

Sin Miedo A Volar Simone Biles Michelle Burford

Sin miedo a volar Simone Biles Corazón de Oro: Superación y Gloria Cuentos de buenas noches para niñas rebeldes (Good Night Stories for Rebel Girls) Eso no estaba en mi libro de los Juegos Olímpicos Solo en Texas / Only in Texas (Spanish Edition) ¿Qué te apasiona? Simone Biles Fabricio Sales Silva Rebel Girls Paloma del Río Heather Alexander Adela Sáenz Cavia

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me enfrenté a muchos desafíos tanto físicos como emocionales la vida me ha enseñado que el dolor puede ser un poderoso maestro cuando revelé al mundo los traumas que sufrí sentí una mezcla de miedo y alivio fue un paso valiente pero necesario para mi curación aprendí que es vital cuidar nuestra salud mental y que no hay que avergonzarse de pedir ayuda mi decisión de alejarme de algunas competiciones en los juegos olímpicos de tokió fue un ejemplo de ello necesitaba cuidarme y fue la decisión más difícil y valiente que tomé en mi vida sin embargo esta pausa me dio una nueva perspectiva regresé más fuerte más decidida y sobre todo más consciente de quién soy y de lo que soy capaz en los juegos olímpicos de parís 2024 me demostré a mí mismo y al mundo que la verdadera victoria no está solo en las medallas sino en la capacidad de levantarse después de cada caída fue mi redención un símbolo de que a pesar de la adversidad siempre podemos darle la vuelta a las cosas prefiero intentarlo y fracasar que no intentarlo y siempre me pregunto cómo sería no tengas miedo a fracasar porque cada fracaso es una oportunidad para aprender y crecer cada desafío es una oportunidad para volverse más fuerte y más resistente sé valiente sé auténtico y sobre todo sé amable contigo mismo

un clásico contemporáneo cuentos de buenas noches para niñas rebeldes reinventa los cuentos de hadas e inspira a las niñas con las historias de 100 mujeres extraordinarias cleopatra marie curie frida khalo coco chanel greta thunberg taylor swift cuenta con ilustraciones de 60 artistas femeninas de todos los rincones del mundo un libro en el que las niñas y las mujeres son las heroínas de sus propias historias publicado en 50 idiomas y en más de 110 países a contemporary classic good night stories for rebel girls reinvents fairy tales inspiring girls with the stories of 100 heroic women readers will rule ancient egypt with cleopatra make groundbreaking discoveries with marie curie fly through the sky with amelia earhart and defy gravity with simone biles illustrated by 60

female artists from every corner of the globe this is the most funded original book in the history of crowdfunding

sabías que unos juegos olímpicos llegaron a coordinar en plena ceremonia inaugural a más de mil cuatrocientos cantantes repartidos por cinco continentes interpretando en directo la misma pieza musical o que en atenas un atleta asaltado en plena maratón terminaría encendiendo el pebetero doce años después convertido en símbolo del espíritu olímpico y que una organización olímpica intentó convencer al coi de que sus obras avanzaban según lo previsto proyectando grabaciones preparadas como si fueran imágenes en directo pocas personas han vivido los juegos olímpicos con tanta intensidad constancia y dedicación como paloma del río una de las voces más reconocibles respetadas y autorizadas del periodismo deportivo español durante décadas su narración ha acompañado a millones de espectadores convirtiéndose en referente indiscutible a la hora de contar el olimpismo con rigor sensibilidad y pasión a lo largo de dieciséis ediciones paloma del río ha relatado gestas inolvidables ha sido testigo de episodios épicos y ha trabajado en primera línea en algunos de los momentos más exigentes de la televisión pública durante las grandes citas del deporte mundial pero este libro no solo recorre la emoción de las competiciones también revela el esfuerzo oculto que sostiene cada edición de los juegos desde la preparación técnica interminable y la coordinación internacional hasta las tensiones logísticas la seguridad los desafíos humanos y profesionales y el músculo tecnológico que hace posible que millones de personas vibren frente a una pantalla desde sus inicios como joven periodista fascinada por seúl 88 hasta su papel como editora responsable en citas tan emblemáticas como barcelona 92 atlanta vancouver o río la autora reconstruye un viaje profesional y vital extraordinario lleno de aprendizajes anécdotas y momentos que han marcado a generaciones enteras con mirada crítica sentido del humor y un profundo amor por el olimpismo este libro abre la verdadera trastienda de los juegos olímpicos contada por quien mejor ha sabido narrarlos para españa una transmisión siempre es un folio en blanco y paloma tiene en su estuche un sacapuntas especial ese que le permite afilar el comentario y trazar narraciones que crean adicción olga viza periodista

