



Así funciona la vida: ¡Disfrútala y sácale provecho! (Spanish Edition)

Andrew Matthews

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De Andrew Matthews, autor del bestseller *Sé un adolescente feliz* .

Así funciona la vida es el libro más útil y efectivo que te hará reflexionar sobre tus problemas y te revelará de forma sencilla y divertida los secretos para transformar tu vida.

No esperes que las cosas mejoren si pasas el día lamentándote. No esperes resolver tus problemas emocionales si haces de la queja tu deporte favorito. Actúa, desafía tus patrones de conducta. Cambia, elige una actitud positiva.

Nadie dice que es fácil salir adelante, ahí está el problema: ¡HAZLO FÁCIL!, celebra la vida y no te enfoques en sus problemas: agradece, ama, conéctate con la naturaleza y los sentimientos nobles, rechaza a los necios y a los pesimistas. Si entiendes cómo funciona la vida, sólo dedícate a ser ¡ENLOQUECIDAMENTE FELIZ!

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