



# Maestría de vida: Reflexiones para vivir en excelencia (Spanish Edition)

*Alejandra Llamas, Gloria Calzada*

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**Si crees que la vida se puede vivir con excelencia, este libro es para ti.**

**Gloria Calzada, conductora de *Netas Divinas*, se une a la especialista en *coaching*, Alejandra Llamas, para ofrecer a los lectores una conversación dinámica que ha convertido a este libro en un éxito de ventas.**

Este libro es una pincelada de frescura que nos invita a sentir, a inventar, a imaginar, a crear, a amar, a pensar, a transformar y, realmente, a vivir. Cada página nos lleva por un camino que nos inspira a entender la vida desde un lugar abundante, donde la evolución de nuestro ser, la conexión de cada uno de nosotros como parte de un todo y la armonía con los otros, suceden.

*Maestría de vida* es un tesoro que nos brinda la magia de la vida, esa que añoramos vivir. Explora, entre otros, temas como el miedo, el destino, el ego, la amistad, el autoconocimiento.

Gloria Calzada, alguien que sabe de retos, crecimiento y con un alma tenaz, es el punto de encuentro para propiciar un diálogo socrático con Alejandra Llamas, quien lleva años inmersa en el estudio del comportamiento del ser humano.

## Opiniones sobre la obra...

"El texto explora temas comunes como la confianza, el miedo, el amor, la felicidad, la autoestima, el ego, el perdón y los compromisos. Llamas trató los temas desde un nivel teórico y Calzada los aterrizó desde la práctica del coaching." - *Quién*

"Gloria Calzada, alguien que sabe de retos, crecimiento y con un alma tenaz, es el punto de encuentro para propiciar un diálogo socrático con Alejandra Llamas, quien lleva años inmersa en el estudio del comportamiento del ser humano. El resultado es una poderosa conversación que genera un sinfín de posibilidades." - *Martha Debayle*

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