

How To Be Brilliant Change Your Ways In 90 Days

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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 everyday learn to be truly happy confident and more effective become a great example to others and inspire those around you how to cope and feel brilliant in a busy demanding

world

sometimes being just good just isn't good enough sometimes we all need to be brilliant in just 90 days how to be brilliant will show you how to change the way you think and behave so that you can embrace every day every experience and every opportunity with positivity energy enthusiasm and inspiration michael heppell author of the bestselling book flip it will introduce you to over 50 amazing tricks tips and tools that when properly applied will move you and your life on to a whole new exciting level this is the level where you really shine it's the level where you believe anything is possible and it's the level where you start living your dreams and becoming the person you always wished you could be so don't just be good learn to be brilliant and discover a better way of being

optimise your success performance productivity and wellbeing to lead your best business life entrepreneurs business leaders and execs do not deliberately set out to over work feel miserable become stressed by their success think badly of themselves or damage their health and relationships however these are the people estelle read has been working with in her coaching practice for the last 15 years and the issues are on the rise

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