

# Descargar Libro En Línea PDF Epub Mobi Español Desata Tu éxito - Víctor Martín Pérez



**Descargar libro en línea PDF epub mobi Español Desata tu éxito Víctor Martín Pérez** , Tal y como escribe Mago More en el prólogo, este libro está dirigido a personas normales con sueños extraordinarios. Y de eso va este libro, de auditar tu vida actual y diseñar una nueva que te complete en todos los sentidos. Con este objetivo, Víctor Martín pone a tu alcance todas las teorías, herramientas, aplicaciones y ejercicios prácticos que te ayudarán en la consecución de tus metas.

El contenido de estas páginas está encaminado a elevar tu productividad, crear hábitos saludables y eliminar los nocivos, forjar una mentalidad adecuada, descubrir nuevas habilidades y potenciar tu desarrollo personal y profesional.

Aprenderás cómo gestionar el tiempo, las técnicas para evitar la fatiga mental y el cansancio, a tomar decisiones adecuadas, delegar el máximo, combatir la multitarea, usar hojas de planificación diarias, establecer tareas prioritarias, lidiar con distracciones e interrupciones, dejar de procrastinar y

mantener la motivación, a decir no, así como establecer rituales y rutinas beneficiosas como, por ejemplo, la meditación.

No falta de nada. Es, sin duda, el libro definitivo que te va a permitir conseguir el tan buscado y ansiado éxito.

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