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Map), con más de 150.000 copias vendidas, y
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El mapa del deseo (Spanish Edition) [Danielle Laporte] Que sucede si cambiamos el orden y primero El Mapa del Deseo. Guía para crear metas con alma. Saber cómo quieres sentirte es la claridad más potente -Danielle Laporte - Descúbrelo en el Jardín del Gracias a El mapa del deseo, de la mano de la terapeuta Danielle Laporte, conseguirás: • Aprender a crear tu propio mapa de deseos y ...

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With The Desire Map, Danielle LaPorte brings you a holistic life-planning tool that will revolutionize the way you go after what you want in life. Unapologetically passionate and with plenty of warm wit, LaPorte turns the concept of ambition inside out and offers an inspired, refreshingly practical workbook for using the Desire Map process.

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lo que queremos tener, conseguir, lograr y experimentar- y nos ponemos a trabajar con todas nuestras fuerzas para conseguirlo. Esas aspiraciones son conducidas por un deseo innato de sentirnos de una determinada forma. Entonces, ¿qué sucede si cambiamos el orden y primero tenemos claro cómo queremos sentirnos y en función de ello diseñamos nuestro mapa interior de emociones y deseos y elaboramos esa lista de cosas por hacer, fijando nuestras metas? Cuando tienes realmente claro cómo quieres sentirte, la persecución de cualquier meta se volverá más satisfactoria, evitando tirar la toalla. Gracias a El mapa

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- Guiarte por tus sentimientos para que tomes decisiones adecuadas y ser más consciente de lo que vives y cómo lo vives.
- Ayudarte a potenciar los aspectos positivos de tu vida, mientras sigues respetando, y no invalidando, las partes negativas que quieres cambiar.

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Your bucket list. Quarterly objectives. Strategic plans. Big dreams. Goals. Lots of goals and plans to achieve those goals—no matter what. Except ... You're not chasing the goal itself, you're actually chasing the feeling that you hope achieving that goal will give you. Which means we have the procedures of achievement upside down. We go after the stuff we want to have, get, or accomplish, and we hope that we'll be fulfilled when we get there. It's backwards. And it's burning us out. So what if you first got clear on how you actually wanted to feel

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in your life, and then created some "Goals with Soul"? With The Desire Map, Danielle LaPorte brings you a holistic life-planning tool that will revolutionize the way you go after what you want in life. Unapologetically passionate and with plenty of warm wit, LaPorte turns the concept of ambition inside out and offers an inspired, refreshingly practical workbook for using the Desire Map process: Identify your "core desired feelings" in every life domain: livelihood & lifestyle, body & wellness, creativity & learning, relationships & society, and essence & spirituality Create practical

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"Goals with Soul" to generate your core desired feelings Why easing up on your expectations actually liberates you to reach your goals Self-assessment quizzes, worksheets, and complete Desire Mapping tools for creating the life you truly long for Goal-setting just got a makeover. There are more than 10,000 "Desire Mappers" who have worked through this system. "Every day I get stories about inner clarity, quitting jobs, dumping the chump, renewing vows, pole-dancing classes, writing memoirs, moving on," says Danielle. "This is about liberation. And pleasure. And self-determination. This is

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about doing much less proving, and way more living." If you've had enough of trying to trick yourself into happiness through affirmations or bucket-listing your hopes into some distant future, then you're ready for The Desire Map—a dream-fulfilling system that harnesses your soul-deep desire to feel good.

With Soul Prompts, Gratitude notes, a Stop Doing List, and Your 3 Key To-Dos -- The Desire Map Planner is where positivity meets productivity. And it's unlike anything on the market. Created by Danielle LaPorte, member

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of Oprah's Super Soul 100, The Desire Map Planner collection is based on The Desire Map book which sold over 140K copies, is translated into 8 languages, and evolved into a journal, a top 10 iTunes app, and a workshop curriculum with licensed facilitators in 15 countries. The Desire Map Daily Limited Planner, with original abstract art cover, is for the person who knows that a rich life is as much about being tuned-in as checking off to-dos."

Bestselling novelist Danielle Steel takes us on a harrowing journey into the heart of

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America's hidden shame in a novel that explores the power of forgiveness, the dark side of childhood, and one woman's unbreakable spirit. From her secret perch at the top of the stairs, Gabriella Harrison watches the guests arrive at her parents' lavish Manhattan townhouse. At seven, she knows she is an intruder in her parents' party, in her parents' life. But she can't resist the magic. Later, she waits for the click, click, click of her mother's high heels, the angry words, and the pain that will follow. Gabriella already knows to hide her bruises, certain she is to blame for her

