



# Guía de una mujer para las buenas decisiones (Spanish Edition)

*Elizabeth George*

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Cada 24 horas, las mujeres tienen que tomar cientos de decisiones. ¿Qué estrategias pueden utilizar para tomar las mejores decisiones en medio de los problemas y los retos cotidianos? ¿Cómo pueden aprovechar bien el tiempo y sentirse satisfechas con los resultados al final del día? Después de hacerse estas mismas preguntas durante años, Elizabeth ha elaborado un proceso claro y práctico para tomar las mejores decisiones posibles a la hora de...

- comenzar bien el día con las prioridades en orden
- eliminar las cosas que nos hacen perder el tiempo
- evitar pensamientos y actitudes negativas
- establecer y cumplir objetivos
- planificar mejor y terminar bien

Every 24 hours, women are faced with hundreds of decisions. What strategies can they use to consistently determine the good, better, and best choices as they face daily issues and challenges? How can they make their minutes count—and feel great about the results when the day ends?

From years of asking these very questions herself, Elizabeth has put together proven guidelines for making the best possible choices when it comes to...

- starting the day right so priorities stay on track
- eliminating timewasters and negative thoughts and attitudes
- paying attention to food and fitness for more energy and better health
- setting goals for getting things done
- planning more effectively and finishing well



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