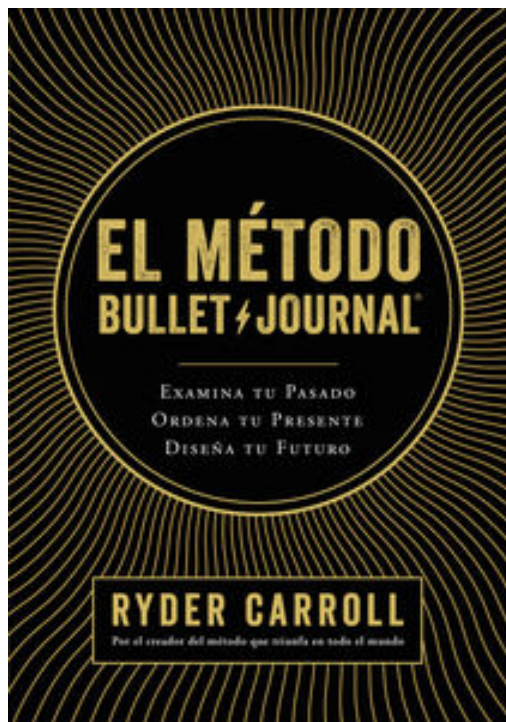


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Pero *El método Bullet Journal* es mucho más que un libro sobre gestión del tiempo. Es ante todo un manifiesto sobre cómo queremos vivir y de qué manera organizar los dos elementos más importantes de nuestra vida: nuestro —escaso— tiempo y energía.

Un libro revolucionario que te ayudará a poner orden, sacar más partido a tu tiempo y alcanzar las metas que te propongas.

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