



Escucha Tu Corazon, Salva Tu Vida.: Como Superar La Angustia y Darle Un Sentido a Nuestras Vidas. (Paperback)

By Luz Boscani

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****. ***Incluye la obra Sri Sri, Poesia para la superacion personal de Gael Rodriguez*** ***Miles de personas en todo el mundo vieron sus vidas transformadas*** Un libro para todas aquellas personas que viven una vida limitada por el estres y no encuentran el camino a la felicidad. -Una autobiografia reveladora que te acercara a tu leyenda personal- La autora nos cuenta como atravesó diferentes situaciones de angustia, motivadas por el maltrato laboral (mobbing), la baja autoestima, el desamor, el desempleo, el estres y la perdida del sentido de la vida. Pero gracias a emprender un camino espiritual y a su voluntariado en la Fundacion Internacional El Arte de Vivir, supero la depresion y convirtio su vida en un milagro, logrando que todos sus sueños se hagan realidad. La obra nos invita a descubrir la importancia de escuchar nuestro corazon y aquietar la mente. Pasar de una vida vacia y sin sentido a una llena de significado. A hacernos la pregunta: Si hoy fuera mi ultimo dia., haria lo que voy a hacer hoy? Si la respuesta es no, si lo que estamos...



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