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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.

Be Brilliant Every Day: Use
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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

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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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Be Brilliant Every Day by
Andy Cope and Andy Whittaker

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is a new genre of self-help book that offers sound psychological guidance with a healthy dose of caustic wit and self-deprecating humour.

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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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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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