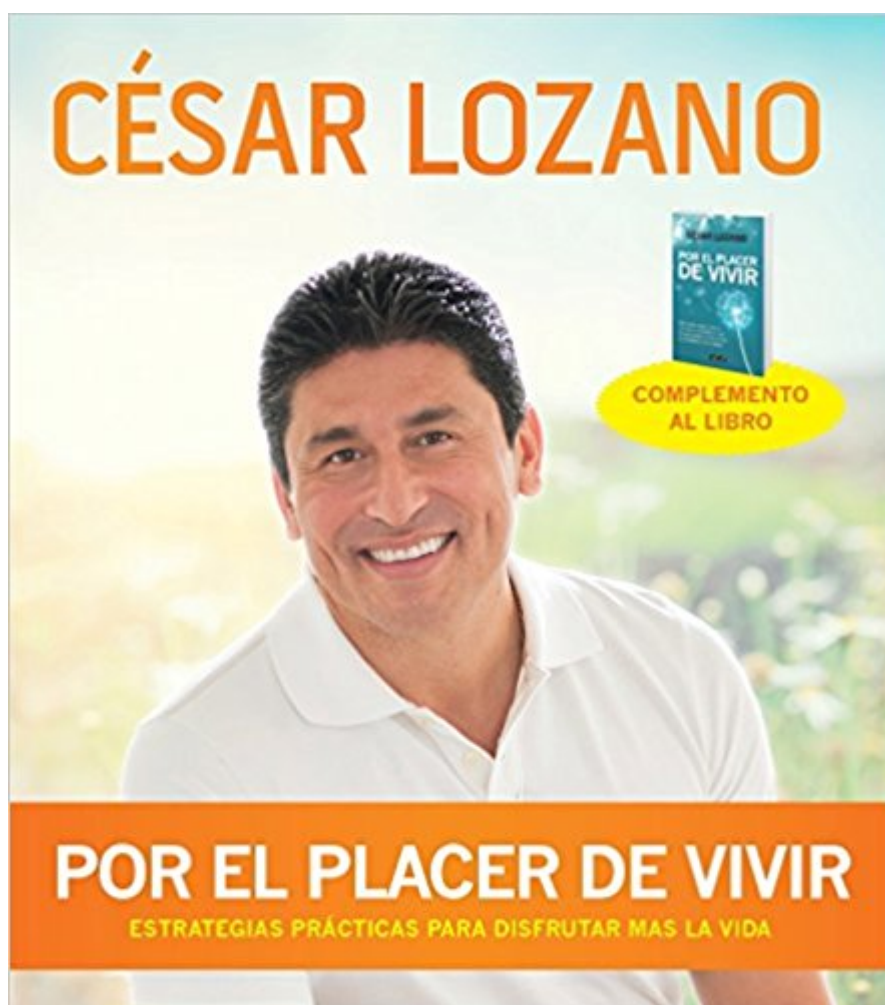


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Por El Placer De Vivir (Conferencia Grabada En Vivo) (Spanish Edition)



Synopsis

Este material discográfico nos muestra maneras eficaces de disfrutar la vida, técnicas para evitar la preocupación, ser una persona optimista y feliz. Tracks 1. Disfrutar al máximo cada momento 2. No complicarse la vida 3. Barreras que impiden la felicidad 4. Tips para el manejo de la ira 5. El regalo del perdón 6. Controlando las preocupaciones 7. El fantasma de la rutina

ENGLISH DESCRIPTION This audio guide presents effective ways to enjoy life, avoid worry, and be an optimistic, happy person. Tracks 1. Enjoy each moment to the maximum 2. Don't complicate life 3. Barriers to happiness 4. Tips for anger management 5. The gift ...

Book Information

Audio CD

Publisher: Aguilar (June 30, 2014)

Language: Spanish

ISBN-10: 1622632648

ISBN-13: 978-1622632640

Product Dimensions: 0.5 x 5 x 5.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

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