



De bien en mejor (Crecimiento personal) (Spanish Edition)

Lola Sorribes

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Lola Sorribes firma «el libro más positivo que jamás se ha escrito». Un método tan amable como eficaz para transformar la propia vida en una historia feliz.

Todos podemos convertirnos en una de esas personas que han nacido con la suerte de cara. Está en nuestra mano transformar el «de mal en peor» en «de bien en mejor».

Cada uno de nuestros pensamientos, cada uno de nuestros actos, están escribiendo nuestra propia vida; la historia que nos contamos actúa como un oráculo que define nuestro destino. Cuando este relato es negativo, nos estamos programando para el fracaso. Por esa misma razón, ser conscientes de ese guión y transformarlo en otro positivo nos garantiza un futuro de alegría y éxito.

No es magia, no es superstición. Es un hecho comprobado científicamente que las estadísticas corroboran. Partiendo de esta premisa, Lola Sorribes comparte con los lectores un efectivo método en once claves para empezar a escribir nuestros capítulos más bellos: transformar el storytelling vital, el relato que rige nuestra vida.

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