



Sabes Que Te Estás Transformando Cuando... (Spanish Edition)

Dr. Kuhn Rosie

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La transformación es un gran negocio en estos días. Está en todas partes. Se encuentra en las universidades y en las corporaciones; en los libros de autoayuda, en las iglesias y organizaciones comunitarias. Pero ¿qué es y cómo sabes que te ha sucedido?

La mayoría de las personas creen que transformar su vida será algo sin esfuerzo. El dinero de pronto fluirá, las carreras se volverán satisfactorias y vivirán felices para siempre con su dulce amor de sus sueños. La verdad es que ese es el mejor escenario. Es el viejo “Porque todo lo que un hombre (mujer) siembre, eso cosechará.” Apuesta al tiempo y obtendrás las recompensas. ¡Fin de la historia!

La transformación no es todo lo bueno que debiera ser. Dijo esto como experta en el campo del entrenamiento transformacional y de liderazgo. Y, aliento a todos mis clientes y entrenadores a pensar cuidadosamente antes de embarcarse en este viaje de transformación. No es fácil de andar y definitivamente no es para mariquitas o débiles de corazón.

Para transformarse, uno tiene que cultivar la consciencia de lo que eligen hacer y pensar, de manera que puedan elegir de modo diferente – solamente en servicio de lo que dicen y quieren.

Uno tiene que cambiar sus intenciones, sus percepciones y orientación y, en muchos casos, cambiar sus compromisos. Se requiere un infernal de trabajo, y en mi experiencia, lo que la mayoría de la gente no quiere es trabajar tan duro. Sé que no quería trabajar tan duro; Aún sigo sin quererlo. Sin embargo, me quedé enganchada en este proceso de transformación al momento que me embarco para otra aventura de vida. El título de uno de mis libros, *The Unholy Path of a Reluctant Adventurer*, (El camino profano de un aventurero reacio) lo dice todo.

Al mismo tiempo, Sé que cada uno de nosotros tiene la capacidad de ser la máxima expresión de nuestra naturaleza esencial y única. Por ello estoy tan apasionada con mi trabajo

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