



## En busca del equilibrio: Nueve principios para armonizar tu vida con tus deseos

Wayne W. Dyer

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Imagina una balanza en la que uno de sus dos extremos, de tan cargado, toque el suelo, y el otro donde están tus deseos quede frágilmente suspendido en el aire. Lo que pesa son tus pensamientos. Para recuperar el mismo equilibrio que caracteriza al resto de nuestro universo, debes aligerar todos esos pensamientos hasta que se adecuen a tus deseos. Como el autor indica, en nuestro interior disponemos de los medios para lograr todo lo que queramos, siempre que identifiquemos y revisemos dónde está el exceso de lastre. Para ello, a través de los nueve principios ofrecidos en esta obra, aprenderás a armonizar tu vida y tus aspiraciones. Wayne W. Dyer fue profesor de psicología del asesoramiento en la St. John's University de Nueva York y actualmente se dedica a pronunciar conferencias, impartir cursos y a escribir. Entre sus obras publicadas cabe destacar *Tus zonas erróneas*, posiblemente el libro de autoayuda más leído del mundo.

## En busca del equilibrio: Nueve principios para armonizar tu vida con tus deseos Details

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## **From Reader Review En busca del equilibrio: Nueve principios para armonizar tu vida con tus deseos for online ebook**

### **Rubina says**

The concept of balance defines our Universe, but ever so often we have to be reminded of the need to restore this nature equilibrium in all aspects of our life. This little book provides us with the nine principles to help restore this balance. The focus of these nine principles is about the realigning of our thoughts, that if our thoughts are not aligned with our desires these thoughts are then resistant energy which counters our desires. Basically, as stated in Law of Attraction, we become what we think. An inspirational book, definitely one to be re-read periodically.

- 1) Balancing your dreams with your habits
- 2) Balancing your desire to enjoy life with your need to achieve
- 3) Balancing how you see yourself with what you project to the world
- 4) Balancing your desire for what you want with your addictive behaviour
- 5) Balancing your desire to have your body feel great with what you feed it and how you exercise it
- 6) Balancing your desire for prosperity with your habits of scarcity
- 7) Balancing your desire to live in a peaceful world with messages of evil continually bombarding you
- 8) Balancing your desire for love with feelings of not having enough love
- 9) Balancing your Spiritual Life with your Material Life

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### **R says**

I get something new out of this every time I read this. It is my go to for attitude adjustment

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### **gerry divine says**

#### **Very good**

It is very insightful, inspiring, informative and interesting book .it has a very balanced view of human existence and God.

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### **Kris says**

One of my favorite reads

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### **Susan says**

"We become what we think about all day long." Some people get this immediately. Others don't get it, can't

get it, or don't want to get it. But nonetheless it is true and definitely worth getting. So in his own unique and good-natured manner, Wayne breaks it down for us, step by step, piece by piece. Reading this book is a gentle reminder on how to "think" to "become" who you really desire to be.

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### **Saúl Girón says**

Hermoso libro. Hermoso propósito.  
El equilibrio es posible xq el ser humano es eso:una posibilidad.

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### **Jean says**

I give 5 stars to Wayne Dyer - he was a master. When I am feeling low, down, helpless, I pick up one of his books and get an instant reminder of who I am, what I am capable of, and he sets me right again. Priceless.

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### **Drew Constance says**

Quick thoughts: Inviting, honest and provoking.

I have a few of Dr. Dyers books on my bookshelf sitting there waiting to be read, and after reading *Being in Balance*, I can honestly say I am excited to get into them. Dyer has a really positive, informative and resonating voice that really connected me to his words of universal wisdom. He offered great, simple approaches to balancing areas of life that are often overlooked and disconnected and shared some beautiful quotes and poetry throughout to showcase his ideas and experiences.

I am adopting many of the principles already so it was fantastic to read some tips and take a look at different perspectives behind the principles. Manifestation is a huge learning point in my own self transformational development and the frequent "You are what you think, and you create what you think," is really absorbed into my mind now.

Apart from also being pleasing to the eye, I found this to be a provoking, emotionally inviting and profound look at life, balance, spirituality and the world at large and would recommend it for fans of Dyer, or for anyone wanting to learn more about self love, and how to balance key areas in your life for a fulfilling, energetic and abundant life. I will be reading further works. This book would also make a fantastic gift and is small enough to fit into your bag or handbag for slower reading or reflection.

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### **Marta says**

I have read Wayne Dyer, listened to him on audio and watched him speak on PBS. At times he has said things that have made me speculate that he might be tricky to live with, such as saying that his kids from a former wife don't have allergies when they are with him versus when they are with his wife because he

teaches them to not believe in allergies. And I have thought, "Yes and you live in Hawaii and maybe your kids don't have allergies to what is there. Ugh."

On the other hand, I think he was a master at re-framing destructive thoughts in a way that is positive, hopeful and quite often far more religious than what people would believe of him. I had one major take away from this book, which is to reflect on the imbalance that comes from when what you want isn't in harmony with your actions. There are many good quotes and common sense moments. At the end were some sappy (to me) quotes from children about what is love.

The book is short and pretty, probably marketed as a gift book, which makes it an easy, pleasant way to get some personal thinking time.

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### **Ann says**

#### **It's all about Perspective**

This is a simple reminder when you lose track of yourself, what is truly important. You get back what you put out into the universe. Loved it!

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### **Kim says**

I took a couple of months for me to read this book because it is a "ponder" book. I found it life changing. As in, I have it with my scriptures; (which I study daily, as nothing fills my soul and teaches me truth like studying the gospel.) It's amazing to me that the obviously inspired author can take many of the truths I learn in church and from the scriptures and re-word the same principle to give it a new application in my life. When I find myself crabby, or needing a little shot of joy, I can turn to this book and be reminded that it is me who decides to be in whatever mood I am in and it is me who can change that mood. This book has earned itself a permanent place on my bedside table.

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### **Abbie says**

There were good insights and reminders in this book. While the writing was nice and simple it was almost simple to the point of losing some of the deeper truth in the writing. In any case, this was a good, quick read that reminded me of truths necessary to live by.

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### **Gregory Daniel says**

balanced...i believe

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### **Lani says**

Read this book in piecemeal and found it refreshing every time I picked it up. This is definitely a book I will be referring to every so often.

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**JuLio PaBlo says**

Excelente!!!!

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