



7 Secretos Para Mantenerse Motivado (Spanish Edition)

Carla Valencia

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Es fundamental que nos mantengamos motivados para lograr lo que queremos en la vida, pero muy frecuentemente nos mantenemos encerrados en nuestra zona de confort y por eso nos desanimamos. Nos encanta sentirnos motivados pero odiamos el proceso por el que tenemos que pasar para hacer lo que necesitamos hacer para lograr lo que queremos. Pero no importa cómo se sienta usted existen muchas maneras para mantenerse motivado Las personas tienen diferentes problemas con respecto a la motivación. Para muchas personas es muy difícil comenzar algo, ya sea un proyecto o una meta que se han puesto. Para otras personas terminar algo que comenzaron es lo que más les cuesta. Cuando tenemos problemas para mantenernos motivados aplique estos 7 secretos que le voy a detallar

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