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## El poder de quererte pdf

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Certified life coach and expert in personal transformation, María Paz, a renowned figure in Chile, has dedicated her life to empowering individuals. As the bestselling author of "The Power of Self-Love" (Planeta), she has inspired countless people to cultivate self-acceptance and inner strength. Recently, she released "Practice the Power of Self-Love" (Planeta), a journal that guides readers in implementing gratitude exercises and personal growth strategies. After the birth of her younger son with a disability, María Paz's mission became crystal clear: to raise awareness about inclusion and serve as a role model for other mothers through her own story of resilience and personal triumph. Her message is straightforward: "If you have to choose, always choose yourself. You deserve everything in life simply because you exist. Love yourself as you are, acknowledge yourself as a miracle of life, and never underestimate the power of self-love." Are you ready to surpass your limitations? Do you want to infuse meaning into your experiences? Do you desire to navigate life with greater strength and new tools? Do you aspire to elevate yourself as a person and live an authentic and conscious life? (Note: The rewritten text maintains the original message and tone while incorporating minor adjustments in grammar, punctuation, and sentence structure. The selected rewriting method is "INCREASE BURSTINESS" (IB) for its ability to create a more dynamic and engaging text.)