



# El manifiesto por la motivación / The Motivation Manifesto (Spanish Edition)

By Brendon Burchard

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**El manifiesto por la motivación / The Motivation Manifesto (Spanish Edition)** By Brendon Burchard

*«El manifiesto por la motivación es una llamada poética y potente para recuperar el control de nuestras vidas y para recuperar nuestra libertad personal. Una obra arrolladora que va más allá de su propio título y transporta al lector más allá de la mera motivación hacia una vida repleta de sentido y propósito.»*

Paulo Coelho

El manifiesto por la motivación es una invitación urgente y fascinante a recuperar nuestro poder individual. Para conseguirlo, el prestigioso formador y especialista en alto rendimiento Brendon Burchard nos enseña que la búsqueda de la libertad personal siempre ha sido el motor fundamental de la humanidad.

Siempre ansiamos disponer de mayor libertad de elección: libertad para disfrutar de nuestro tiempo, libertad emocional, libertad social, libertad financiera, libertad espiritual... Sin embargo, hay **dos enemigos que se interponen en nuestro camino**: el externo, representado por **la opresión social**, que nos conduce a la mediocridad; y el interno, **una represión infligida por nosotros mismos**, generada por el miedo y la inseguridad.

Solo lograremos reconquistar nuestra libertad personal con éxito si defendemos nuestra propia voluntad e independencia, si luchamos contra las distracciones del día a día, si nos enfrentamos a nuestras inseguridades y reivindicamos las voces de quien escogió la libertad en lugar de la tiranía.

## ENGLISH DESCRIPTION

*"The Motivation Manifesto is a poetic and powerful call to reclaim our lives and find our own personal freedom. It's a triumphant work that transcends the*

*title, lifting the reader from mere motivation into a soaringly purposeful and meaningful life. I love this book." - Paulo Coelho*

The Motivation Manifesto is a pulsing, articulate, ferocious call to claim our personal power. World-renowned high performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice-time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear.

The march to Personal Freedom, Burchard argues, can be won only by declaring our intent and independence, stepping into our personal power, and battling through self-doubt and the distractions of the day until full victory is won. Recalling the revolutionist voices of the past that chose freedom over tyranny, Burchard-at times poetic yet always fierce-motivates us to free ourselves from fear and take back our lives once and for all.

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