



Por una vida plena. Aprovecha tus experiencias de vida y logra el máximo bienestar (Spanish Edition)

Ernesto D'alesio

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La vida es un regalo, no vivas en el "mientras", ¡VÍVELA!

Maneja tus adversidades y conviértelas en tus fortalezas, haz que cada minuto de tu vida cuente, ¡aprovéchala!

En *Por una vida plena* encontrarás las mejores recomendaciones para hacer a un lado –y para siempre– prejuicios y temores que obstruyen tu camino; contiene *tips* reveladores para que te conviertas en una persona segura, decidida y dispuesta a recibir el éxito, la confianza y el amor que mereces.

Este libro es un manual práctico, esencial y sincero con 40 conceptos para tomar en cuenta en tu vida antes de llegar a los 40 años, su finalidad es que los lleves a la práctica cuanto antes, para que en unos años puedas voltear y sentirte satisfecho con tu vida.

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