



Reinventar-se (Actual) (Catalan Edition)

Mario Alonso Puig

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Què t'arriscaries a fer si sabessis que no pots fallar?

A l'Oracle de Delfos, a l'entrada del temple d'Apol·lo, a l'antiga Grècia, una pedra tenia gravats uns signes estranys. Era una invitació a endinsar-se en una de les aventures més fascinants que l'ésser humà pot emprendre, la de conèixer-se un mateix. Aquest llibre és un mapa que ens acompanyarà en aquest viatge cap al nostre propi interior. A poc a poc s'anirà desvetllant el secret sobre com les persones creem els ulls a través dels quals observem i percebem el món. Són aquests ulls els que tantes vegades fan que ens fixem en les culpes del passat i no en les possibilitats del futur.

Reinventar-se no vol dir convertir-se en algú diferent de qui s'és, sinó posar al descobert el nostre veritable ÉSSER. És en aquest nou espai de possibilitats on afloren la creativitat, la saviesa i l'energia que transformen del tot la nostra experiència, bo i aportant una serenitat, una il·lusió i una confiança més grans a les nostres vides. Triar allò que de mica en mica ens porti a transformar la nostra manera de mirar, depèn de nosaltres, de l'exercici de la nostra llibertat personal.

Marcel Proust deia que "el veritable acte del descobriment no consisteix a sortir a buscar noves terres, sinó a aprendre a veure la vella terra amb ulls nous". Són els nostres ulls nous els que ens permetran veure tot allò que abans ens resultava invisible, i també són aquests ulls nous els que ens portaran a descobrir la manera d'assolir tot allò que fins ara ens havia semblat impossible.

(Més de 40.000 exemplars venuts en castellà. Traduït a 7 idiomes).



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