



# Supercoaching: Para cambiar de vida (Spanish Edition)

*Raimon Samsó*

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**Convierte tus sueños imposibles en resultados predecibles con las 75 estrategias del supercoaching**

Quizá lo peor que le puede ocurrir a una persona no sea morir, sino descubrir al final de su vida que no ha vivido como le hubiera gustado. Con el paso del tiempo, vamos abandonando nuestros sueños y proyectos para situarnos en un espacio en el que prima lo aparentemente seguro y lo rutinario.

Y con frecuencia, a pesar de nuestro malestar interior y de nuestra infelicidad, nos negamos a abandonar esa zona cómoda por miedo a lo desconocido y lo incierto. Y así llega un día en el que descubrimos que nuestros sueños han quedado arrinconados y olvidados. Sin embargo, nuestro deseo de un cambio radical de vida sigue creciendo.

Raimon Samsó emplea una metodología de rápido impacto para conquistar los sueños, que parte desde el cambio interior. Con *Supercoaching para cambiar de vida* aprenderás que para alcanzar un resultado satisfactorio es imprescindible primero cambiar de percepción. Este libro te enseñará las estrategias necesarias para:

1. cambiar el rumbo en tu vida
2. desarrollar un plan de acción
3. ponerlo en práctica

Casi todo el cambio que necesitas se producirá en tu interior, gracias al autoconocimiento y a la revelación de tu «yo esencial». Y en este proceso, descubrirás que, una vez anuladas las excusas y el autosabotaje, dispones de los recursos necesarios para movilizar, desde tu conciencia, los cambios que buscas en tu vida.

**Aplica las estrategias de este libro y consigue la vida que deseas**

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