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Be Brilliant Every Day

Be Brilliant Every Day will get you to think about your mindset, show you how to ditch those down days and be on form every single day. With a solid understanding of positive psychology and a bit of funny stuff, this book will help you to get motivated , get positive , get happy , and most importantly, how to be all three consistently.

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Be Brilliant Every Day: Cope, Andy, Whittaker, Andy ...

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Be Brilliant Every Day: Cope, Andy, Whittaker, Andy ...

From the authors of the bestselling The Art of Being Brilliant We all have good days and bad days. Some days were on form, others we cant really be bothered and feel a little lack lustre. No one enjoys those slump days so lets 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 ...

Be Brilliant Every Day | Wiley

But life's a short and precious gift. It's too short to be just 'fine'. Be Brilliant Every Day will get you to think about your mind-set, show you how to ditch those down days and be on form every single day. Cutting to the chase, Andy and Andy are chuffed to bits with this book. They think it's the funniest self-help book in the world...ever.

Be Brilliant Every Day - Art of Brilliance

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Be Brilliant Every Day : Andy Cope : 9780857085009

Was Be Brilliant Every Day worth the listening time? On balance, probably not. Any additional

comments? If it were not for the odd swear word this almost felt like a book for children at times (turns out one of the authors does write children's books). Not really sure who the audience is intended to be. 10 people found this helpful

Be Brilliant Every Day by Andy Whittaker, Andy Cope ...

Be Brilliant Every Day The Founder of Inspire Leadership & focuses on unlocking people's potential by providing them with programs; mentorship and coaching into high performance By: Andy Cope and Andy Whittaker

Be Brilliant Every Day - edwardmungai.com

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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.

Be Brilliant Every Day (Audio Download): Amazon.co.uk ...

Be Brilliant Every Day by Andy Cope and Andy Whittaker is a new genre of self-help book that offers sound psychological guidance with a healthy dose of caustic wit and self-deprecating humour.

Ten ways to be brilliant every day - Independent.ie

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bridges, and throw axes through the lens of a physicist.

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