



¡Latina es poder! (Latina Power): Descubre las 7 fortalezas que tienes para triunfar (Using 7 Strengths You Already Have to Create the Success You Deserve) (Spanish Edition)

Dr. Ana Nogales

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En esta guía inspiradora sobre el poder, la doctora Ana Nogales anima a las latinas para que trasciendan lo que se espera de ellas y se conviertan en las mujeres que desean ser, algo que lograrán al adoptar siete atributos que ellas han heredado instintivamente de la cultura latina:

El espíritu creativo

La apasionada resolución de la aguantadora

La habilidad para relacionarse de la comadre

La discreción de la diplomática

El valor de la atrevida

El equilibrio de la malabarista

La confianza de la reina

Cada capítulo presenta un elemento interactivo, un cuestionario para determinar cuán fuerte es cada atributo en la personalidad de la lectora y ejercicios para fortalecer cada atributo. Repleto de narraciones personales de latinas que han triunfado -- como la novelista Isabel Allende, la presentadora de la televisión Cristina Saralegui, las congresistas Loretta y Linda Sánchez, la fundadora de la revista *Latina*, Christy Haubegger, y la cantante Jaci Velásquez -- ¡*Latina es poder!* motiva a las lectoras a perseguir con ahínco sus propios sueños.

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