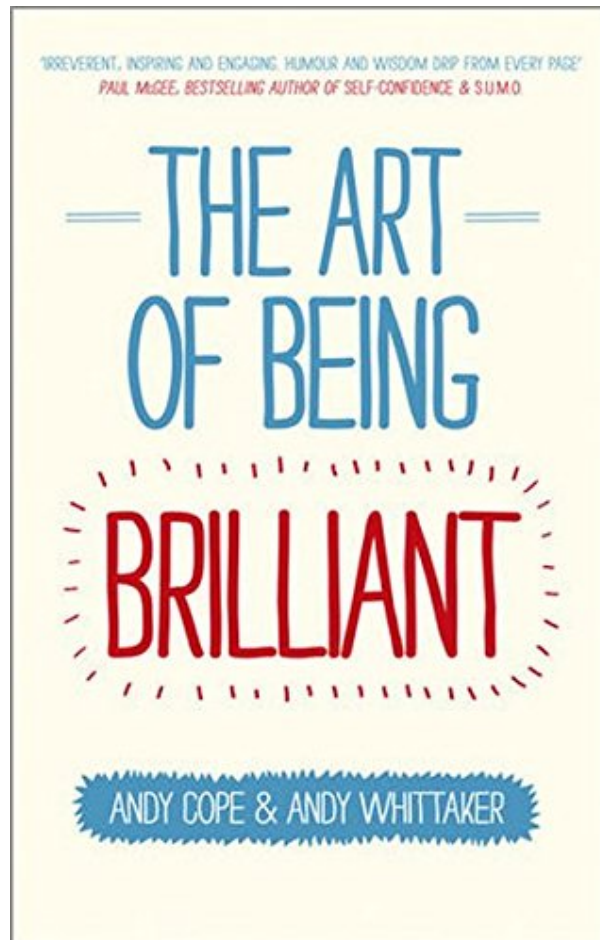


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Review

This short, small, easy to read and highly illustrated book will fill you to the brim with happiness, positivity, wellbeing and most importantly success. i (Entrepreneur Country, October 2012)

From the Back Cover

Being brilliant, successful and happy isn't about changing who you are – It's about finding out what works for you, and doing more of it!

The Art of Being Brilliant is crammed full of advice, case studies, quotes, funny stuff and important questions to get you thinking about your work, relationships and life.

You'll discover your strength, learn to make the most of what you've got, identify where you want to be, and take some concrete steps towards your brilliant future.

Read it, do what it says, you'll feel the results reverberate positively in everything you do.

Just be Yourself Brilliantly

About the Author

Andy Cope is a best-selling author, trainer, qualified teacher and learning junkie. He brings the best of what he knows from the field of positive psychology. Andy Whittaker is a qualified trainer of Neuro-Linguistic Programming and Time Line Therapy. He also moonlights as a stand-up comic, so lends this book his unique brand of humour.

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THE ART OF BEING BRILLIANT: TRANSFORM YOUR LIFE PDF

A pep talk in your pocket

This short, small, highly illustrated book will fill you to the brim with happiness, positivity, wellbeing and, most importantly, success! Andy Cope and Andy Whittaker are experts in the art of happiness and positive psychology and The Art of Being Brilliant is crammed full of good advice, instructive case studies, inspiring quotes, some funny stuff and important questions to make you think about your work, relationships and life.

You see being brilliant, successful and happy isn't about dramatic change, it's about finding out what really works for you and doing more of it! The authors lay down their six common-sense principles that will ensure you focus on what you're good at and become super brilliant both at work and at home.

- A richly illustrated, 2 colour, small book full of humour, inspiring quotes and solid advice
- A great read with a serious underlying message – how to foster positivity and bring about success in every aspect of your life
- Outlines six common-sense principles that will help you ensure you are the best you can be
- Sales Rank: #1253844 in Books
- Brand: Brand: Capstone
- Published on: 2012-10-22
- Original language: English
- Number of items: 1
- Dimensions: 7.80" h x .50" w x 5.10" l, .52 pounds
- Binding: Paperback
- 216 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

2 of 2 people found the following review helpful.

