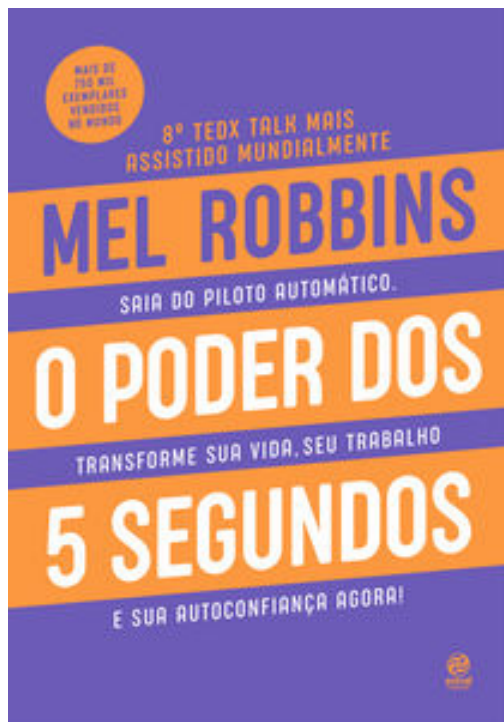


Baixar Livros Gratuitos O Poder Dos 5 Segundos (PDF|ePub|Mobi|Mp3|Txt) Mel Robbins Amor



Baixar livros gratuitos O poder dos 5 segundos (PDF|ePub|Mobi|Mp3|Txt) Mel Robbins amor, Mais de 750 mil exemplares vendidos no mundo 8º TEDx Talk mais assistido mundialmente

A vida bem-sucedida de Mel Robbins já foi muito diferente: ela evitava encarar desafios, apertava o botão soneca inúmeras vezes e deixava o caos se instalar pelo resto do dia. Tudo mudou quando ela descobriu O PODER DOS 5 SEGUNDOS e a capacidade de um curto espaço de tempo ser tão determinante em suas ações. Com o pontapé inicial que faltava, Mel descobriu a fórmula para colocar sua vida nos eixos e parar de culpar os outros pelos seus problemas. Mais de 15 milhões de pessoas assistiram ao TEDx Talk de Mel, e executivos das maiores marcas do mundo estão usando a ferramenta para aumentar a produtividade, a colaboração e o envolvimento de seus profissionais. Neste livro, você vai aprender com exemplos reais que nada irá mudar se continuar vivendo a vida no automático e não se arriscar.

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