



Querer es poder (Spanish Edition)

Xavier Guix

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Este libro invita a una reflexión sobre el sentido que tiene en la actualidad la fuerza de voluntad, sobre todo ante la reivindicación del valor del esfuerzo. Observaremos, por ejemplo, la energía psicológica que malgastamos a diario y que supone una de las mayores cargas que nos afligen, cuando podríamos evitarlo y vivir con más fluidez.

Querer es poder ofrece, además, pautas y algunas herramientas que pueden ser muy útiles para lograr lo que nos propongamos. Abordaré asimismo cómo manejar la conducta motivada en tiempo de crisis, justo cuando más la necesitamos.

Para que todo funcione, hablando en un lenguaje actual, es necesario un objetivo bien definido (misión), una planificación (visión), un alto grado de responsabilidad (motivación, sentido del deber), esfuerzo (voluntad sostenida o perseverancia), sentido hacia un propósito mayor (ideal) y un estado corporal con el nivel de energía y tensión equilibrado (salud).'

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