



# La razón de los resultados de tu vida: (Entender, aceptar y decidir...) (Spanish Edition)

*Sergio Castillo Ortiz*

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Entender, aceptar y decidir son los parámetros de esta obra que se divide en dos partes: Mente y Espíritu. Este libro pretende hacerte reflexionar acerca de aspectos concretos que influyen y que han influido en el desarrollo de tu vida, de tal modo que generes una actitud de “cambio y mejoramiento” en diversas cuestiones.

Nuestra vida no incluye casualidades. Que hagamos lo que hacemos y que tengamos lo que tenemos es consecuencia de nuestras decisiones y de nuestras acciones.

Se abordan aquí cuestiones básicas de vida, como las siguientes:

¿Qué es lo que queremos?

¿Cuál es nuestro nivel de satisfacción con la vida hasta el momento?

¿Querríamos volver a vivir?

¿Qué prioridades tenemos en este momento?

¿Cómo influyen los sentimientos y las emociones en nuestro día a día?

¿Por qué decidimos lo que decidimos?

¿Qué principios y qué convicciones nos manejan?

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