



Mujer Protagonista: Sé la protagonista de tu propia historia (Spanish Edition)

Laura Teme

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Las mujeres tienen un extraordinario potencial para convertirse en protagonistas de sus vidas y de su historia. Sin embargo, la gran mayoría de ellas vive expresando una mínima parte de todo su potencial.

Mujeres Protagonistas es un libro con herramientas precisas que Laura Teme ha enseñado a miles de mujeres en toda Hispanoamérica, logrando que ellas dejen de ser víctimas y se conviertan en protagonistas de su propia historia.

En este libro aprenderás:

Cómo ser más feliz y alcanzar tus metas

Las claves para ser responsable de tu propia vida

A trabajar tus emociones para que no dominen tus decisiones

Nuevas herramientas de lenguaje, El manejo de prioridades

Cómo definir tu identidad

Es el tiempo de superar los límites, la depresión, el desánimo y la incertidumbre, y convertirse en protagonista de tu vida, tu destino y de tu historia personal.

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