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Tu Coach interior Ian McDermott, Wendy Jago, 2005 Una guía a paso a paso para conseguir tu realización personal y alcanzar cualquier meta que te propongas Tenemos una buena noticia eres el ser más interesante complejo misterioso y lleno de recursos de todo el universo Dentro de ti existe un poder **Coaching para dummies** Jeni Mumford, 2010-06 El coaching es una herramienta eficaz que te impulsa a la acción y te permite alcanzar tus objetivos de vida Te ayuda a superar los miedos y las creencias que te separan de esos objetivos y por lo tanto facilita el acceso a la sabiduría interior donde están las respuestas que necesitas para maximizar tu potencial de desarrollo Conoce los aspectos básicos del coaching ver cómo funciona la magia del diálogo para impulsarte en la dirección correcta Saca partido de ti mismo haz tus primeros pasos en tu recorrido personal mediante un mayor conocimiento de ti mismo Para todos los aspectos de tu vida en tu profesión y trabajo en las relaciones personales en tu relación con el dinero Alcanza el equilibrio podrás lograr una vida integral y armoniosa Controla el estrés mejora tu calidad de vida No hay otro como tú descubre por qué eres así Un cambio radical trabaja para el cambio y prepárate para disfrutarlo **Créative SYNAPSE©** Ariel Orama López, 2014-03-11 Dr Ariel Orama López published a new theoretical framework based on Creativity and the recent findings of Neuroscience the textbook is called **CREATIVE SYNAPSE CREATES YOUR UNIVERSE 2013** It is the first theoretical framework that explains the behavior of the human being by integrating the following variables creativity neuroscience and the new influence of the virtual universe The collection book will be presented in the atrium of the Museo de Arte de Puerto Rico on Wednesday September 11 2013 in a distinguished context of artists health professionals and academics Dr Gregory J Quirk a prominent American researcher specialized in Neuroscience Luca Spaghetti the well known Italian amico writer who served as a guide to Elizabeth Gilbert on her journey through Italy while writing Eat Pray Love elaborated the prologues of this substantial investigative work of thirteen years they provide in their prologues a nourished and accurate view of this text book according to their experiences The art of the book includes the precious paintings and drawings of Ektor Rivera Celestino Ramon Bruin from the Netherlands The text arises from a practical theoretical framework created by Dr Ariel Orama López that departs from his preparation experience and knowledge in science human behavior natural sciences and performing arts It includes experiences of the author with a logbook on his sensible hands in contexts gifted with creativity and spirituality such as Mexico California Spain and Italy The book appeals to artists academics psychologists and to the general public It is published in Spanish and English It can be acquired in different libraries of the World including Amazon Barnes Noble and Sony **21 reglas para alcanzar el éxito personal** Alois Larc, 2016-04-28 ¿Qué necesitas para triunfar? ¿Qué puedes hacer para cambiar tu situación actual? Por qué algunas personas tienen más éxito que otras? ¿Cuál es su secreto? El libro que estás a punto de leer incluye las respuestas a todas estas preguntas y sin duda te ayudará a cambiar tu vida. Personajes como Thomas Alva Edison Henry Ford Abraham Lincoln Theodore Roosevelt Walt Disney Michael Jordan Arnold Schwarzenegger y muchos más

lograron el éxito personal aplicando las mismas reglas que estás a punto de descubrir. Estas 21 reglas son simples, efectivas y fáciles de utilizar. Han sido probadas y demostradas en innumerables ocasiones y funcionan con la precisión de un reloj suizo cuando se aplican correctamente. La receta es muy simple: si realizas las mismas acciones que han llevado a cabo las personas de éxito y lo haces con igual pasión y perseverancia, nada en el mundo podrá impedir que triunfes en la vida y que desarrolles el instinto necesario para descubrir oportunidades donde otros no ven nada. Te apetece dar el cambio. Una guía para conseguir el éxito que estás buscando de manera fácil y efectiva. AUTOR: Aloís F. Larc es un emprendedor, consultor de negocios, conferencista y escritor de temas de desarrollo personal, liderazgo y ventas. Durante los últimos 20 años se ha especializado en ayudar a los vendedores y empresarios a hacer crecer sus negocios enseñándoles los Secretos del éxito en las Ventas. Actualmente vive en Cancún con su esposa. SOBRE LA COLECCIÓN SUP RATE Y TRIUNFA: Vivimos en una época de estrés y de depresión profunda a causa de la crisis mundial que nos azota. Hemos perdido en cierta manera el norte como sociedad y vamos dando bandazos caminando por la vida sin ilusiones con una tendencia negativa que se refleja en nuestro rostro en las relaciones con los demás y nuestros trabajos. Este planeta se ha convertido en un mundo gris, triste y desamparado. Cada día escuchamos decenas de historias que nos encogen el corazón y muy pocas que nos hagan emitir una sonrisa. Es una realidad. Por eso desde Mestas Ediciones buscamos cada día una manera de revertir esta situación aportando nuestro pequeño grano de arena. De ahí nace esta colección Sup Rate y Triunfa que contiene una serie de libros con los cuales queremos adoptar optimismo y todas las demás herramientas necesarias para conseguir una vida plenamente feliz en todos los aspectos posibles. De ahí el carácter heterogéneo de la colección que toca temas tan importantes como el económico, el amor, la salud, entre otros muchos. Y lo haremos de la mano de autores de primer orden formados con gurús y conferencistas motivacionales mundialmente reconocidos, coaches tan importantes como Anthony Robbins, T. Harv Eker o John Demartini. Esperamos que os guste y que os sirva para disfrutar de la vida con la máxima pasión diaria y sonreír cuantas más veces mejor.

