

# Leggere Il Potere Di Cambiare EBook Gratuito PDF/EPUB/mobi - Giovanna D'Alessio



**leggere Il potere di cambiare EBook gratuito PDF/EPUB/mobi Giovanna D'Alessio** , Dalla biologia alla psicologia cognitiva, dalle neuroscienze alla meccanica quantistica, le più recenti scoperte di tutte le principali discipline scientifiche confermano che siamo fatti per avere completa padronanza della nostra vita ed esprimere appieno la nostra potenzialità e la nostra leadership. Spesso però - anzi quasi sempre - non siamo consapevoli di quali meccanismi fisiologici, biologici e psicologici ci fanno sentire vittime delle circostanze e ci impediscono di fare i cambiamenti che vorremmo. In questo libro Giovanna D'Alessio - una delle facilitatrici di trasformazione più autorevoli e innovative che operano oggi nel mondo - propone un programma originale e di provata efficacia per aiutare il lettore ad avere maggiore consapevolezza di sé, guardarsi in modo nuovo e diventare quello che vuole essere, senza scuse. Attraverso riflessioni a 360 gradi sulla natura dell'essere umano, l'analisi senza sconti delle esperienze e degli errori che tutti facciamo, esercizi pratici e spazi di autoanalisi per cambiare il nostro "piano mentale", Il potere di cambiare ci

guida in un originale percorso di trasformazione di noi stessi e di sviluppo della nostra leadership personale.

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