



El poder de estar contigo (Spanish Edition)

Rosy D'amico

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Cuando estás en situaciones difíciles te sientes perdido, no sabes qué hacer o por dónde empezar. Lo primero que necesitas es reconocer, sin juicios, el lugar que estás ocupando en el mundo. Toma un respiro y haz conciencia de tu relación contigo mismo, con tu familia, y con tu trabajo; date unos minutos para medir cómo está tu energía, cómo se siente tu cuerpo, cómo reacciona tu mente y qué te dicen tus emociones. El poder de estar contigo es el punto de inicio para el reencuentro contigo mismo, para disfrutar tu conexión con lo máspreciado que tienes: tu historia y tu vida. Rosy D'Amico, experta en coaching y bienestar te llevará de la mano por los "siete pasos para hacer equipo contigo", una técnica novedosa y energética que en tres semanas te ayudará a crear una rutina de armonía, reconocimiento y seguridad en ti mismo.

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