



Eres Importante (Self Matters): Construye tu vida desde el interior (Creating Your Life from the Inside Out) (Spanish Edition)

Dr. Phil McGraw

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Imagina que existe dentro de ti otro rostro que nunca ha visto la luz del día, que nunca ha podido decir: "Oye, ¿y qué conmigo?"...

Imagina que ni siquiera conoces esa otra faceta y que nunca has dejado que se exprese por miedo a ser juzgado y condenado...

Imagina que vives con miedo de fallarle a quienes generalmente te juzgan por tu manera de ser y por la forma en que vives...

Imagina que descubres que te has conformado con lo que se te ha presentado en la vida, en lugar de buscar aquello que realmente necesitas...

Imagina que realmente piensas y sientes cosas que nunca te habías permitido y que, de hecho, nunca te has atrevido a experimentar...

Imagina que tu matrimonio no es lo que emocionalmente deseas y necesitas, pero silenciosamente continuas con el mismo curso, renunciando a tu esperanza de ser feliz...

Imagina que estás dejando que los días se conviertan en semanas y las semanas en meses y los meses en años, y el tiempo se va sumando, convirtiéndote en una persona gris...

Si cualquiera de estos escenarios son una realidad en tu vida, entonces tenemos que hablar, y a lo largo de estas páginas lo haremos. Tengo malas noticias para ti y otras muy buenas. Las malas son que tú tomas las decisiones que te han puesto en las circunstancias actuales de tu vida; las buenas, que tú tomas las decisiones que te han puesto en tus circunstancias actuales de tu vida. Ahora es el momento de tomar la decisión más grande. *Eres importante* te ayudará a hacerlo.

-- Phil McGraw

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