



## Conéctate (Spanish Edition)

*Gaby Vargas*

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# Conéctate (Spanish Edition)

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**Conéctate (Spanish Edition)** Gaby Vargas

**De la autora bestseller Gaby Vargas, especialista en temas de desarrollo humano.**

**Conéctate contigo mismo, con los demás, con el universo.**

El vértigo de la vida diaria nos agobia. Un bombardeo de opiniones, denuncias y réplicas acecha desde el radio, la televisión, periódicos, revistas, Twitter, redes sociales e Internet. Todo en tu cotidianidad son datos, estadísticas, reportes, cifras, golpes de información que roban el aliento y atrapan nuestros pensamientos.

Ahora, pregúntate, ¿realmente esta tormenta de mensajes despierta nuestra conciencia para ser mejores? ¿Nos sensibiliza para acercarnos a los demás? No. Es cierto que la tecnología reduce las distancias, pero también aleja los sentimientos: revela con imágenes el mundo exterior pero deja un vacío en el mundo interior: Por eso es vital estar conectados con nosotros mismos, con los demás y con el Universo, y **Gaby Vargas** te dice cómo en este libro excepcional que transformará tu visión del mundo moderno y la percepción que tienes de ti mismo.

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