



## Puedo superarme (Spanish Edition)

*Bernardo Stamateas*

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## **Puedo superarme (Spanish Edition)** Bernardo Stamateas

Hay momentos clave en los que podemos detenernos: después de una derrota... o después de una victoria. Si nos toca vivir una derrota, es momento de perseverar. Y si estamos atravesando un éxito, tenemos que celebrarlo, pero sin olvidar que uno de los grandes premios que trae un triunfo es la oportunidad de ir a por más.

En ocasiones sucede que mientras queremos alcanzar una meta nos quedamos detenidos en nuestra «zona de confort». Esta situación nos ofrece una alternativa y una posibilidad de decidir: podemos quedarnos ahí y no avanzar o dar un paso adelante y seguir creciendo.

¡Puedo superarme! trata de mirar hacia atrás y construir hacia adelante, de salir de nuestra zona de estancamiento y saber que todos podemos crecer. Y para dar ese primer paso fundamental, Bernardo Stamateas nos ofrece, entre otras, las siguientes ideas: fortalecer nuestra estima, adelantarnos al cambio, trabajar en equipo, concentrarnos en los resultados, practicar el perdón, vencer nuestros miedos, alcanzar lo que nos apasiona y planificar un futuro extraordinario.

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