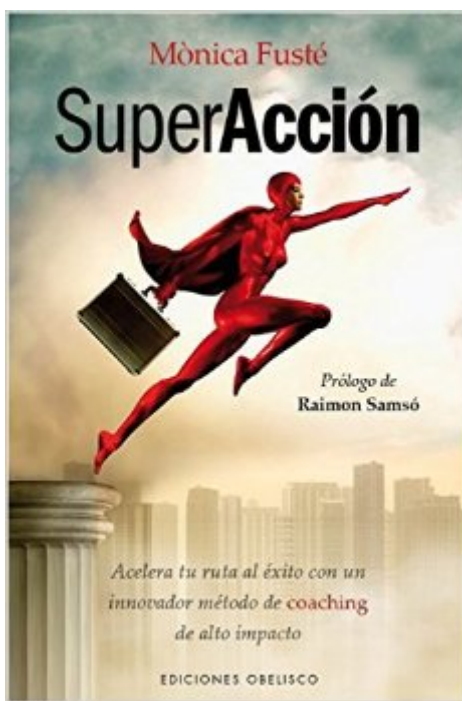


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Synopsis

Este manual práctico de self-coaching te ayudara a reprogramar la mente para mejorar tu vida en todas sus facetas. Si sigues los cuatro pasos del metodo -vision, inspiracion, reinencion e impacto en accion-, aprenderas a creer en ti, liberaras tu potencial creativo, y transformaras tus bloqueos en oportunidades. En esta obra encontraras recursos, actividades, casos reales, cuestiones impactantes, estrategias, visualizaciones, reflexiones, etc., todo un contenido que activara la confianza que necesitas para lograr todo lo que te propongas. Haz un salto cuantico en tu vida. Se el protagonista activo de tu propia reinencion hacia el exito. / This practical manual of self-coaching will help you to reprogram your mind for success and achievement and to improve your life. Following the four steps method -vision, inspiration, reinvention and impact-action-, you will learn to believe in yourself and your capabilities, you will make a quantum leap in your life.

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