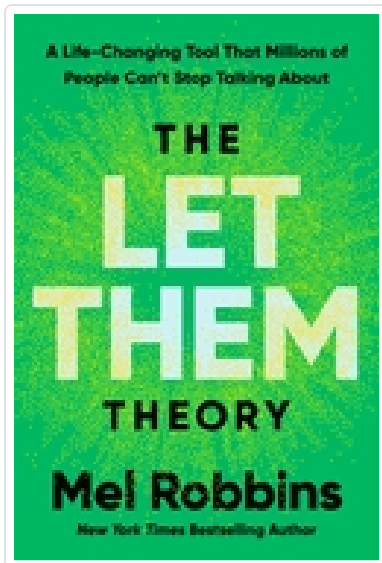


The Let Them Theory



Robbins, Mel

SYNOPSIS

What if the key to happiness, success, and love was as simple as two words? If you've ever felt stuck, overwhelmed, or frustrated with where you are, the problem isn't you. The problem is the power you give to other people. Two simple words-- Let Them--will set you free. Free from the opinions, drama, and judgments of others. Free from the exhausting cycle of trying to manage everything and everyone around you. The Let Them Theory puts the power to create a life you love back in your hands--and this book will show you exactly how to do it.

In her latest groundbreaking book, The Let Them Theory, Mel Robbins-- New York Times bestselling author and one of the world's most respected experts on motivation, confidence, and mindset--teaches you how to stop wasting energy on what you can't control and start focusing on what truly matters: YOU. Your happiness. Your goals. Your life.

Using the same no-nonsense, science-backed approach that's made The Mel Robbins Podcast a global sensation, Robbins explains why The Let Them Theory is already loved by millions and how you can apply it in eight key areas of your life to make the biggest impact. Within a few pages, you'll realize how much energy and time you've been wasting trying to control the wrong things--at work, in relationships, and in pursuing your goals--and how this is keeping you from the happiness and success you deserve.

Written as an easy-to-understand guide, Robbins shares relatable stories from her own life, highlights key takeaways, relevant research and introduces you to world-renowned experts in psychology, neuroscience, relationships, happiness, and ancient wisdom who champion The Let Them Theory every step of the way....



Editorial	Hay House
Subject	Autoayuda y salud
EAN	9781401971366
Status	Disponible
Binding	Tapa dura
Pages	336
Size	228x160x33 mm.
Weight	540
Language	Inglés
Price (Tax inc.)	45,23€
Release date	24/12/2024