



# Una vita in classe A - Corso Base (Italian Edition)

*Giuseppe Cusenza*

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## **Una vita in classe A - Corso Base (Italian Edition)** Giuseppe Cusenza

A quanti è capitato di fare il punto della situazione pensando a ciò che davvero si è riusciti a realizzare nella propria vita? Purtroppo è molto comune lasciare trascorrere, a volte anche decenni, senza avere percorso un solo centimetro verso la concretizzazione globale dei propri sogni riguardo a famiglia, denaro, salute, crescita personale, e il resto delle aree d'interesse di ogni essere umano. Ho posto l'accento sul termine globale perché per vivere davvero una vita in classe A è indispensabile soddisfare ragionevolmente tali aree. Quante volte capita che, ad esempio, un problema economico si riveli dannoso per la salute e il rapporto con il proprio coniuge? Oppure, quanto spesso succede che, un problema familiare si ripercuota negativamente sulla salute e la concentrazione necessaria per svolgere al meglio il proprio lavoro? Per vivere serenamente è indispensabile creare equilibrio, soddisfacendo in modo significativo ognuna di tali aree di interesse. Per dare origine a tale stabilità nella propria vita è fondamentale controllarne ogni aspetto impedendo che cattive abitudini, distrazioni, convinzioni limitanti e conseguenti emozioni negative rallentino o addirittura interrompano il proprio viaggio verso una vita soddisfacente. Per riuscire in questo, è necessario possedere una visione delle cose che ci sostenga di fronte alle inevitabili avversità e ci consenta di progredire ininterrottamente fino alla meta che ci siamo prefissati. Questo libro, frutto di attente ricerche e personali intuizioni, permette di ottenere tutto questo e nei tempi che tu stesso, ragionevolmente stabilirai.

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