



# Un pequeño paso puede cambiar tu vida (Crecimiento personal) (Spanish Edition)

*Robert Maurer*

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• El kaizén es una filosofía de origen japonés y basada en la mejora continua que se aplica desde hace años a la calidad de la industria. • Obra positiva, útil y original que ofrece un enfoque novedoso para cambiar determinadas conductas, hábitos y situaciones. • El libro está repleto de sugerencias motivadoras para trabajar las situaciones de cambio.


La guía definitiva sobre kaizen: el arte japonés alcanzar grandes objetivos a través de pequeños pasos.

Perder peso, hacer ejercicio, gastar menos, vencer la timidez, escribir un libro... Cualquier meta, por difícil que parezca, está al alcance de un pequeño paso.

La experiencia nos dice que los cambios son complicados, porque requieren buenas dosis de fuerza de voluntad, tiempo y energía mental. El método kaizen, en cambio, nos brinda un modo de enfocar los cambios mucho más sencillo y amable: introduciendo pequeños gestos en nuestras rutinas que, a la larga, supondrán una enorme diferencia.

Recuperamos la magnífica obra del doctor Robert Mauer, psicólogo clínico y experto en kaizen, que enseña cómo lograr la excelencia física, mental y emocional sin miedo y sin posibilidad de fracaso. Un libro que, en pocos años, se ha convertido en un título de referencia para organizaciones, profesionales y lectores de todo el mundo.

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