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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 by Andy Cope - Goodreads

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. But you'll be the judge of that!

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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.

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Alan is the founder and CEO of Complete Coherence Ltd. He is recognised as an international expert on leadership and human performance. He has researched and...

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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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Dr. Alan Watkins. Complete Coherence's CEO Dr. Alan Watkins' TEDx Talk: Being Brilliant Every Single Day (Part 1) at TEDxPortsmouth Conference (Full Transcript) Listen to the MP3 Audio here: dr-alan-watkins-being-brilliant-every-single-day-part-1-at-tedxportsmouth TRANSCRIPT: Thank you very much, Lee. So I'm going to talk to you about you, and how you can be brilliant every single day.

Dr. Alan Watkins: Being Brilliant Every Single Day (Part 1 ...

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