



El universo de lo sencillo: 50 reflexiones para crecer y amar como valientes (Spanish Edition)

Pablo Arribas

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Plantéate esta pregunta con sinceridad: ¿vives como soñabas o has dejado parte de tu vida en manos del miedo, la dificultad o la opinión de los demás? Si eres de las personas que aspiran a una vida a pleno corazón, solo existe un camino: la valentía.

Atrévete a sentir. Atrévete a ser tú. Atrévete a amar. En definitiva, ¡atrévete a vivir!

El universo de lo sencillo es un proyecto de desarrollo y crecimiento personal que ya ha inspirado y ayudado a millones de internautas en la red. Su creador, Pablo Arribas, comparte en este libro 50 reflexiones para perseguir la felicidad con ilusión, optimismo y sencillez.

«Cada día se abre ante nosotros una ocasión extraordinaria para escuchar a nuestro corazón, olvidarnos de la imposibilidad, disfrutar el camino y devolverle a los sueños el decoro, la importancia y el lugar que merecen. Es hora de levantar la voz y recordarnos que solo tenemos una vida y que tiene que valer la pena.»

El blog de Pablo Arribas *El universo de lo sencillo* ha sido finalista a Mejor Blog de Educación y Ciencia de los Premios Bitácoras 2015 y blog más votado por el público en su categoría.

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