



4 minutos para crecer (Spanish Edition)

Helios Herrera

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Mueve tu mundo, genera un cambio, reflexiona, ponte metas... ¡haz que las cosas sucedan!

4 minutos podrían ser insuficientes para millones de cosas; en 4 minutos no se cierra un negocio, no crece un niño, no se hace una amistad, no se recupera la salud, ni se pasea al perro; vaya, ni siquiera se ve un programa de televisión, no se escucha completa casi ninguna canción, y tampoco es tiempo suficiente para fumar un cigarro.

Pero en 4 minutos sí pueden suceder cosas maravillosas: te enamoras de unos ojos, disfrutas las sonrisas de tus hijos o de tus padres, ríes a carcajada suelta casi hasta ahogarte, das (o te dan) un beso apasionado o muy tierno, una madre escucha, un anciano muere, una bomba destruye.

¿Qué vas a hacer los próximos 4 minutos?, ¿podrías pensar en algo importante?, ¿podría este pensamiento elevarte a una reflexión?, ¿y podría ésta motivar un cambio en alguna faceta de tu vida?

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