



The Art of Self Awareness

Alejandra Llamas

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If you're ready to break repetitive patterns, if you want to have a rich, deep and authentic life experience, this book is for you. The book you have in your hands is the way to understand who you really are and the wide spectrum of possibilities that await in your life story.

Enter into a deeper dimension regarding your great purpose as an individual and as part of humanity. Based on ontological coaching and the teachings of ancestral wisdom, this book will lead you to understand that truly, everything is possible.

"There are books that change lives and this is one of them. Alejandra Llamas has that surprising capacity to find what is important in life and, furthermore, knows how to communicate it. Her message, and the way that she expresses it on radio and television, is simply vital. But, to be honest, you have to start by reading her."

Jorge Ramos, journalist and author.

"Coaching freed me from concepts that trapped my mind and soul. Thanks to personal coaching, I redirected my energy towards the right road, the road that makes you better and happier. To have been led by Alejandra Llamas is the best thing that ever happened to me."

Gloria Calzada

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