



GPS mental (Spanish Edition)

Celia Antonini

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27 señales para llegar a destino.

Las mejores rutas para llegar a donde queremos y concretar nuestros sueños, sorteando obstáculos e identificando los desvíos que nos alejan de nuestros objetivos.

La mente está conformada como un mapa de calles. A través de los años, los pensamientos y las emociones proyectan el camino por el que transita la vida. Cada uno de nosotros vive de acuerdo al mapa mental que ha trazado.

Conocer cómo está diseñada nuestra mente permite identificar el lugar en el que nos encontramos y cuán cerca o lejos estamos de lograr lo que anhelamos.

El GPS Mental de la doctora Celia Antonini nos ayuda a elegir el rumbo correcto, y a redireccionar esos aspectos de nuestra vida que interfieren en la búsqueda de la felicidad.

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