



Las frases matonas de César Lozano (Spanish Edition)

César Lozano

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Con la gracia y la elocuencia que lo caracteriza, César Lozano nos enseña con sus frases matonas cómo matar al pesimismo y a las malas actitudes que entorpecen nuestro crecimiento espiritual. Su propósito es ayudarnos a alcanzar la libertad emocional, a ser positivos y a construir un camino hacia la felicidad.

Humor, experiencias de vida, anécdotas divertidas y, sobre todo, reflexiones profundas que transformarán tu vida, componen *Frases matonas*, el nuevo libro del maravilloso expositor del desarrollo humano, el doctor César Lozano. En estas frases llenas de **optimismo** y **esperanza**, el autor de *Por el placer de vivir* entrega a sus lectores una serie de pensamientos sobre el amor, la importancia de buscar ser mejores cada día, creer en los sueños y luchar por una vida plena y feliz. Con la gracia y la elocuencia que lo caracteriza, César Lozano nos enseña con estas frases **cómo matar al pesimismo** y a las malas actitudes que entorpecen nuestro crecimiento espiritual, su propósito es ayudarnos a alcanzar la libertad emocional, a ser positivos y a construir un camino hacia la felicidad.

El motivador número uno de México entrega en este libro espectacular sus opiniones más contundentes sobre el amor, la pareja, la familia, el duelo por el ser querido, la ilusión de quienes emprenden un proyecto, la comunicación con los hijos... Con el tono asertivo, ameno y claro que lo caracteriza, el carismático doctor César Lozano comparte en estas frases sus pensamientos y reflexiones, su experiencia profesional y las lecciones de vida que aprendió de familiares, amigos y pacientes.

Las frases matonas de César Lozano nos harán reflexionar y sonreír, buscar el camino más corto y efectivo a la felicidad, y nos ayudarán a abandonar las actitudes negativas para ser emprendedores, optimistas y libres de ataduras emocionales.

César Lozano nos invita a compartir **amor** y **amistad**, a pensar en los demás no sólo cuando necesitan ayuda, a convivir con quienes nos rodean y a **saber perdonar**. Cada frase, llena de sabiduría, nos motiva a ser mejores, estimula nuestras ganas de superarnos y a ser audaces; el objetivo es **ser felices** y **vivir en armonía**, y César Lozano nos mata de amor, consejos y alegría en este libro, para lograr nuestros propósitos.

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