



¡Necesito un cambio Ya! (Spanish Edition)

Alejandro Rial

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¡Ya! ¡Ahora! ¡En este instante! Así de rápido esperamos que operen los cambios en nuestras vidas. Y que además la transformación sea duradera y agradable. Eso fue lo que inspiró a Alejandro Rial a escribir este libro: enseñarnos a lograr cambios, cambios simples pero profundos, instantáneos pero permanentes.

Con la creencia de que los cambios no tienen que ser dolorosos sino amorosos, que todas las transformaciones tienen que provenir de nuestro interior y de nuestros deseos y no de los ajenos, el autor propone este libro como una herramienta para acompañar ese cambio sin dolor ni esfuerzo.

Para obtener un resultado diferente, hay que recorrer caminos diferentes. Hay que dejar de lado esas sendas gastadas de tanto ser transitadas con sufrimiento y sin éxito, y animarse a nuevos rumbos. El punto de partida y el destino corren por nuestra cuenta. Este libro, concebido por el autor como un GPS, solamente nos va a sugerir el mejor camino para llegar, marcando las alertas, los puntos de interés y, llegado el caso, la mejor forma de recalcular.

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