Construyendo una vida que se siente bien: Cómo pensar mejor, sentir mejor y vivir mejor cada día Ranjot Singh Chahal, 2025-12-10. Construyendo una vida que se siente bien es una guía para quienes desean comprender la verdadera felicidad, no la versión superficial que promete la sociedad, sino la profunda y duradera que nace desde dentro. A través de lecciones simples pero poderosas, el libro te ayuda a descubrir qué significa realmente ser feliz, cómo construir una base emocional sólida y cómo superar los obstáculos internos que te han estado frenando. Basado en psicología e inteligencia emocional y experiencias reales, este libro te enseña a dominar tu mente, romper patrones negativos y sanar heridas antiguas que aún afectan tu presente. Aprenderás estrategias prácticas de amor propio, gratitud, confianza y fortaleza emocional, junto con herramientas para construir relaciones más saludables contigo mismo, con los demás y con el mundo. No es un libro de soluciones rápidas ni de positividad forzada. Es un mapa compasivo para pensar mejor, sentir mejor y vivir mejor cada día. Si luchas con estrés, exceso de pensamientos, baja autoestima o simplemente te sientes perdido, este libro te ayudará a crear una

vida que finalmente se sienta bien pacífica equilibrada y auténtica **Coaching hoy** Fernando Bayón Maríné,2014-12-16 Desde hace siglos se practica el coaching pero solo desde hace algunas décadas contamos con una amplia y creciente literatura en castellano que analiza el coaching como técnica como método o como sistema de desarrollo. Hemos de menos un manual o guía de consulta que reuniera en un único texto la doctrina y práctica más común y también la novedosa que permitiera a cualquier profesional obtener una visión global del coaching y al tiempo la posibilidad de conocer el proceso su ámbito de actuación las características de las diversas escuelas incluso la posibilidad de familiarizarse con las herramientas más utilizadas y al experto acudir para una consulta rápida y eficaz. Coaching Hoy ordena modeliza conceptualiza y proporciona una perspectiva integrada alejada del intrusismo de la mediocridad y apuesta por la visión científica y técnica de esta actividad profesional. Destila experiencia y trata con objetividad los pros y contras de cada escuela y metodología. Esta obra es resultado del empeño de un amplio equipo de expertos coordinados por Fernando Bayón El sendero dorado Pablo Fernández del Campo Carreño,2025-03-10 El sendero dorado nos lleva a un fascinante viaje donde lo visible y lo invisible se entrelazan y el protagonista descubre que los límites de la realidad son más maleables de lo que jamás imaginó. En un mundo donde la codicia y la desconexión parecen dominar esta historia nos invita a explorar las capacidades innatas del ser humano para manifestar sus sueños y deseos más profundos. A través de encuentros multidimensionales y experiencias transformadoras el protagonista descubre habilidades ocultas como perlas que emergen a lo largo de su camino cambiando radicalmente su percepción de la realidad. Estas habilidades no solo le permiten tomar control de su destino sino que también iluminan el potencial latente en cada ser humano la capacidad de crear moldear y transformar su vida desde un poder interno. La narrativa entrelaza paisajes mágicos con enseñanzas profundas invitando al lector a emprender un viaje personal mientras aprende junto al protagonista a desarrollar esas mismas capacidades. Más allá de una simple aventura El sendero dorado es una guía velada que transforma la experiencia de lectura en un método para despertar y desarrollar las habilidades creativas que yacen dormidas en nosotros. Perfecta para aquellos que buscan una lectura que combine acción reflexión y herramientas prácticas para el crecimiento personal esta novela ofrece no solo entretenimiento sino una llave hacia una vida más consciente rica y plena. Con cada página se despliega un sendero que promete transformar tanto al protagonista como al lector revelando el verdadero poder de tomar el control de nuestros destinos La tiranía del orgasmo Cayetano Roberto Campisi, El orgasmo o clímax es la descarga repentina de la tensión sexual acumulada durante el ciclo de la respuesta sensorial resultando en contracciones musculares rítmicas en la región pélvica caracterizadas por el placer genital. Tanto el hombre como la mujer viven esta experiencia de manera sumamente intensa pero el varón puntualmente lo advierte de una forma obsesiva. De esto se desprende la cuestión de si el propio individuo necesita del orgasmo o simplemente solo lo desea. Un sutil pero importante argumento como para escribir un libro que hable de la forma de encarar la atracción la seducción y el sexo y como este gentil espasmo se transforma en tirano del hombre. La necesidad y el deseo son dos caras de la misma moneda. Una necesidad es el

estado de un ser en que se halla en carencia de un elemento y su consecuci n resulta indispensable para vivir en un estado de bienestar corporal pleno En cambio el deseo es la forma en que un individuo expresa la manera de satisfacer una necesidad Puede detectar la necesidad de alimentarse pero desear satisfacer esa necesidad de muchas maneras Este libro aporta una serie de consignas definiciones y consejos para ajustar al hombre a una posici n equilibrada frente al deseo y la necesidad de placer corporal Contribuye a aclarar dudas y a eliminar conceptos perimidos que mellaron por a os la voluntad del var n haci ndoles creer que el xtasis es el origen y el fin del v nculo hombre mujer

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