



Progetta e realizza la vita che desideri (Italian Edition)

Caterina Locati

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Come progettare e costruire al meglio una vita semplice, ricca, e felice?

Ognuno di noi è il "miglior architetto" della propria vita. Perché allora faticiamo così tanto a realizzare ciò sentiamo giusto per noi?

Una possibile spiegazione potrebbe essere la semplice... paura di cambiare, di uscire dalla nostra "zona di comfort". Ostacoliamo così proprio quei cambiamenti che sappiamo essere vitali per la nostra piena realizzazione personale e professionale.

In questo ebook troverai utili spunti di riflessione sul cambiamento (lavorativo e personale) e sarai guidato in alcuni semplici esercizi che ti aiuteranno da subito a capire quali sono le azioni più importanti da compiere per iniziare a realizzare pienamente te stesso/a.

Scoprirai e conoscerai approfonditamente uno strumento che ti potrà aiutare a rendere il cambiamento più facile, veloce, divertente: la piramide "T-Building", una vera e propria* "macchina da cambiamento".

Buona lettura!"

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