

Descargar Libro En Línea PDF Epub Mobi Español El Sinsentido Común - Borja Vilaseca



Descargar libro en línea PDF epub mobi Español El Sinsentido común Borja Vilaseca , Todo nace cuando el nivel de malestar es muy superior al miedo al cambio, y empezamos a cuestionarnos la forma en la que hemos sido condicionados por la sociedad. En esencia, está dirigido a aquellos lectores que sientan la necesidad de cambio y la motivación de conocerse mejor. No en vano, pretende inspirar a las personas a que tomen las riendas de su vida, venciendo los miedos que les impiden descubrir el verdadero sentido de sus vidas.

- 1) Comprender y cuestionar la influencia y el impacto que tiene la sociedad sobre nuestra manera de pensar y de comportarnos.
- 2) Entender por qué el trabajo, el consumo y el entretenimiento que nos ofrece la sociedad jamás conseguirá llenar nuestro vacío existencial.
- 3) Entender por qué en general tenemos tanta resistencia al cambio, sabiendo cómo vencer los miedos que nos impiden

iniciar un proceso de transformación personal.

- 4) Aprovechar las crisis existenciales que experimentamos a lo largo de la vida para evolucionar como seres humanos.
- 5) Descubrir quiénes verdaderamente somos, así como cuál es nuestro auténtico propósito de vida.

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