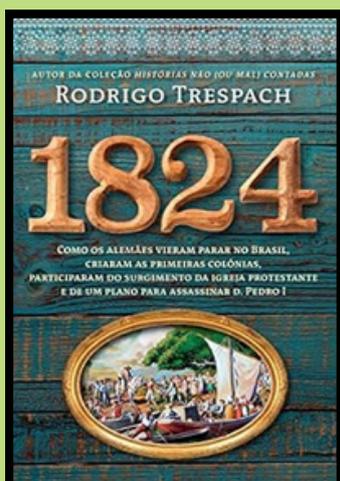
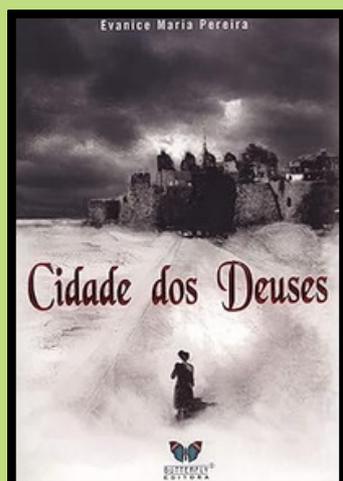
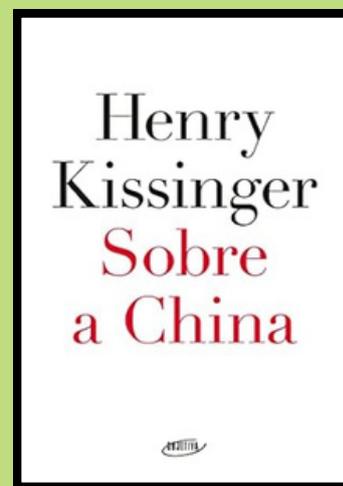
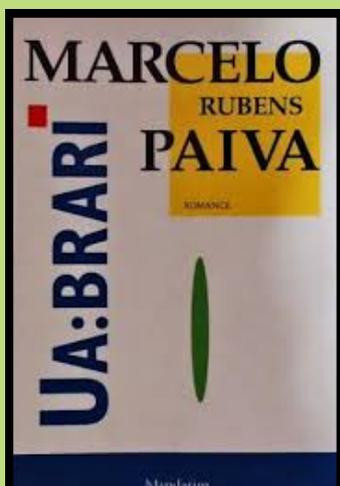
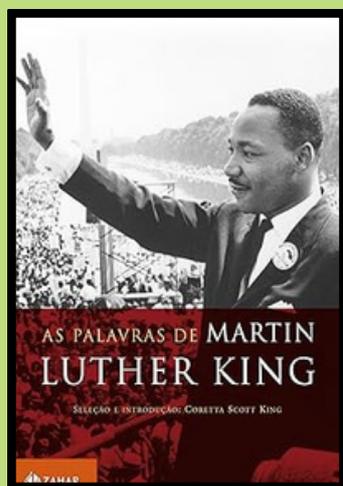
Após anos de relacionamentos ruins e um noivo infiel, Mia Martinelli, de vinte e oito anos, prefere curar o coração de seus pacientes, em vez de correr o risco de ter seu coração partido novamente. Mas tudo isso cai por terra quando, ao cuidar do encarregado dos roadies da Runaway Train, coloca em sua vida o baterista e amante latino, AJ Resendiz.

