



Un abrazo al corazón (Spanish Edition)

Adriana Páramo Moguel

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“Un abrazo al corazón nació con el deseo de acompañarte a descubrir el extraordinario ser que llevas dentro y que no has podido conquistar por las capas y capas de pasado que obstruyen la visión de tu presente. Te invito a la maravillosa aventura para investigar quién eres y para llegar a ser: ¡la mejor versión de ti mismo!”

Adriana Páramo Moguel

¿Has estado triste por mucho tiempo? ¿Sigues recordando una traición que te hicieron hace muchos años?

¿Sientes que has postergado todas tus metas? ¿Vas como un barco a la deriva?

Lo primero que debes saber es que no eres la única persona que ha experimentado estos sentimientos. La tristeza, envidia, rencor y pereza pueden desgastarnos e impedirnos vivir de forma placentera. Tal como lo han pedido sus miles de radioescuchas, aquí encontrarás las cápsulas con las que la autora brinda un abrazo a nuestro corazón y se acerca a nosotros para reflexionar sobre la vida, sin prejuicios ni verdades ocultas. En estas páginas, Adriana Páramo conversa y aconseja con la misma cercanía que le hablaría a un amigo entrañable con quien ha convivido toda la vida.

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