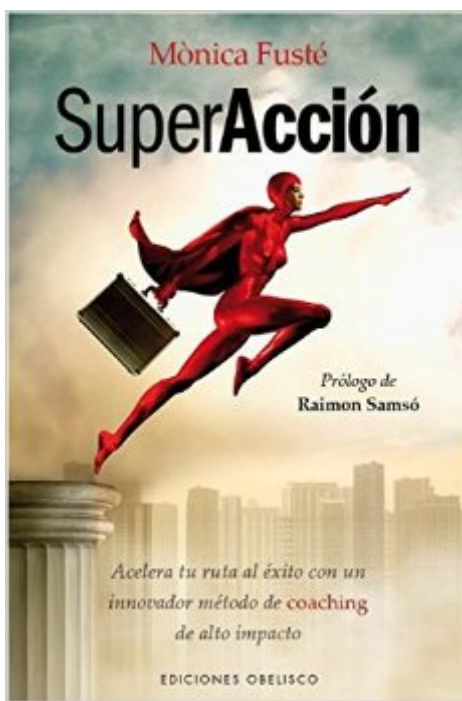


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Synopsis

Este manual práctico de self-coaching te ayudará a reprogramar la mente para mejorar tu vida en todas sus facetas. Si sigues los cuatro pasos del método -visión, inspiración, reinención e impacto en acción-, aprenderás a creer en ti, liberarás tu potencial creativo, y transformarás tus bloqueos en oportunidades. En esta obra encontrarás recursos, actividades, casos reales, cuestiones impactantes, estrategias, visualizaciones, reflexiones, etc., todo un contenido que activará la confianza que necesitas para lograr todo lo que te propongas. Haz un salto cuántico en tu vida. Sé el protagonista activo de tu propia reinención hacia el éxito. / 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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