



100 Cuori per Amarti (Italian Edition)

Tiziano Bordin

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In questa opera troverai 100 motivi per riflettere e 100 immagini che accompagnano ogni motivo, per far affiorare la bellezza che è dentro di te e il tuo potenziale nascosto. Dedica almeno 5 minuti di riflessione per ogni pensiero che leggi, portalo con te durante la giornata, lascia che le parole piano piano diventino tue mentre ci pensi e mentre agisci nel tuo quotidiano ispirato da esercizi o concetti proposti. Giorno dopo giorno acquisirai una comprensione riguardo gli argomenti trattati che normalmente richiede anni di studio o di esperienza personale, pensa a come ciò che ti viene esposto sia ricollegabile a situazioni del tuo quotidiano, così facendo se lo vorrai potrai tramutare pensieri in comportamenti, migliorando te stesso e il tuo ambiente circostante.

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