

Leggi Ebooks 20 Incredibili Trucchi Mentali Danilo Henrique Gomes PDF, EPUB, Mobi



Leggi ebooks 20 incredibili trucchi mentali Danilo Henrique Gomes PDF, EPUB, mobi, "Risolvi i tuoi problemi quotidiani in modo semplice e veloce utilizzando la tua propria mente!"

Impara in modo semplice e senza deviazioni 20 incredibili trucchi mentali per facilitarti la vita ed esserti d'aiuto nei problemi giornalieri. Attraverso spiegazioni concise e facili da capire, potrai usufruire di molte tecniche riconosciute dalla psicologia e dimostrate dalla PNL o programmazione neurolinguistica.

Ecco la lista di alcuni trucchi mentali descritti nel libro:

- Trucco mentale per addormentarsi
- Trucco mentale per mangiare meno
- Trucco mentale per parlare in pubblico
- Trucco mentale per lavorare meglio
- Trucco mental per aumentare l'intelligenza
- Trucco mentale per vincere una mania
- Trucco mentale per affrontare le paure
- Trucco mentale per affrontare situazioni limitanti

- Trucco mentale per avere buone idee
E molti altri!

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