

A Vivir Bien!: USA Lo Que Tienes Para Conseguir Lo Que Quieres



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Reviews

The book is fantastic and great. It is rally exciting throgh looking at period of time. Your way of life period will likely be change when you full reading this publication.

(Elijah Kuphal)

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Rayo. Paperback / softback. Book Condition: new. BRAND NEW, A Vivir Bien!: USA Lo Que Tienes Para Conseguir Lo Que Quieres, Marilu Henner, Rosana Elizalde, Lorin Henner, No es suficiente vivir, tienes que vivir bien! Aprende como hacerlo en esta guia inspiradora de la autora bestseller del "New York Times" y adorada actriz Marilu Henner Eres feliz? Estas viviendo la vida que quieres o estas viviendo para otra gente? Te llevas bien con tu familia, amigos, parientes y companeros de trabajo, o albergas enojo, resentimiento o culpa? Estas trabajando para conseguir un sueno o estas sonando despierto con no trabajar? En esencia, vives bien? Con el brio de una adolescente y la profundidad de una sabia, Marilu desgrana todos los elementos de nuestras vidas--nuestras mentes, nuestros cuerpos y el mundo que nos rodea-- que puedan sabotear nuestro progreso, y nos ayuda a descubrir lo mejor en nosotros mismos. Nos senala con exactitud las formas sorprendidas con las que a menudo nos perjudicamos y nos ofrece alternativas inteligentes, sensatas y saludables para vivir mejor. De modo que necesites o no un cambio grande en tu vida o si simplemente quieres mejorar tu vida, deja que Marilu sea tu animadora, musa y guia para vivir bien.



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