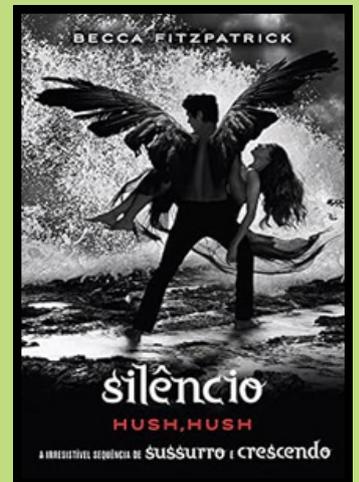
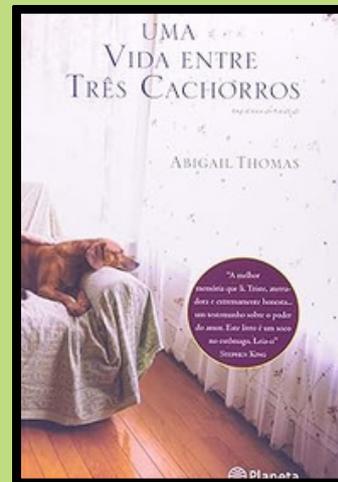
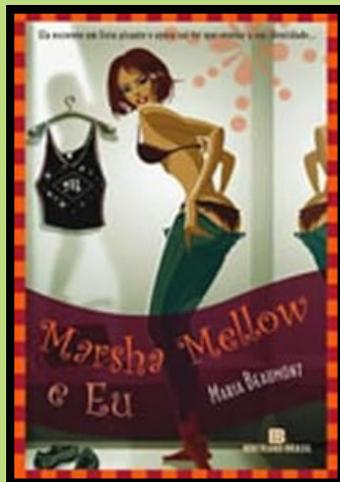
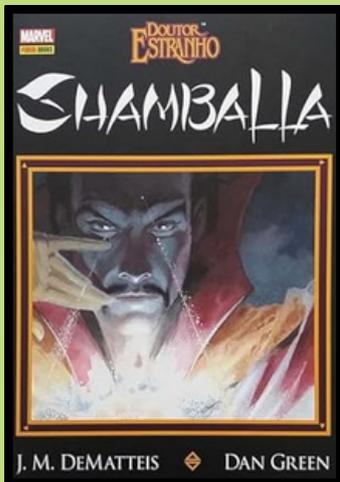
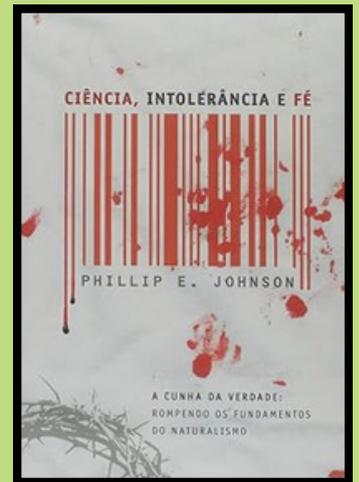
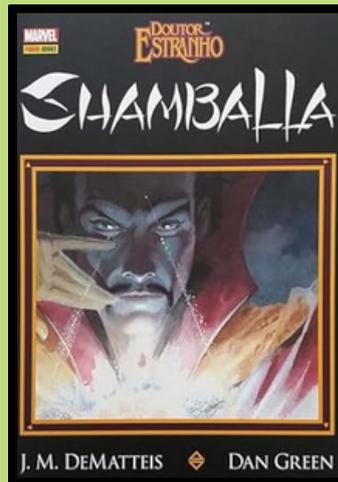
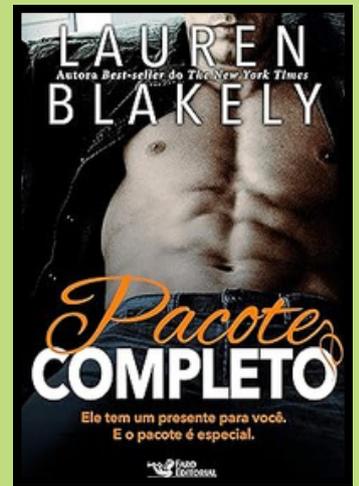
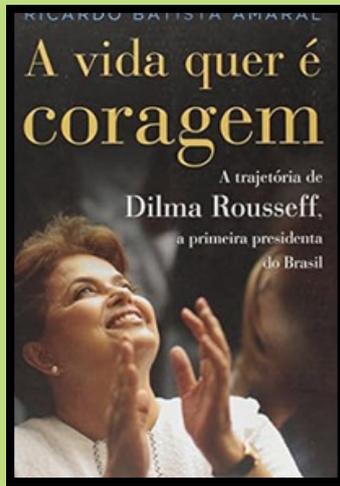
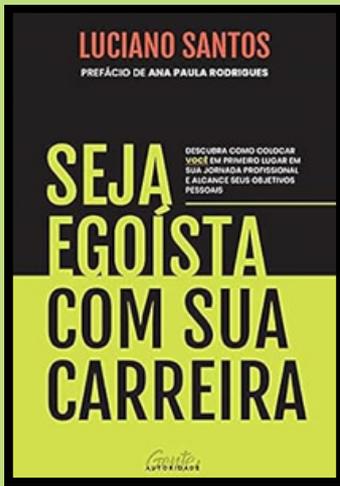






Reunidas durante o enterro da mãe, quatro irmãs discutem a divisão de bens deixados pela falecida. Com a partilha, elas questionam as opções de vida umas das outras e, juntas, fazem um balanço do passado e dos bons momentos que viveram.





# BIBLIOTECA MARTINICO PRADO

R. Praça Doutor Narciso Gomes, s/n - Centro,  
Araras - SP, 13600-695.

## Horário de Funcionamento:

De segunda a sexta, das 8:00 às 17:00 hs



(19) 3551-1534.



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