



## Concentrarse mejor (Actual) (Spanish Edition)

*Verena Steiner*

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La concentración es necesaria para la obtención de buenos resultados. Sin embargo, el ajetreo de la vida cotidiana supone un obstáculo para nuestra capacidad de concentrarnos plenamente en una tarea.

Verena Steiner nos muestra con brevedad y precisión cómo podemos mejorar nuestra capacidad de concentración. Sus propuestas son de rápida aplicación, prácticas y de eficacia demostrada.

Este pequeño manual será de gran utilidad para todos aquellos que deseen o necesiten mejorar su capacidad de concentración, así como trabajar y aprender con mayor eficiencia.



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