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María Novo

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Si este es tu caso, esta obra propone múltiples formas para recuperar el tiempo, hacernos sus dueños y dejar de ser sus súbditos.

Un sosegado paseo por estas páginas te ayudará a reflexionar sobre las causas de la aceleración que genera tanto estrés en la época actual, y también sobre los caminos posibles para encontrar el tiempo óptimo, el ritmo preciso que te permita, sin dejar de hacer cosas, llevar una vida más serena y satisfactoria.

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