



# **El manifiesto por la motivación: 9 compromisos para recuperar el control de tu vida (Spanish Edition)**

*Brendon Burchard*

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«*El manifiesto por la motivación es una llamada poética y potente para recuperar el control de nuestras vidas y para recuperar nuestra libertad personal. Una obra arrolladora que va más allá de su propio título y transporta al lector más allá de la mera motivación hacia una vida repleta de sentido y propósito.*»

Paulo Coelho

*El manifiesto por la motivación* es una invitación urgente y fascinante a recuperar nuestro poder individual. Para conseguirlo, el prestigioso formador y especialista en alto rendimiento Brendon Burchard nos enseña que la búsqueda de la libertad personal siempre ha sido el motor fundamental de la humanidad.

Siempre ansiamos disponer de mayor libertad de elección: libertad para disfrutar de nuestro tiempo, libertad emocional, libertad social, libertad financiera, libertad espiritual... Sin embargo, hay **dos enemigos que se interponen en nuestro camino**: el externo, representado por **la opresión social**, que nos conduce a la mediocridad; y el interno, **una represión infligida por nosotros mismos**, generada por el miedo y la inseguridad.

Solo lograremos reconquistar nuestra libertad personal con éxito si defendemos nuestra propia voluntad e independencia, si luchamos contra las distracciones del día a día, si nos enfrentamos a nuestras inseguridades y reivindicamos las voces de quien escogió la libertad en lugar de la tiranía.

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