



# Transforme a si mesmo até sexta (Portuguese Edition)

*Kevin Leman*

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## **Transforme a si mesmo até sexta (Portuguese Edition) Kevin Leman**

Quantas vezes você se sentiu como um hamster na gaiola, dando voltas e mais voltas na mesma roda, sem nunca ir a lugar algum, nem realizar nada? Quantas dietas você fez nos últimos cinco ou dez anos? Quantas vezes você disse a si mesmo: "Eu nunca vou dizer isso a meus filhos", e então não só o fez, como também falou no mesmo tom que seus pais usavam com você? Bem vindo ao time, você é um ser humano! Todo mundo gostaria de ter alguns quilos a menos, o cabelo mais liso ou enrolado, o nariz menor, ser mais alto. Nunca estamos satisfeitos com nossa imagem. Mas será que é só por fora que as coisas poderiam ser diferentes? Se pudesse mudar alguma coisa em você, na sua personalidade, no seu jeito de ser, o que seria? Kevin Leman apresenta a você um programa de cinco dias para sua transformação pessoal, que começará no seu passado, nas suas raízes, passará pelo seu presente e a forma como você age, reage e se relaciona com outras pessoas, e refletirá diretamente no seu futuro. Conheça-se. Aceite a verdade sobre si mesmo. Aumente sua confiança. Aprenda a se livrar das mentiras e desculpas. Visualize e se torne quem você realmente quer ser. Assuma o controle da sua vida e tenha um novo você até sexta!

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