



Como un hombre piensa asi es su vida (Spanish Edition)

James Allen

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Esta obra es sin duda la mas conocida de James Allen, uno de los autores de autoayuda mas leidos y citados de todos los tiempos. En ella, el autor plantea la idea de que nuestros pensamientos son las semillas de aquello que mas tarde fructificara en nuestras vidas. La mente humana puede compararse con un jardin, y su cultivo, una tarea y un camino espiritual a realizar a un tiempo, algo que Allen nos describe con verdadera maestria. Cuidar el jardin de nuestros pensamientos nos conducira de forma natural a la consecucion de una vida sabia, plena y feliz. / Now considered a classic self-help book, As a Man Thinketh's underlying premise is that noble thoughts make a noble person, lowly thoughts make a miserable person. In short: you are what you think. James Allen was convinced that positive thinking produced health, wealth and a sense of well-being. His argument is clear and timeless: within each of us is the spiritual power to overcome the troubles of everyday life. The law of harvest is to reap more than you sow. Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny.

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