



# Receitas do amor: Atitudes para amar e ser amado (Portuguese Edition)

*Edro de Carvalho*

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"A vida é amor, e nada mais!". A afirmação pertence ao poeta persa Omar Khayyam, e serviu de ponto de partida e inspiração na elaboração das 104 receitas contidas neste livro. Com extrema sensibilidade, que não tem outra origem senão sua vasta experiência em matéria de amor, Edro de Carvalho destila filosofia e romantismo nas páginas deste livro. Com sagacidade e humor refinado, o autor reúne sentimentos, ideias e emoções em versos livres, ritmados e leves, que falam sobre amor, sexo e também amizade. Essas receitas, conquistadas pelo autor no decorrer de sua vida, dizem respeito aos relacionamentos cotidianos, como o casamento e relação entre pais e filhos. Sem a pretensão de entregar uma fórmula pronta, incentiva a busca de suas próprias experiências e viver com intensidade e doação.

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