Quite possibly the best investment you will ever make

By Gregory Heath

Let me say straightaway that I know Andy Cope (one of this book's two authors) on a personal basis. We're not drinking buddies or anything, but we come from the same small town and we're fond of each other. I don't think he's famous enough yet for this to class as name dropping (though I expect that day will arrive), so why mention it?

I mention it because, knowing him personally, I can tell you that Andy is a truly inspirational guy. He wasn't born special and he wasn't born happy, and for a long time he lived the same kind of life that most people live, making the same kinds of mistakes that most people make, and feeling sorry for himself when things weren't going his way. Then, as a student of Psychology, he noticed something - there was a vast amount of published research into the causes of human unhappiness, but hardly any about what makes people happy! At this point, he decided to do something about it, changing his life for the better along the way.

And now you can make your life better too, by following the ideas in this down-to-earth and effective little book. You'll get carefully selected nuggets of wisdom, easy to follow examples, and straightforward exercises to get you thinking about your world and how you see it. But most of all you'll get six simple principles which you can use to help yourself become a happier person. I just can't recommend it highly enough.

Gregory Heath, author of 'Thoughts of Maria'

Thoughts of Maria

2 of 2 people found the following review helpful.

Simple and inspiring

By Funky Feet Dance for Kids

I first heard about co-author Andy Cope from a facilitator on a fabulous training course. I had asked the facilitator if he could recommend anybody for my company who provide dance teachers nationwide to teach dance to children. I wanted something positive, motivating and inspirational so the teachers could pass on their new found energy, enthusiasm and inspiration to the children. I borrowed this book, read it within a couple of days and found it difficult to put down. The witty sense of humour and bitesized chunks made it

easy to revisit even if my reading had been interrupted. Nuggets of inspiration from quotes and anecdotes make this book wonderfully accessible without the academic jargon of positive psychology. I have now purchased this book and provided staff with a copy each. Upon revisiting it, have realised how much I had forgotten and have made a note to myself to read this on six-monthly basis to notice those mood hooverers and apply The 90/10 Principle of choosing to respond positively to those negative things that happen to us all and are out of our control. I thoroughly recommend this book to anyone who is wanting a simple approach to making every day life a more positive thing!

1 of 1 people found the following review helpful.

Loved It

By J S Bach

I am a serial entrepreneur, a University lecturer in both Russia and the USA and an international business and peak performance consultant. As such I am used to reading a plethora of business, motivational, peak performance, coaching, team building psychology type of books. In fact I have enough books at home, on these subjects, to sink several ships. So my comments on this poor book are based upon real and theoretical personal development experience.

This book is an easy read and gets straight to the point. Whilst the content is an amalgamation of a lot of other books I have read, I have not read a book that delivers so much, in such a concise way, in a long time. The aim of the book is in essence to get the reader to think positively about their lives and what happens to them. It tries to get readers to "reframe" what happens to them and to see things in a positive way. It uses anecdotes to illustrate the most important points which make the process of change easier to understand. It gives the reader insights into how other people/personalities can impact upon their own happiness and so affect your own brilliance. It offers sound solutions and good advice on how to fix negativity. This is a very good and thoughtful book, which should help anyone who reads it to think and act in a more positive driven way.

For me the definitive book on mind dynamics is by Maxwell Maltz, Psychocybernetics. This book looks at how the mind works and how to reprogramme it for success. Maltz wrote his book in the 1960's and it is still the definitive guide to changing how a person views their world. The Art of Being Brilliant uses ideas present in Maltz's work, but makes how to use the ideas, much more clear and accessible. So if you want to change your life and develop a more optimistic mind frame, try reading this book as I am sure it will help.

Recommended.

See all 12 customer reviews...

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Your perception of this publication **The Art Of Being Brilliant: Transform Your Life** will lead you to obtain exactly what you specifically need. As one of the motivating publications, this publication will certainly supply the presence of this leded The Art Of Being Brilliant: Transform Your Life to accumulate. Also it is juts soft documents; it can be your cumulative file in gadget and various other gadget. The essential is that usage this soft data publication The Art Of Being Brilliant: Transform Your Life to read and also take the advantages. It is what we indicate as publication The Art Of Being Brilliant: Transform Your Life will certainly improve your ideas and also mind. Then, reviewing publication will additionally enhance your life high quality a lot better by taking good activity in balanced.

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