



# Automotivação (Portuguese Edition)

*Carlos Afonso Schmitt*

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## **Automotivação (Portuguese Edition)** Carlos Afonso Schmitt

O desenvolvimento da Programação Neurolinguística (PNL) evidenciou a importância da motivação pessoal para que se alcance, na vida, sucesso em todos os sentidos, pessoal, a felicidade, social, o reconhecimento da comunidade em que se vive, econômico, enfim, a obtenção dos meios necessários a uma existência segura e tranquila. Desenvolvida no horizonte da PNL, a obra faz uma análise prática da motivação pessoal, ou automotivação demonstrando a sua importância com base em exemplos e de considerações gerais: despertar para a vida, assumir as nossas disponibilidades, comprometermo-nos com escolhas adequadas que correspondem ao sentido que damos à vida é o jeito especial de superar nossos limites... Na conclusão, insiste em sete atitudes básicas: fazer escolhas diárias, conscientes e proativas, desde que se acorda. viver atento a si mesmo, com percepção total do que acontece a nosso redor. criar um estado mental positivo, alimentar devidamente o espírito, a mente e o corpo, aprender a resignificar, isto é, a descobrir o lado positivo da vida, dando um novo significado aos acontecimentos diários, ser otimista e, finalmente, deixar-se impregnar de fé, de esperança e de entusiasmo.

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