



Claves para vivir m

By Antonio de Chenchá

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 148 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Hace algunos años estaba sufriendo una depresión causada por los sinsabores de la vida con los que no sabía lidiar. En ese instante cayó en mis manos un libro: Tus zonas erróneas, escrito por Wayne W. Dyer. Fue como haber encontrado la medicina antidepresiva perfecta y mi desaliento se volatilizó después de leerlo. Lo que más me impactó fue darme cuenta, tal como el señor Dyer afirma, que la culpa y la preocupación son dos sentimientos inútiles y dañinos, la mayoría de las veces, que causan sufrimientos evitables. Creo que yo como alumno, en ese momento, estaba preparado para entender la lección y apareció el maestro Wayne en el instante adecuado. A partir de ese punto supe que en mi vida se separaban el antes y el después y mi pasado dejó de condicionar mi vida para siempre. De ahí en adelante quemé mis tormentos y rencores en una inmensa hoguera de perdón y renacimiento de mis cenizas, sin odio. También tomé la decisión de ser útil a los demás, puesto que aprendí que contribuir a la felicidad de mis...



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