



Recrear (Actual) (Spanish Edition)

Jordi Urbea, Jordi Torrents, Martínez, Moisés

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¿Cuál es una de las capacidades más asombrosas del ser humano? La de crear. «Crear», del latín creare, significa producir algo de la nada, dar vida. ¿Y por qué el libro que tienes en tus manos se titula Recrear? Por su doble sentido: crear de forma repetida; y disfrutar esa capacidad, recrearse en ella, como cuando éramos niños y en la escuela esperábamos con entusiasmo el tiempo de jugar en el recreo.

¿Acaso no es la vida el juego por excelencia en el que todos participamos desde que nacemos? Si quieres vivir un intenso e irrepetible juego, donde poder RECREAR las diez áreas más importantes de la vida –yo, salud, pareja, entorno, relaciones, profesión, dinero, ocio, crisis y suerte–, este libro te orientará de forma práctica y sencilla.

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