



# Encantado de conocerme: Comprende tu personalidad a través de Eneagrama (Spanish Edition)

*Borja Vilaseca*

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**Emprende el cambio desde el autoconocimiento**

**Un título dirigido a personas que sienten una necesidad de cambio personal y/o profesional**

Hay tantos caminos para conocerse a uno mismo como seres humanos en este mundo. Estar verdaderamente bien con nosotros mismos es una simple cuestión de sabiduría. Y aunque es cierto que puede aprenderse sin ayudas externas, existen algunas herramientas psicológicas que contribuyen a facilitar, profundizar y acelerar este proceso de autoconocimiento. El Eneagrama es una de ellas. Es como un manual de instrucciones de la condición humana mediante el que podemos comprender las motivaciones profundas -muchas veces inconscientes- que hay detrás de nuestras conductas y actitudes. A través de la descripción de nueve tipos de personalidad, nos ayuda a trascender nuestro ego y a reconectar con nuestra verdadera esencia.

*Encantado de conocerme* está inspirado en los 100 seminarios que el autor ha impartido en los últimos siete años sobre Eneagrama a más de 2.000 participantes, pudiendo verificar empírica y científicamente el impacto tan positivo que tiene en la vida de las personas conocerse y comprenderse a través de esta herramienta de autoconocimiento.

\*\* Libro recomendado por la Asociación AEneagrama, filial en España de la Asociación Internacional de Eneagrama

**«Las verdaderas batallas se libran en nuestro interior.»**

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