

## SQUEEZE MORE JUICE OUT OF LIFE

*Stop complaining and decide to be happy*

Diana Álvarez



Television presenter of Diana's diary show in the channel Caracol International, talks about beauty, life stories, spiritual reflections, celebrity characters, profiles of businessmen, politicians and athletes; and even sexuality issues. She is also a lecturer and coaching of life.

Her TV program can be seen on channels like:

### TV Satellite

**Direc TV, Colombia:** channel 134

**United State:** channel 417

**Tu vez HD, Chile:** channel 320

**Dish, United State:** channel 842

### Cable TV

**Vodafone, Spain:** channel 406

**Euskaltel, Spain:** channel 962

**Claro TV, Colombia:** channel 477

**Centroamérica:** channel 512 (Digital)

**Perú:** channel 512 (Digital)

**Grupo TV, Colombia:** channel 632

**VTR, Chile:** channels 558 (SD)- 825 (HD)

**Tigo Start, Bolivia:** channel 633

**Paraguay:** channel 603

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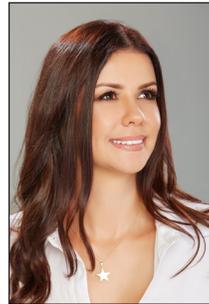
In some places the idea of squeezing more juice out of life, can be challenging, for some impossible.

This book will provide you with a mountain of options that will teach you how to achieve happiness into your life. Being happy should not be just another bullet point in your agenda or one more goal in the of things you want to achieve. Happiness, should be the fundamental element that moves your other motivations in life. That's the way! This reading will give you all the keys to learn how to reflect, and capture the true essence of happiness.

Through it you will understand that happiness is built by maintaining a perfect balance between managing our emotions, having a life purpose and living in the here and now.

Take the decision right now to squeeze more juice out of life, and live the experiences you've always dreamed of.

Here you will find all the tools to learn how to use your potential and those external factors that affect us all. Take the opportunity to start walking this path of happiness.



### ABOUT THE AUTHOR

Diana Álvarez R. was born in Medellín, Colombia. She graduated as Communicator and Corporate Relations.

She did a specialization in Marketing at the University of Medellín, and a Master in Nutrition and Food at the University of Barcelona Spain.

She is Life Coach, Practitioner and Master in Neurolinguistic Programming of The Society of Neuro-Linguistic Programming and teacher of Full Care of Indigo Ray Balancing (IRB) Bogotá.

Diana has been in the media for over than 15 years; her greatest recognition has been her work as director and host of Diario de Diana, a unique TV show of its kind that has captured the Latino audience thanks to its contribution to the growth of being, spiritual and the drive towards a healthy life.