con este título coleccionable solo en texas anima a los lectores a explorar los aspectos más destacados del estado de la estrella solitaria con vistas impresionantes datos asombrosos e ilustraciones hermosas siente el orgullo de texas con el segundo libro de la nueva serie que guía estado por estado solo en texas muestra todo lo bueno del estado de la estrella solitaria desde sus grandes ciudades hasta la impresionante belleza natural de los grandes desiertos la rica cultura e historia del segundo estado más grande de los ee uu el libro lleva a los lectores en un viaje a todos los aspectos más destacados del gran estado como manteniendo a austin raro alcanzando las estrellas en houston y sintiendo que la historia cobra vida en san antonio una línea de tiempo revela la rica y variada historia de este histórico estado fronterizo y un texto accesible e informativo le da vida a este recorrido transportando a los jóvenes lectores en un viaje de aventuras las hermosas ilustraciones de paisajes capturan las vastas riquezas naturales del estado

de la estrella solitaria incluyendo el parque nacional big bend el río grande y la isla del padre mientras que los cuadros informativos y las ilustraciones llamativas muestran datos divertidos de texas otros sitios incluidos dallas el paso texas hill country las montañas guadalupe piney woods y galveston y muchos muchos más

vivir no es lo mismo que estar vivo en un mundo que nos empuja a la uniformidad mecánica la pasión es aquello que nos devuelve nuestra singularidad y nuestras ganas de vivir es el pulso personal y único que despierta nuestra creatividad y el único motor capaz de transformar una existencia inercial en una experiencia con sentido pero la pasión no es un hallazgo fortuito es una decisión la decisión de ir a buscarla y de cultivarla día a día haciendo uso de una dulce disciplina dejando de lado el esfuerzo y el rigor que solo nos arrojan a abandonar lo que iniciamos la fuerza de nuestra decisión bastará para mantenernos encaminados adela sáenz cavia propone un recorrido que huye de las fórmulas marciales y de los paso a paso rígidos este libro no es un manual de instrucciones sino un camino para transitar con paciencia flexibilidad y confianza en el proceso es una invitación a recordar y recordarnos aquello que de solo pensarlo nos llena de alegría y entusiasmo aceptando los idas y vueltas los altibajos y entendiendo que el barro de uno mismo es el único suelo donde florece el loto a través de dos etapas fundamentales y una serie de itinerarios prácticos los lectores podrán ir al encuentro de la pasión silenciar el ruido y transitar el recorrido para re conectar con la pasión re conectar con lo que te apasiona activar la pasión como el eje sobre el cual reconstruir el presente respetando el ritmo propio diseñado para ser habitado con un cuaderno y el corazón abierto este libro es un puente para mirarse a los ojos en el espejo de uno mismo la verdadera autolealtad no es permanecer estático sino tener el coraje de reconocer cuándo la llama de lo que te apasiona ha cambiado de lugar y saber ir al encuentro de su rastro qué te apasiona es un libro que inspira y llama a la acción un mapa atemporal al que podrás regresar una y otra vez para reencontrar tu rumbo preparará el espacio y habitará el silencio lo que te apasiona también te está buscando

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