



Absolutes Vertrauen: Die Kraft, das Leben glücklich zu gestalten (German Edition)

Verónica De Andrés, Florencia Andrés

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WAS WÜRDEN SIE HEUTE TUN, wenn Sie wüssten, dass Sie nicht scheitern können? Diese Frage steht am Beginn von Verónica de Andrés' Buch, das Südamerika im Sturm eroberte. Die Motivationstrainerin, die international mit Therapeuten wie Daniel Goleman und Nathaniel Branden zusammenarbeitet, ist davon überzeugt: Wenn wir uns anstelle von Angst von der Liebe leiten lassen, können wir alles erreichen, wovon wir träumen. Der Schlüssel zu Glück und Erfolg ist eine Kraft, die uns allen innewohnt: das absolute Vertrauen. Verónica zeigt zusammen mit ihrer Tochter Florencia Andrés, wie wir uns von der inneren Stimme der Angst lösen, Stress überwinden, kluge Entscheidungen treffen und unseren Geist für neue Möglichkeiten öffnen. Alle mentalen Techniken, die die Autorinnen vorstellen, beruhen auf neuesten Erkenntnissen aus Psychologie, Neurowissenschaften und Motivationsforschung. Sie haben bereits unzähligen Menschen geholfen, sich die machtvolle innere Ressource zu erschließen. »Absolutes Vertrauen« ist die magische Formel für ein Leben, wie wir es uns ersehnen.

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Playing with family inside a park, coming to see the ocean world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try matter that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Absolutes Vertrauen: Die Kraft, das Leben glücklich zu gestalten (German Edition), you could enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

Bradley Roberts:

What is your hobby? Have you heard which question when you got pupils? We believe that that question was given by teacher to their students. Many kinds of hobby, Everybody has different hobby. And you also know that little person just like reading or as reading become their hobby. You need to know that reading is very important in addition to book as to be the issue. Book is important thing to add you knowledge, except your own teacher or lecturer. You get good news or update concerning something by book. Different categories of books that can you decide to try be your object. One of them is Absolutes Vertrauen: Die Kraft, das Leben glücklich zu gestalten (German Edition).

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