

Kayla Itsines Guia En Espaol

Marca con propósito Guía de Alimentación y Estilo de Vida Saludable en 28 Días Bikini Body Mgtr. Erika Bohn Kayla Itsines
Marca con propósito Guía de Alimentación y Estilo de Vida Saludable en 28 Días Bikini Body *Mgtr. Erika Bohn Kayla Itsines*

descubrí el poder de tu marca personal y transformala en tu mayor activo en un mundo digital cada vez más saturado destacar ya no es una opción es una necesidad en estas páginas erika bohn te acompaña paso a paso en el proceso de construir una marca personal auténtica con estrategia y con propósito aprendé a comunicar tu esencia atraer a tus clientes ideales y monetizar tu talento sin perder tu identidad con herramientas como los arquetipos de marca casos reales y ejercicios prácticos descubrí cómo posicionarte como referente en tu industria y generar un impacto real desde tu propia voz este no es solo un libro sobre redes sociales o contenido es una guía para crear una marca que refleje quién sos lo que representás y el cambio que querés generar en el mundo porque tu marca personal no nace cuando tenés éxito nace cuando decidís apostar por vos si sentís que tenés algo valioso para aportar este libro es tu punto de partida encontrará la claridad la confianza y la estrategia que necesitás para construir una marca memorable alineada con tu propósito y sostenible en el tiempo

un programa de 4 semanas para mujeres que quieran mejorar su confianza fortaleza y optimismo para lograr un cambio físico a través de un estilo de vida saludable es importante resaltar que el bikini body va mucho más allá del peso del aspecto físico y de la percepción que los demás tienen es un estado mental una cuestión de actitud y de confianza para ello la alimentación sana y equilibrada es una de las claves y kayla nos ofrece un plan de menús perfectamente organizado con tablas de nutrientes y exquisitas y saludables recetas con explicaciones paso a paso un programa de 4 semanas para lograr un cambio físico a través de un estilo de vida saludable

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