



O pomar da Timóteo da Costa (Portuguese Edition)

Noga Sklar

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Escrito originalmente entre 2000 e 2002, este livro é uma espécie de elo perdido na bibliografia de ficção autobiográfica desenvolvida por Noga Sklar nos anos que se seguiram, e explica a passagem do gênero esotérico/ autoajuda de seu livro de estreia, “Eu, xamã”, para o gênero crônica brasileira que a consagrou. Já contendo toques de seu uso da escrita no desvendamento de profundos processos psicológicos e familiares, “O pomar da Timóteo da Costa” se constitui num manual de vida saudável através do qual Noga procurava sobreviver em meio aos primeiros sinais de Alzheimer de sua mãe. Além do relato detalhado da prática de esportes e da imaginação criativa, da pesquisa científica dos alimentos tendo como objetivo a boa forma e a longevidade, a terceira parte do livro traz surpreendentes receitas vegetarianas com um toque gourmet.

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