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Descargar libro en línea PDF epub mobi Español La terapia del Slow Shopping Valérie Halfon , Dirigido tanto a principiantes como a personas experimentadas, este libro permite descubrir los beneficios materiales y espirituales de una gestión adecuada del presupuesto.

Replantéate la forma en que consumes y podrás ser más feliz y más libre.

Descubre todo lo que puedes ganar si te administras mejor. La forma en que gastamos, reflejo de nuestra personalidad, es reveladora de nuestros gustos, de nuestros deseos, pero también de nuestros traumas y nuestros miedos. Pensar en ello nos da una idea de nosotros mismos y puede ser una verdadera terapia.

Valérie Halfon nos invita a tomar conciencia de nuestras necesidades reales y nuestras disfunciones, a consumir de manera diferente y sanear nuestras finanzas, a enfocarnos en lo esencial y ganar en libertad. Su método tiene un enfoque único, creativo y estructurador, ilustrado por numerosos ejemplos de su experiencia como *coach*, que nos permite recuperar el control de nuestras vidas y cumplir nuestros deseos.

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Descargar libro en línea PDF epub mobi Español La terapia del Slow Shopping Valérie Halfon , The regular type of help documentation is really a hard copy manual that's printed, nicely bound, and functional. It operates as a reference manual - skim the TOC or index, get the page, and stick to the directions detail by detail. The challenge using these sorts of documents is the fact that user manuals can often become jumbled and hard to understand. And in order to fix this problem, writers can try and employ things I call "go over here" ways to minimize the wordiness and simplify this content. I've found this approach to be extremely ineffective most of the time. Why? Because **la terapia del slow shopping** are considered unsuitable to get flipped through ten times for just one task. That is what online assistance is for.

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