



Deja de estancarte y ¡crece! (Crecimiento personal) (Spanish Edition)

Yechezkel Madanes

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Por primera vez, una obra combina las técnicas del prestigioso coach Anthony Robbins con la sabiduría del eneagrama. La pareja formada por Yechezkel y Ruth Madanes borra así la distinción entre "sano" y "disfuncional" y, en cambio, utiliza el eneagrama como una herramienta al servicio de la PNL y el crecimiento personal.

Deja de estancarte y ¡crece!. es un libro fundamentalmente práctico, que enseña tanto a a identificar los distintos tipos de eneagrama, qué clase de dificultades impiden a cada grupo acceder a sus necesidades más profundas. y qué herramientas de PNL y crecimiento personal son las más adecuadas para cada caso.

Una herramienta sumamente útil para coaches, consultores y terapeutas, pero también para cualquier persona interesada en desarrollar al máximo su propio potencial.

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