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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

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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.
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it's the funniest self-help
book in the world...ever. But
you'll be the judge of that!

Be Brilliant Every Day - Art
of Brilliance
Every single day. Using a
solid understanding of
positive psychology, but
with clear visual
illustrations, simple

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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
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Be Brilliant Every Day by Andy Cope and Andy Whittaker is a new genre of self-help book that offers sound psychological guidance with a healthy dose of caustic wit and self-deprecating humour.

Ten ways to be brilliant every day - Independent.ie

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Alan is the founder and CEO of Complete Coherence Ltd. He is recognised as an international expert on

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Be Brilliant Every Day will get you to think about your mindset, show you how to

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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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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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