



## De bien en mejor: Manual de instrucciones para cambiar la historia de tu vida

By Lola Sorribes

Urano, 2015. soft. Book Condition: New. Una obra que nos muestra que todos tenemos la capacidad de transformar nuestra vida y nuestras circunstancias en una historia de luz, esperanza y realización. La autora narra su propia historia de superación y la intercala con inspiradores principios y claves para cambiar de vida. Incluye una serie de ejercicios de gran poder transformador, que tienen como objetivo lograr que el lector introduzca cambios efectivos en su vida. Lola Sorribes firma «el libro más positivo que jamás se ha escrito». Un método tan amable como eficaz para transformar la propia vida en una historia feliz. Todos podemos convertirnos en una de esas personas que han nacido con la suerte de cara. Está en nuestra mano transformar el «de mal en peor» en «de bien en mejor». Cada uno de nuestros pensamientos, cada uno de nuestros actos, están escribiendo nuestra propia vida; la historia que nos contamos actúa como un oráculo que define nuestro destino. Cuando este relato es negativo, nos estamos programando para el fracaso. Por esa misma razón, ser conscientes de ese guión y transformarlo en otro positivo nos garantiza un futuro de alegría y éxito. No es magia, no es superstición. Es...



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