



## Mereces Vivir Mejor: Como Aumentar Tu Bienestar Personal y Economico

By Johan Pullas Guillen

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: Spanish . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.COMO AUMENTAR TU BIENESTAR PERSONAL Y ECONÓMICO La naturaleza del ser humano es la evolucion, el crecimiento; seguir adelante pese a todas las dificultades que se puedan presentar en la vida. Cuando dejas tus sueños materiales, personales y espirituales al azar, o simplemente haces lo que los demás hacen por la simple razón de que también debe ser bueno para ti, entonces pierdes tu identidad individual, tu originalidad y, en especial, tu autoestima y autoconfianza. Pero lo más preocupante es que has sembrado en tu mente la falsa creencia de que no puedes hacer nada para cambiar o mejorar tu situación personal y económica. La buena noticia es que puedes hacer mucho para aumentar tu bienestar personal y económico. Que necesitas para lograrlo? Saber hacia donde quieres ir y tener la valentía para elaborar tu proyecto de vida, el cual te permitira: 1. Planificar y organizar tu vida de manera efectiva. 2. Aumentar tu autoestima y autoconfianza. 3. Usar eficaz y eficientemente tus principales recursos (tiempo y dinero). 4. Definir claramente tus objetivos. 5. Ver oportunidades que antes...



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