



Guclu Kal - 365 Gun Hayata Tutun

Demi Lovato

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Sevgili Okuyucu, Hayatimda pek çok tecrube yasadım, bağımlılıktan depresyona kadar pek çok zorlukla karşı karşıya kaldım ama hep kendimi kesfetmenin ve mutlulugun pesinde oldum. Inisler ve çıkışlar, kalp kırıklıkları ve zaferler her zaman var olacak. Bu yüzden bazen ufak bir kaç kelime bile çok şeyi değiştirebilir. İnsanı rahatlatıp ilham verebilir. İçimde var olan yüce gülle temas kurmak için her gün meditasyon yapıyor ve dua ediyorum. Huzur bulmak için sizin olabileceğiniz daha yüce bir guce, sizden daha büyük bir seye sahip olmanız çok önemlidir. Bazı günler mücadele gerektirse de, sizin motive edecek, size ilham verecek ve pozitif kalmanızı, ileri doğru yol almanızı yardım edecek bir seylerin olması çok önemlidir. Bu kitap kendi sözlerim ve bana ilham veren alıntıların yanı sıra derslerin, meditasyonların, düşüncelerin ve günlük hedeflerin bir derlemesidir. Bana muthis yardımcı oldular. Bu hepinizle paylaşmak istedim, özel ve kişisel bir armagan. Hayatta her nerede olursanız olun, lütfen bunu okuyun ve yanınızda olduğumu bilin. Guclu kalın, cesur olun, çok ve gerçekten sevin; bir şey kaybetmez, aksine kazanırsınız. Sevgilerimle, -Demi Lovato- "Yolculugunuza minnettar olun cunku o tamamen size ait." (Tanıtım Bulteninden)

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