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mother's rage--and her father's failure to protect her. Her world is a confusing blend of terror, betrayal, and pain. Her parents' aristocratic world is no safeguard against the abuse that knows no boundaries, respects no person, no economic lines. Gabriella knows that, try as she might, there is no safe place for her to hide. Even as a child, her only escape is through the stories she writes. Only writing can dull the pain of her lonely world. And when her parents' marriage collapses, Gabriella is given her first reprieve, as her father disappears, and then her mother abandons her to a convent. There,

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Gabriella's battered body and soul begin to mend. Amid the quiet safety and hushed rituals of the nuns, Gabriella grows into womanhood in a safe, peaceful world. Then a young priest comes into her life. Father Joe Connors never questioned his vocation until Gabriella entered the confessional and shared her soul. Confession leads to friendship. And friendship grows dangerously into love. Like Gabriella, Joe is haunted by the pain of his childhood, consumed by guilt over a family tragedy, for which he blames himself. With Gabriella, Joe takes the first steps toward healing. But their relationship leads to

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tragedy as Joe must choose between the priesthood and Gabriella, and life in the real world where he fears he does not belong, and cannot cope. Exiled and disgraced, and nearly destroyed, Gabriella struggles to survive on her own in New York. There she seeks healing and escape through her writing again, this time as an adult, and her life as a writer begins. But just when she thinks she is beyond hurt, Gabriella is once again betrayed by someone she trusts. Brought to the edge of despair, physically attacked beyond recognition and belief, haunted by abuse in her present and her past, she

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nonetheless manages to find hope again, and the courage to face the past. On a pilgrimage destined to bring her face-to-face with those who sought to destroy her in her early life, she finds forgiveness, freedom from guilt, and healing from abuse. When Gabriella faces what was done to her, and why, she herself is free at last. With profound insight, Danielle Steel has created a vivid portrait of an abused child's broken world, and the courage necessary to face it and free herself from the past. A work of daring and compassion, a tale of healing that will shock and touch and move you to your very soul, it exposes the

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terror of child abuse, and opens the doors on a subject that affects us all. The Long Road Home is more than riveting fiction. It is an inspiration to us all. A work of courage, hope, and love.

The Fire Starter Sessions is an apathy-kicking, integrity-infusing guide to defining success on your own terms. Danielle LaPorte's straight-talk life-and-livelihood sermons have been read by over one million people. Bold but empathetic, in The Fire Starter Sessions she reframes popular self-help and success concepts, including: - Life balance

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is a myth, and the pursuit of it is causing us more stress than the craving for balance itself. - Being well-rounded is over-rated. When you focus on developing your true strengths, you enter your mastery zone. - Screw your principles (they might be holding you back). - We have ambition backwards. Getting clear on how you want to feel in your life + work is more important than setting goals. It's the most potent form of clarity that you can have, and it's what leads to true fulfillment.

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“Activating your self-love is the first step towards any type of psychological growth and personal improvement. Of course I am not talking about the dark side of self-esteem, which leads to narcissism and fascination with the ego, but rather about having a genuine ability to, fearless and unashamedly, recognize your strengths and virtues, integrate them into the development of your own life...” In this guide, Dr. Walter Riso teaches us about the tools we need to help bolster our self-esteem; he teaches us to feed our self-love, freeing us from

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dependencies and stripping away all those things that weigh heavily on us. This, in turn, enables us to build our own happiness.

Has your self-help become self-criticism? A wise and often hilarious exploration of the conflicts between spiritual aspiration and the compulsion to improve, from Oprah Super Soul 100 member, Danielle LaPorte. Like a wise girlfriend you can totally relate to, Danielle cheerleads you to own your wisdom and self-worth by having a good laugh (and maybe a good cry) at the ways you've been trying to improve on your self-improvement.

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Rooted in compassion, feminism, and spiritual activism *White Hot Truth* is an intimate and (hilariously) relatable account of self-help tales gone wrong, and very right. If you love Brene Brown and Liz Gilbert's authenticity, and Marianne Williamson's strong spirit, you'll adore how Danielle lays bare "Boundaries for spiritual people"; the "Discipleshit" that happens when we give our power away; a "Soul-perspective" on suffering; "over tolerance" and "foolish compassion" in relationships, sneaky self-loathing; spiritual glamour. And in her poetic and brazen way, she brings it home

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with the hottest truth of all: You are your own guru.

The final time-twisting installment in Danielle Rollins's epic time travel romance, perfect for fans of Alexandra Bracken and Kiera Cass. Dorothy finds herself completely alone. Roman is dead. The Chronology Protection Agency wants nothing to do with her. The Black Cirkus no longer trusts her. And Ash... Ash is gone. Dorothy has seen the evidence with her own eyes—she knows that she was the one who killed Ash. But she still has no idea how, when, or—most importantly—why.

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But the discovery of several missing pages from the Professor's journal drives a narrow sliver of hope into her heart. Without a ship, it should be impossible for Dorothy to travel through time. But Dorothy will do anything to protect Ash—and to save what's left of their ruined world.

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