Acknowledgment

I would like to dedicate this book to my loving husband. Iván, my days and nights are full of light thanks to your company. I give thanks every morning for the opportunity of knowing you, and for being able to share my life with you forever and always. And, many thanks to our beloved unborn baby, for being with me during the hours of writing, and rewriting, patiently listening to the continuous typing. Hopefully, when you are bigger, you will be able to read what your mummy wrote while you were still a little embryo. I love you both very much.

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Finally, thank you to you, my reader, because this book is useful as long as you read it. Please, do not only read, but practise using the tools, feel the passion of teaching, apply the knowledge, and enjoy!