



Esencialismo: Una síntesis detallada del libro de Greg McKeown en sólo 30 páginas (Summary n° 2) (Spanish Edition)

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Esencialismo se convirtió rápidamente en un bestseller y fue traducido a varios idiomas. Su autor, Greg McKeown, expone de una manera didáctica y amena cómo enfocar toda la energía en las actividades esenciales eliminando lo trivial, cómo lograr mejores resultados haciendo menos esfuerzo y cómo aprender a decir que no, de manera elegante cuando hace falta. Más allá de las estrategias que ofrece el libro, el concepto basado en el "esencialismo" propone una disciplina efectiva para construir una vida realmente centrada y despejada; tanto en lo personal como en los negocios.

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