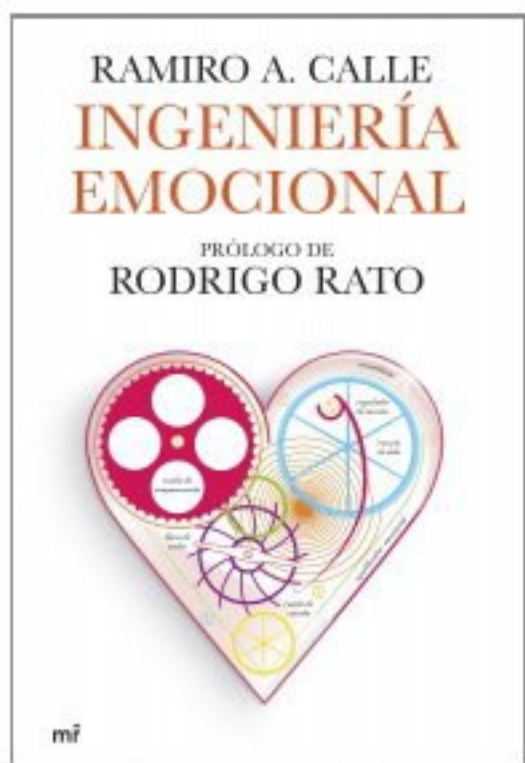


# Ingenieria Emocional



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Do we really know ourselves? Do we worry about our mind? If we exercise to keep in shape, if we try to eat healthy, why don't we take care of our mind? The mind is without doubt our great partner, could make us happy, but could also hold us back. Who doesn't live with thoughts that prevent us from calming down to solve the real problems? Many times we fixate in seeing things one way, which in turn, takes us to making mistakes. This new book from Ramiro Calle will help us and guide our personal life, at work, and every day. If we follow the instructions and exercises, we will be able

to put our machinery in shape, reach serenity and internal peace, which we all need. Placing piece by piece our mechanism we will obtain "Ingenier????a Emocional" Emotional Engineering in its perfect state.

作者介绍:

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