



# La eutopía de Karinna Castro (Spanish Edition)

*Karina Castro Sessa Netto*

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Eu (bien, bueno, feliz) y Topía (de topos=lugar). “El único lugar en que se puede encontrar la felicidad es en nuestro propio interior.” Eutopía tiene como objetivo principal presentar con claridad y sencillez distintas estrategias para usar nuestra mente en beneficio propio, ofreciendo a los lectores un camino en el cual, quienes así lo deseéis, podáis encontrar la esencia de vuestro ser y gozar de una mayor satisfacción emocional. Todos sabemos que, en más ocasiones de las que deseamos, sufrimos por algo que nos pasó hace tiempo; y que alimentamos así las angustias y los sentimientos de tristeza, hiriendo una y otra vez nuestra propia existencia. Pero también sufrimos por lo que aún no ha ocurrido, como si pudiésemos controlar el futuro. Ha llegado el momento, pues, de que la fuerza de nuestros pensamientos cotidianos cobre la importancia que realmente merece y de que despertemos a la conciencia, para poder esculpir, a través de la autosugestión, una vida de amor, felicidad, bienestar y éxito; recordando en todo momento que nuestras afirmaciones diarias pasan a formar parte del subconsciente y, con él, de nuestra vida. “Elige, tú, tu propio camino”

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