



## No te alteres: Consigue el bienestar personal (Spanish Edition)

By María José Zoilo Guzmán

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Además, este libro cuenta con la inestimable colaboración de una serie de personajes famosos -desde María Teresa Campos, Lola Herrera y Boris Izaguirre hasta Cristina Hoyos, Karlos Arguiñano o Antonio Banderas, entre otros- que confiesan a la autora sus debilidades, algo tan normal como aquellos momentos de felicidad que la vida, a pesar de todo, nos depara.

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**Bibliography**

- Rank: #4439854 in eBooks
- Published on: 2014-07-03
- Released on: 2014-07-03
- Format: Kindle eBook

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