



La belleza de saber vivir (Spanish Edition)

Bárbara Palacios

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¿Está usted preparada para responder positivamente a los desafíos más difíciles de la vida?

La belleza de saber vivir lo preparará para responder positivamente a los desafíos de la vida diaria y eliminar las malas actitudes. Los nueve pasos de Bárbara le guiarán y llenarán de poder para lograr resultados efectivos a nivel personal y profesional. Estos pasos están basados en la premisa de un cambio positivo de conducta interna, conectado con metas positivas y conducido por una actitud de iniciativa propia.

- **Acéptación:** Enfrente sus fortalezas y limitaciones. Aprenda a transformar su debilidad en virtud.
- **Enfoque:** Obtenga directrices claras en su vida.
- **Equilibrio:** Encuentre el equilibrio entre su vida personal y profesional.
- **Liderazgo:** A qué se asemeja un liderazgo autoguiado según usted.
- **Optimismo:** Genere esperanza, disciplina y perseverancia.

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