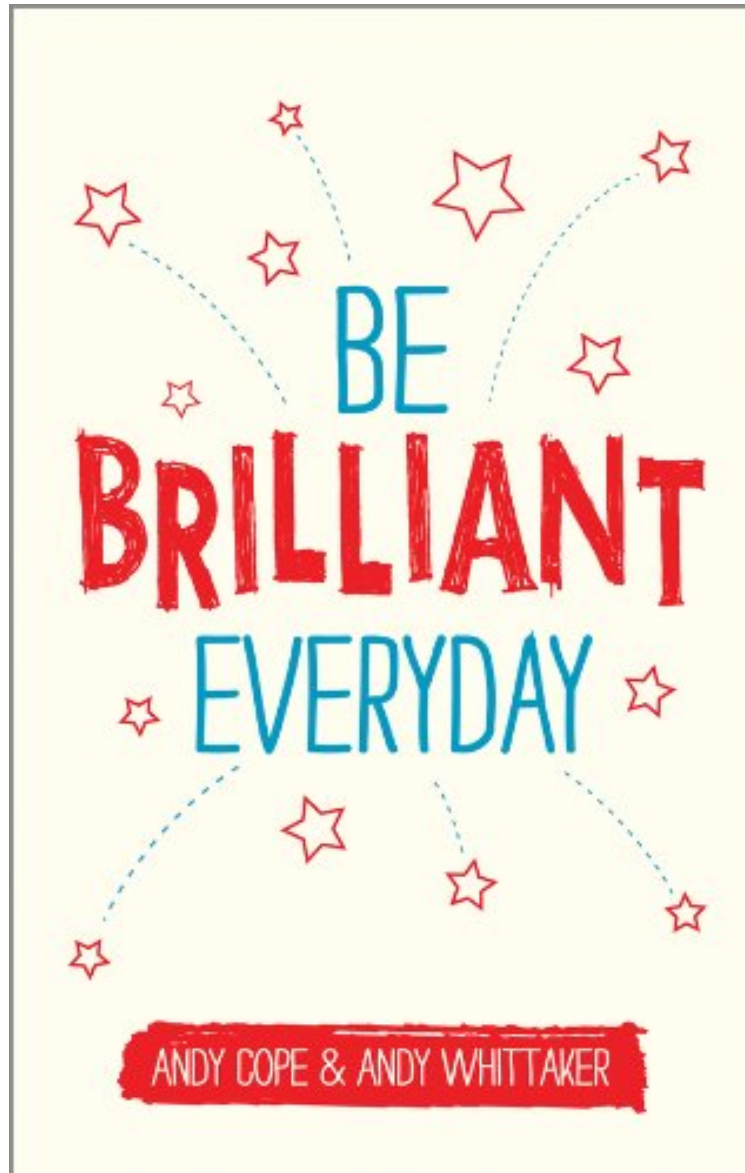


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Be Brilliant Every Day

Andy Cope, Andy Whittaker

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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

It's a fantastic read for anyone looking for a self-esteem boost! (*Start Your Business*, May 2014) funny, thought-provoking and healthily acerbic. (*The Daily Telegraph*, May 2014) provides simple, thought-provoking anecdotes and creative stories designed to put a smile on your face and a spring in your step. (*Gay Times*, July 2014) The book is full of useful and easy to follow examples of how to be the most awesome version of you a bit more often, without ever becoming sanctimonious or preachy. It doesn't offer a shortcut to enlightenment or unlimited wealth, but with lashings of dry humour and plenty of common sense, it lifts the mood and has you chuckling at yourself and the elaborate way we all trap ourselves in the cult of busy. (July 2014) possibly the most entertaining self-help book you will ever read. (*Northern Woman*, September 2014) Written in a truly humorous and accessible way, it is easy to understand and fun to read (*Erisea Magazine*, October 2014) From the Back Cover If there's something missing in your life, it's probably you. Modern life is relentless. Your weeks are zipping by in a blur and your weekends provide an all-too-brief respite before you plunge headlong into the next manic episode of your life. The result? Your life feels rather samey. Same routine, same thinking, same behaviours, same habits, same results. And maybe that's fine. But life's a short and precious gift. It's too short to be just *finers*. *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. And if you put the *new improved* you into practice, it will change your life forever. Read. Do. Inspire.