



Efecto maratón (Biblioteca de desarrollo personal) (Spanish Edition)

Rafa Vega

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¿Qué harías si un huracán azotara la ciudad donde tiene previsto celebrarse la maratón en la que vas a participar? ¿Y si la propia carrera se cancelara? ¿Te quedarías en el hotel lamentándote? ¿No lucharías por lograr aquello que te habías propuesto? Rafa Vega decidió seguir adelante y correr por su cuenta los 42 kilómetros de la célebre maratón de Nueva York para culminar un proyecto solidario (#sisepuedeNY) que buscaba recaudar fondos para los niños con cáncer. Detrás de esta historia, que sirve como telón de fondo, hay un tema más universal como es la superación de obstáculos, la preparación por alcanzar un objetivo, y la motivación para lograr un sueño. A lo largo de este libro, estructurado en 42 capítulos, como los kilómetros que tiene la maratón, correremos junto a ilustres runners (actores, presentadores de televisión, periodistas, chefs...), dando consejos para lograr completar la carrera más larga, la maratón... y la vida. Porque el “efecto maratón” es eso: una meta, una vida plena, y la lucha por llegar a ella, para superar cualquier obstáculo por imposible que parezca.

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