



Tú puedes crear una vida excepcional (Crecimiento personal) (Spanish Edition)

Louise Hay

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"Me he cansado de defender los principios espirituales que han guiado y dado forma a mi vida. Funcionan y lo sé." Cheryl Richardson

Louis L. Hay, gran maestra espiritual de nuestra época, lleva años enseñando a millones de personas a dejar atrás la enfermedad y el sufrimiento. Todas ellas dan fe del sobrecogedor poder de las afirmaciones para transformar la vida y la salud. Pero nunca hasta ahora habíamos conocido tan de cerca el testimonio de una mujer que experimentó su influencia... y acabó por convertirse ella misma en una escritora de éxito: Cheryl Richardson.

Este nuevo título de Hay aclara e ilumina los temas que articulan su trabajo -la importancia de amarse a uno mismo, cómo atraer la prosperidad, cómo disfrutar de relaciones positivas, cómo afrontar la vejez en paz y con dignidad- en una serie de conversaciones, tan íntimas como reveladoras, que combinan la cordialidad de una charla entre amigas con la intensidad y el poder de transformación de un taller presencial.

Cuando la enfermedad y el dolor quedan atrás, ha llegado el momento de dar el siguiente paso: crear una vida excepcional. Los lectores aprenderán a hacerlo en compañía de dos guías privilegiadas.

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