



## Be Brilliant Every Day

*Andy Cope, Andy Whittaker*

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**Be Brilliant Every Day** Andy Cope, Andy Whittaker

**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

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