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By Nobel, Steve

Ediciones Urano, 2013. soft. Condition: New. Encuadernación: Rústica con solapas Colección: Crecimiento personal Estrés, aburrimiento, falta de sentido, síndrome del profesional "quemado", cansancio, ambición desmedida, conflictos, acoso. . . La infelicidad provocada por la situación profesional está a la orden del día, pero precisamente de ese sufrimiento podemos extraer las energías necesarias para emprender un camino de autoconocimiento y realización personal. Esta es la original propuesta del reconocido coach y conferenciante Steve Nobel, que combina la sabiduría del budismo oriental con las técnicas del coaching y la PNL occidental para convertir el malestar laboral en una maravillosa oportunidad de transformación e iluminación. Tanto los lectores que trabajan para otros como los que están pensando en establecerse por su cuenta encontrarán en este libro las herramientas necesarias no solo para cambiar su experiencia laboral y encontrar su verdadera vocación, sino también para descubrir sus auténticas cualidades y empezar a vivir una vida más plena, significativa y feliz. *** Nota: EL COSTE DE ENVÍO A CANARIAS ES 9.99 EUROS. Si ha realizado un pedido con destino a CANARIAS no podemos hacer el envío con el coste actual. Nos pondremos en contacto con usted para comunicar el coste total del envío a Canarias...

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