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By José María Iñigo, Antonio Aradillas

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Con abundantes consejos y anécdotas para aquellos que quieren superar temores, aclarar dudas, y mejorar la autoestima, esta serie de auto-ayuda demuestra que las soluciones no son las mismas para todos. Se presenta información sobre cada tema y diferentes puntos de vista de modo que los lectores pueden-con información-tomar decisiones y sacar conclusiones basados en sus propias necesidades individuales.

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About the Author

José María Iñigo and **Antonio Aradillas** have coauthored many books in Spanish on such topics as travel and social studies.

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