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Verena Steiner nos muestra con brevedad y precisión cómo podemos mejorar nuestra capacidad de concentración. Sus propuestas son de rápida aplicación, prácticas y de eficacia demostrada.

Este pequeño manual será de gran utilidad para todos aquellos que deseen o necesiten mejorar su capacidad de concentración, así como trabajar y aprender con mayor eficiencia.

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