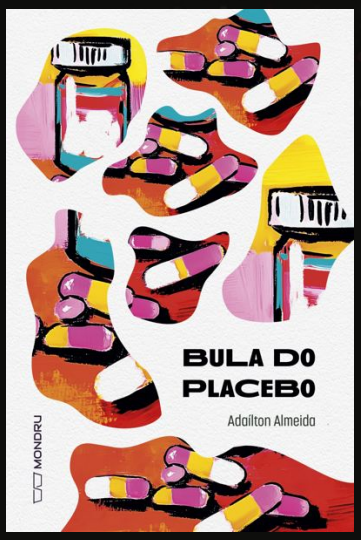
MONDRU



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Placebo Package Insert

ADAÍLTON ALMEIDA

Original title: Bula do placebo

IMPRINT	GENRE	PUBLISHED	PAGES	TRIM SIZE	ISBN
Mondru	Poetry	2025	72	14 × 21 cm	978-65-6042-246-9

SYNOPSIS

"Bula do Placebo" by Adaílton Almeida is a poetic work that explores the journey of healing and self-discovery through verse. The author describes a process of personal anamnesis, diagnosis, prescription, and, ultimately, the package insert, which metaphorically represents the internal composition necessary for recovery. The work addresses themes such as resentment, inequality, imperfection, distraction, and sensitivity, offering indications and dosages for coping with these challenges. The text emphasizes the importance of self-confidence, acceptance, and connection with others as crucial elements for healing.

ABOUT THE AUTHOR

Adaílton Almeida was born in 1992 in São Caetano do Sul, SP. He is a lawyer with a degree in Law from Universidade do Estado de Minas Gerais and is currently studying Literature at Universidade Federal de Lavras. An award-winning writer in several literary competitions, known for his philosophical and intimate poems, he is the author of the book "Poesias Inusitadas" (2023) and has contributed to various anthologies.

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