



## Reflexiones de una rubia palabras para ser feliz sin dejar de ser tú mismo

By Romero, Vanesa

AGUILAR, 2016. Condition: Nuevo. En Reflexiones de una rubia Vanesa Romero nos propone un viaje interior para conocernos, amarnos y respetarnos a nosotros mismos, para construir nuestro propio refugio, pero, sobre todo, para llegar a un destino simple y concreto: la felicidad. Imbuidos en el ritmo frenético de la ciudad queda poco tiempo para respirar, acallar nuestra mente y concentrarnos simplemente en ser. Es fácil vivir en el lado oscuro de la vida donde la queja es una constante y la insatisfacción un estigma. ¿Estás cansado de la tristeza, de la monotonía de una vida gris? ¿Sueñas con la felicidad y no sabes cómo puedes acceder a ella y empezar a brillar? Vanesa Romero te cuenta su secreto. Gracias a una prosa sugerente, sencilla y directa, fuerte, honesta, de agradecimiento para con la vida, Vanesa Romero te ofrece en Reflexiones de una rubia la clave para encontrar la felicidad y abrazar la luz con la que todo ser humano nace. Y a través de ejercicios prácticos, frases inspiradoras y experiencias vividas en primera persona -confesiones íntimas que te sorprenderán-, te muestra que es posible vencer el miedo, alcanzar tus sueños, cumplir objetivos, perdonar a los demás, saber elegir el camino correcto, cultivar...



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