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There are many self-help books for sale on bookstore shelves, but few as comprehensive as La Guía del Éxito by Dr. Herminio Nevárez. Dr. Herminio Nevárez was a respected Mexican psychologist and writer whose stories and advice helped countless Latinos attain the American dream. Among his books was La Guía del Éxito, a popular self-help book that he wrote and published in 1981. Before his death in 2000, Dr. Nevárez gave all rights to the book to the Universidad de Calasanz, a Jesuit Catholic university in Mexico City. The University republished the book under its original name and it was translated into English for the North American market as well as several other languages such as Chinese, French and Portuguese. It is now used as required reading at many universities throughout Mexico, Brazil and Argentina. The University of Texas at El Paso even organized a workshop in 2006 on the content of the book. In 2014, Alan Green wrote a "terrific introductory essay" for the University's website that explains how Dr. Nevarez's work continues to be relevant today. La Guía del Éxito is a book about success and personal improvement. It covers topics such as: Nevárez used a number of techniques to help readers improve their lives, including:

The first thing you will notice about this book is its Biblical foundation. Nowhere else can you find such detailed advice from someone as spiritual as Dr. Nevarez himself. In the following section, Dr. Nevarez explains how he came to write this book, what motivated him to write it and why he wrote it. In this section, Nevarez defines his concept of "gusto" or a passion for anything you do in life. This is a very important concept because you need passion in order to be successful in life. Many people make the mistake of thinking that if they practice certain things for years - such as starting a business - they will automatically become successful. This is not true at all because you need to have an "aversion" to something or someone else in order to make success come naturally. In this section, Dr. Nevarez discusses the importance of "suerte" or luck in one's life. He also presents his belief that God helps one who helps himself or herself through hard work and perseverance. In this section, the author talks about the concept "comparación". This can be a powerful tool in motivating a person to become a better person because it helps them visualize what good looks like. In every situation you will find people who are superior to you, but this does not make you inferior, according to Dr. Nevarez - you need to find out why they are better than you and work on your weaknesses if you want to continue improving.

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