



Un mundo sin quejas

Will Bowen

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Se trata de una propuesta novedosa para cambiar nuestro chip vital, y distinta a los típicos planteamientos de autoayuda. Una propuesta innovadora para hacer frente a la vida con una actitud totalmente positiva. En julio de 2006, el reputado líder cristiano Will Bowen creó para su comunidad «El reto de los 21 días» ;. Su propuesta fue muy simple: los participantes debían colocarse una pulsera morada con la leyenda «Un mundo sin quejas» y resistir 21 días sin lamentarse por nada ni una sola vez. Si durante ese periodo los participantes emitían algún lamento, debían cambiarse la pulsera de muñeca y volver a empezar. Los resultados fueron sorprendentes, y la idea de Bowen se propagó rápidamente por todo el mundo. Esta es la historia de la gestación de una idea muy simple que ayudará al lector a tomar las riendas de su vida.

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