



Be Brilliant Every Day (Paperback)

By Andy Cope, Andy Whittaker

John Wiley and Sons Ltd, United Kingdom, 2014. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. From the authors of the bestselling The Art of Being Brilliant We all have good days and bad days. Some days we re on form, others we can t really be bothered and feel a little lack lustre. No one enjoys those slump days so let s do away with them! The wonderful, uplifting and funny authors of the bestselling The Art of Being Brilliant are here to show us how to get motivated, get positive and get happy, and, most importantly, how to be all three consistently. Every single day. Using a solid understanding of positive psychology, but with clear visual illustrations, simple explanations and a bit of funny stuff, Be Brilliant Everyday shows us how to foster some serious positivity and mental agility and transform our lives. The book is crammed with practical tips to help us ditch those down days and flourish every single day. How to live and breathe positivity everydayLearn to be truly happy, confident and more effectiveBecome a great example to others and inspire those around youHow to cope and feel brilliant in a busy,...



READ ONLINE
[4.75 MB]

Reviews

This publication will be worth purchasing. Indeed, it can be enjoy, still an interesting and amazing literature. I am just happy to inform you that this is basically the best ebook i have got study within my own lifestyle and may be he very best ebook for ever.

-- **Dr. Furman Anderson Sr.**

This ebook is indeed gripping and fascinating. It is definitely simplistic but excitement from the 50 % of your book. You wont sense monotony at at any time of your own time (that's what catalogs are for relating to should you check with me).

-- **Mr. David Stanton Jr.**