



Auto Empoderamiento 101 (Spanish Edition)

Dr. Rosie Kuhn

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Cuando revela las creencias específicas que impiden el poder y el éxito, está en condiciones de cambiarlas por algo más empoderante. Esto le permite obtener fácilmente aquello que dice que quiere. En Auto Empoderamiento 101 decodificamos las interpretaciones que interfieren con la manifestación de la vida que quiere. Indagamos sobre los verdaderos secuestradores, aquellos que sabotean cualquier movimiento fuera de la zona de confort; el miedo al poder personal, el miedo al éxito y el miedo al fracaso. explorará el significado que le da a la invulnerabilidad y que limita cualquier intento de salir de su zona segura. También investigaremos conceptos como la esperanza, la fe, el conocimiento de los compañeros esenciales del viaje. Empoderarse para enfrentar los mayores conflictos con la integridad y la responsabilización son la esencia de llevar una vida auto empoderada.

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