



Guclu Kal - 365 Gun Hayata Tutun

Demi Lovato

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Sevgili Okuyucu, Hayatımda pek çok tecrübe yaşadım, bağımlılıktan depresyona kadar pek çok zorlukla karşı karşıya kaldım ama hep kendimi keşfetmenin ve mutluluğun pesinde oldum. İnşiler ve çıkışlar, kalp kırıklıkları ve zaferler her zaman var olacak. Bu yüzden bazen ufak bir kelime bile çok şeyi değiştirebilir. İnsani rahatlatıp ilham verebilir. İçimde var olan yüce güçle temas kurmak için her gün meditasyon yapıyor ve dua ediyorum. Huzur bulmak için sığınabileceğiniz daha yüce bir güç, sizden daha büyük bir şeye sahip olmanız çok önemlidir. Bazı günler mücadele gerektirse de, sizi motive edecek, size ilham verecek ve pozitif kalmanıza, ileri doğru yol almanıza yardım edecek bir şeylerin olması çok önemli. Bu kitap kendi sözlerim ve bana ilham veren alıntılar, yani sıra derslerin, meditasyonların, düşüncelerin ve günlük hedeflerin bir derlemesi. Bana muthis yardımcı oldular. Bu hepinizle paylaşmak istediğim, özel ve kişisel bir armağan. 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- "Yolculuğunuza minnettar olun çünkü o tamamen size ait." (Tanıtım Bülteninden)

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