



El manual del buen vivir (Entorno y bienestar) (Spanish Edition)

Natalia Herranz Fanjul

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"Después de leer este libro, estoy segura que el buen vivir ya está al alcance de todos. Coincido con Natalia en que para mejorar nuestra calidad de vida sólo hace falta un poco de planeación y esfuerzo. Se trata de encontrar el placer en lo cotidiano y de aprender a saborearlo en los pequeños detalles, todos los días. El resto... es cuestión de disfrutar."

Fernanda Familiar
Comunicadora

Natalia nos plantea en este, su primer libro, que el verdadero lujo no se compra y está menos vinculado al poder adquisitivo de lo que podríamos suponer. El lujo consiste, esencialmente, en tener la capacidad de disfrutar el día a día y en darle significado a las experiencias que vamos teniendo.

Aprovecha las herramientas de esta práctica guía, para hombres y mujeres, con o sin hijos, para organizarte mejor. Sácale jugo a tu dinero, gana tiempo para hacer lo que más te gusta, ordena tus espacios para vivir más a gusto y aprende todo lo necesario para gozar de tu vida social.

El Manual del buen vivir te cambiará la vida diaria de forma individual pero también en pareja si la tienes, y mejorará tus entornos familiares y sociales de forma positiva. Los consejos, propuestas, tips y planteamientos que Natalia comparte en este libro marcarán la diferencia.

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