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Se você está tentando evitar o álcool, pode ser desafiad or. No entanto existem várias estratégias que podem ajudar a manter-se 💷 sóbrio evite as tentações do consumo de bebidas alco ólicas.</p>

<p>1. Identifique seus gatilhos.</p>

<p>O primeiro passo para evitar o álcool é identificar 💷

seus gatilhos. Que faz você querer beber? É estresse, tédio ou pressão social Uma vez que conheça os desencadeadores pode 💷 desenvolver estratégiasde prevenção e enfrentamento deles.</p>

<p>2. Encontre atividades alternativas.</p>

<p>Uma das melhores maneiras de evitar o álcool é encontrar ativ idades alternativas 💷 que você goste. Seja lendo, exercita fazendo -se ou passando tempo com amigos e familiares há muitas coisas para fazer s em 💷 envolver bebidas alcoólicas - faça uma lista dos seus in teresses</p>

<p></p><p>Subway Surfers is a classic endless runner game. You

play as</p>

<p>Jake, who surfs the subways and tries to escape 🍇 from the grumpy Inspector and his dog.</p>

<p>You'll need to dodge trains, trams, obstacles, and more to go as f

ar 🍇 as you can in this</p>

<p>endless running game. Collect coins to unlock power-ups and special ge

ar to help you go</p>

<p>🍇 further every time in Subway Surfers. Furthermore, coins ca

n be used to unlock</p>

<p></p><p>Dino Run is a classic running game, created by Pixel

jam. You play as a dinosaur and you have to run /, from extinction. Prevent the

extinction of your species by running away from flying meteorites and evil dino

saur! Take control of /, a dino fighting for his life. Run as quickly as possi

ble, and stomp on other animals in your path. Jump /, over obstacles, and don&#

39;t get caught in pits. Avoid total extinction at all costs!Pro tips:Collect eg

gs to earn extra lives /, Collect super eggs to reach game milestones and earn

DNA. This can be used to boost your abilities! You can /, also receive 1 DNA fo

r each 8 eggs that you find and every 8 critters that you eat. When your /, fee

t are sparking, you can get a speed boost by pressing shift.Move left/right - Le

ft/Right arrow key Jump - Up /, arrow key Duck - Down arrow key Dash - ShiftDin

o Run was created by Pixeljam. Pixeljam is also known for /, their other game o

n Poki which is Cheap Golf.</p>

<p></p>

<p>Website: poki</p>