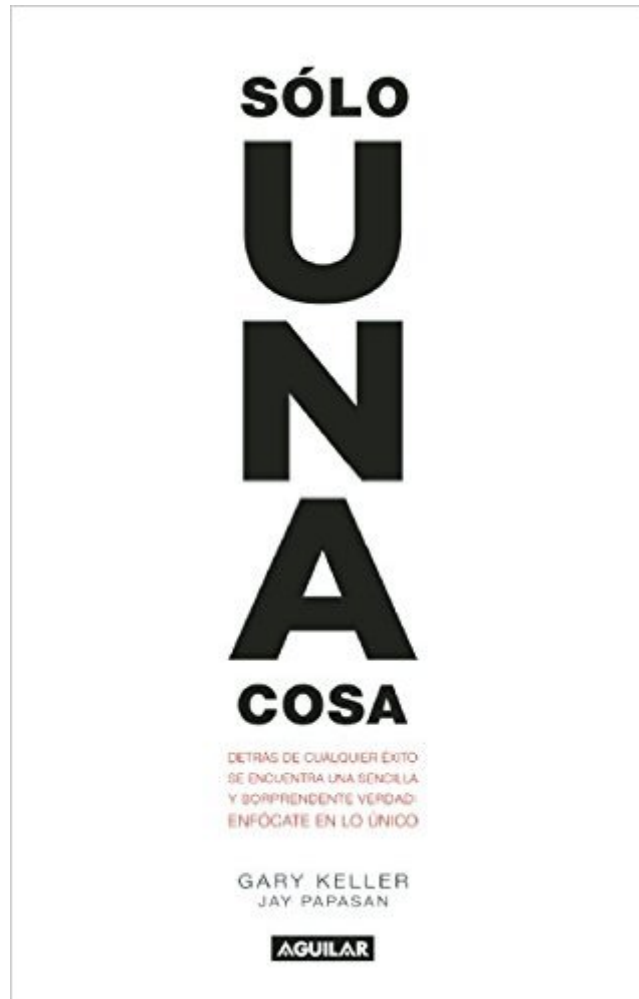


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# S  lo Una Cosa / The One Thing (Spanish Edition)



## Synopsis

¿Alguna vez has pensado que ojalá pudieras dividirte para poder llegar a solucionar todos aquellos asuntos de tu vida que te apremian? Pues tienes que saber que no será a una buena idea. Vivimos en un aluvión diario de correos electrónicos, textos, tweets, mensajes y reuniones que demandan nuestra atención y nos estresan a diario. ¿Y a qué nos lleva todo esto? A resultados mediocres, incumplimiento de plazos, menos dinero y más preocupaciones. ¿Quieres ser más productivo en tu trabajo? ¿Quieres mejorar tu estilo de vida y tu economía? ¿Quieres estar satisfecho con tu rutina y tener más tiempo para ti? ¿Quieres disfrutar de tu familia y tus amigos? En *Lo Una Cosa* Gary Keller y Jay Papasan te muestran que el proceso es bastante sencillo. Siguiendo sus consejos conseguirás:

- Ordenar tu mente y tus prioridades
- Optimizar tus resultados en poco tiempo
- Marcarte metas y cumplirlas
- Reducir el estrés y las preocupaciones
- Sentirte vital y seguro de ti mismo
- Diferenciar lo importante de lo secundario

*“LO UNA COSA = LO ÚNICO”* ¿Qué es para ti lo único ahora?

**ENGLISH DESCRIPTION** The ONE Thing has made more than 200 appearances on national bestseller lists, including #1 Wall Street Journal, New York Times, and USA Today. It won 12 book awards, has been translated into 24 languages, chosen as one of the Top 5 Business Books of 2013 by Hudson's Booksellers and one of Top 30 Business Books of 2013 by Executive Book Summaries. People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending from the pulpit. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships.

**YOU WANT LESS.** You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions; and lots of stress.

**AND YOU WANT MORE.** You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends.

**NOW YOU CAN HAVE BOTH; LESS AND MORE.** In *The ONE Thing*, you'll learn to:

- cut through the clutter
- achieve better results in less time
- build momentum toward your goal
- dial down the stress
- overcome that overwhelmed feeling
- revive your energy
- stay on track
- master what matters to you

*The ONE Thing* delivers

extraordinary results in every area of your life; work, personal, family, and spiritual.

WHAT'S YOUR ONE THING?

## Book Information

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