



# Cambia Tu Historia: Cmo Superar La Adversidad Y Ser Feliz (Spanish Edition)

*Ana Vera*

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Ana Vera

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El relato de Ana Vera es un ejemplo de una vida llena de retos, de oscuridad, de lágrimas, pero sobre todo, de aprendizaje, de crecimiento, de luz y de alegría. Cómo la vida de una mujer proveniente de una familia estable y amorosa, de un momento a otro se convierte en la antagonista de su historia. La vida comienza a ponerle pruebas y obstáculos, y poco a poco, Ana va topándose con los maestros que la harán encontrar su misión en la vida y su felicidad. Ana es un claro ejemplo de que no hay reto que no pueda superarse, pero sobre todo, de que esos retos generan cambios internos que nos permiten crecer. En este libro encontrarás las herramientas que le ayudaron a enfrentar los obstáculos, cómo aprender a superarlos, cómo agradecerlos, pero sobre todo, cómo despertar cada mañana preparado para enfrentar los que vienen y ser feliz.

"Una historia de cómo transformar un problema en la solución y motivo de tu vida".

YOLANDA SORIA

Terapeuta Especialista en Biodescodificación La Caja de Pandora

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