



# ¡Despierta!... que la vida sigue: Reflexiones para disfrutar plenamente de la vida (Spanish Edition)

*César Lozano*

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### Reflexiones para disfrutar plenamente la vida

Esta es una obra en la que el Dr. César Lozano nos exhorta a valorar lo que tenemos; es un reconocimiento de que nuestra vida es breve y pasajera pero que, para aquellos que tenemos esperanza, siempre nos lleva al verdadero despertar.

*¡Despierta!... que la vida sigue* ofrece valiosas fórmulas y técnicas que te sacudirán para que no te quedes enredado en tus problemas y disfrutes de los mejores momentos de tu vida: una sonrisa de tus hijos, la caricia de un ser querido, la alegría de hacer algo por alguien desconocido. Después de leer este libro, tus relaciones tendrán un nuevo sentido y habrás encontrado la verdadera motivación para fijar sentirte feliz.

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