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Josep López Romero

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Los profundos cambios sociales y económicos que se han producido en los últimos años y la enorme incertidumbre en la que vivimos hoy día han puesto al descubierto nuestra fragilidad como seres humanos. El cambio es permanente y a todas horas diversas circunstancias nos devuelven implacablemente a la casilla de salida. Con sensibilidad y solvencia, Josep López Romero nos enseña a reinventarnos y a diseñar nuestro futuro paso a paso, tanto si nos hemos quedado sin trabajo como si acabamos de divorciarnos, tanto si hemos sufrido un accidente como si acabamos de perder a nuestro mejor amigo o, simplemente, porque no acabamos de sentirnos cómodos donde estamos. En este libro encontraremos la manera de superar los miedos y las creencias limitantes, y aprenderemos a gestionar las emociones asociadas al cambio, a trabajar la confianza, a recuperar la ilusión y a lograr, en definitiva, una vida más plena.



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