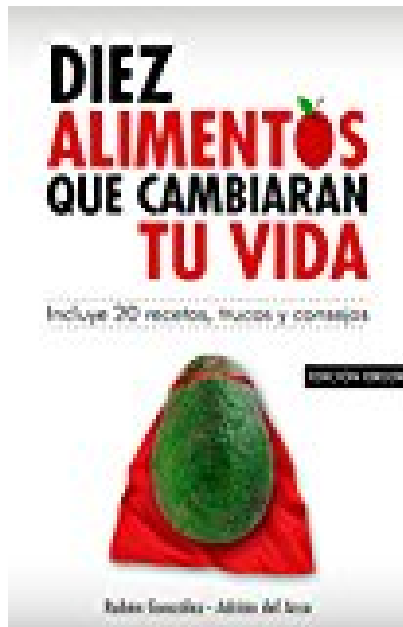


10 alimentos que cambiarán tu vida

Incluye 20 recetas Spanish Edition



BOOK DETAILS

- Author : Rubén González
- Pages : 50 Pages
- Publisher :
- Language : Spanish
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BOOK SYNOPSIS

Four-time Olympian, bestselling author and award-winning speaker Ruben Gonzalez on how to develop the focus, discipline, confidence and courage you need to achieve your goals. Take control of your life with the success secrets of an Olympic athlete and successful business owner. As a four-time Olympian, peak-performance expert Ruben Gonzalez knows how to achieve success again and again. Now you can learn the keys to success from someone whos been there. Learn time-tested ways to: - Build confidence and destroy fear - Unleash your passion and drive - Unlock your full potential - Turn defeat into victory - Achieve your life ambitions Ruben wasn't a gifted athlete. He didn't take up the Olympic sport of luge until he was 21. Against all odds, four years and a few broken bones later he was competing in the Calgary Winter Olympics. At the age of 47 he was racing against 20-year-olds at the Vancouver Olympics. If these principles worked for Ruben, they will work for anyone, anywhere, anytime."

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