

Hay demasiadas personas que confiesan tener una vida aburrida y monotonas, un trabajo poco gratificante, y emplean el tiempo libre del que disponen en actividades poco provechosas. Pasamos un tercio de nuestras vidas durmiendo, por lo menos otro tercio trabajando o cuidando a nuestras familias, y, si somos afortunados, el tercio restante en actividades recreativas, culturales o religiosas o simplemente no haciendo nada. Este libro analiza los motivos que nos atan a ese circulo vicioso y proporciona las herramientas para liberarnos, cobrar confianza en nosotros mismos, y avanzar hacia una vida mejor, mas productiva y mas satisfactoria. / Too many people live dull, drab existences. We spend one-third of our lives asleep, at least one third working in our careers or taking care of our families and, if we are lucky, the balance in recreational, cultural or religious pursuits or just in lolling around. Dale Carnegie discuss some of the reasons we fall into these traps and provide some pointers to help overcome the problems and move onward to a better life.

Build The Ultimate Watch Collection, Child of Silence (Bo Bradley Series Book 1), Kabbalah & Jewish Mysticism: An Introductory Anthology, Visitors Guide to Comoros and Seychelles: How to Get There, What to See, Where to Stay (Visitors Guides), David Copperfield (Evergreen) (Italian Edition),

Read Como tener una vida plena / Living an Enriched Life (Coleccion Nueva Obelisco; Translation edition (15 March) ); Language: Spanish; ISBN Title: Como tener una vida plena (Coleccion Nueva Conciencia) (Spanish Edition ). Author(s): Dale Carnegie. List Price (MSRP): Pages: Publisher. Como tener una vida plena (Coleccion Nueva Conciencia) (Spanish Edition). Dale Carnegie. Published by Obelisco (). ISBN / ISBN

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