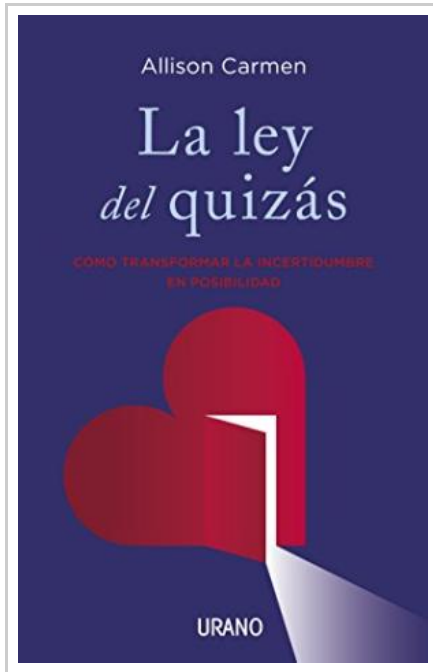




LA LEY DEL QUIZÁS: CÓMO TRANSFORMAR LA INCERTIDUMBRE EN POSIBILIDAD

By ALLISON CARMEN

EDICIONES URANO, España, 2015. Encuadernación de tapa blanda. Book Condition: Nuevo. 21x13cm. 128 pp. Una obra práctica, amena y atractiva que nos invita a realizar un cambio de pensamiento y transmite un mensaje positivo y esperanzador. ¿ La filosofía que sostiene nos ayudará a aliviar el estrés, aceptar la incertidumbre como una oportunidad y disfrutar del presente. ¿ Combina explicaciones teóricas con consejos, ideas y ejercicios de fácil aplicación. ¿ Un pequeño tesoro con un mensaje positivo y poderoso. ¿ Library Journal Ante una adversidad o una situación de incertidumbre, casi todos reaccionamos del mismo modo: hacemos esfuerzos por recuperar el control. Actuamos así en la creencia de que, si atamos todos los cabos sueltos, conseguiremos dominar los acontecimientos. Lo cierto, sin embargo, es que no podemos gobernar el futuro. Y cuando lo intentamos, acabamos agotados física, mental y espiritualmente. Allison Carmen, coach de renombre internacional, nos propone aflojar las riendas para penetrar en el reino del quizás, un espacio donde explorar las sorprendentes posibilidades que siempre se abren ante nosotros. A diferencia del miedo, que nos paraliza, el quizás nos permite actuar, movernos en direcciones distintas para provocar resultados diferentes. La ley del quizás es una filosofía elegante, sencilla y poderosa...



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