



Minuto a minuto (Crecimiento personal) (Spanish Edition)

Silvia Freire

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Ya no hay más secretos. Todos tenemos el poder de cambiar lo que nos sucede. Muchas personas han oído sobre la Ley de Atracción y lo que ésta predica: todo lo que llega a tu vida es porque tú lo has atraído. ¡Ahora te ofrecemos la posibilidad de aprender a generar y sostener los cambios que necesitas para mejorar tu vida! Porque no basta con desear ser feliz, hace falta crear las condiciones para que esto suceda, sanar tu pasado para poder disfrutar de tu presente y proyectar un mejor futuro. Silvia Freire te propone trabajar con tu niño interior, el autoconocimiento y la responsabilidad personal.

La autora pone a tu alcance, a través de una guía de entrenamiento mental y espiritual, las herramientas necesarias de las que no eres consciente. Te ayuda a no bajar los brazos. Te cuenta cómo lo hizo (y aún lo hace) ella misma. Te estimula, te incentiva y te recuerda que, si realmente se hace un trabajo profundo, todo el que lo desee puede ser feliz y exitoso. Silvia

Freire escribió este libro para ayudarte en el camino que lleva a la felicidad.

"Lo que tienes en tus manos es el manual de instrucciones de minuto a minuto, una guía precisa de qué hacer durante los mil cuatrocientos cuarenta minutos del día, los trescientos sesenta y cinco días de cada año. Espero que te sea útil". Silvia Freire

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