

"The Power of Self"

Transforming your life,
A look inside



**María Alexandra
Suárez Ríos**

María Alexandra Suárez-Ríos

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It is part of the PEISH ® Methodology
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I dedicate this book to those who
have been part of its process,
finding a new perspective on life.

Thank you for helping me
create a tool for more people
to build their happiness and
provide more balance to families.

For inspiring my way of life by
being my mother, thank you,
Stella Rios de Suárez,
for teaching me,
"That everything is possible."

To my family, my father,
my brothers, my nephews,
and brothers-in-law, thank
you for always encouraging me.
And especially to my husband
for his unconditional support
and to my son,
who is living Love.

María Alexandra Suárez Ríos

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¡Everyone has made this dream come true!

"The Power of Self" shows us
how to heal and reconcile with
the past to live in the present.

It shows us how to create a
glorious future following
our desires, following
our mission in life.

Alexandra shows us with her
exquisite sensitivity, the
concrete way to grow
spiritually. Through inner
growth processes, she achieves
a spiritual awakening for us to
lead a harmonious life,
generating happiness.

PhD. Horacio Martínez Herrera

María Alexandra Suárez-Ríos

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