



Shine: Rediscovering Your Energy, Happiness and Purpose (Paperback)

By Andy Cope, Gavin Oattes

John Wiley and Sons Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Start living the life you ve always wanted It could be that you ve figured everything out on your own and have ended up acing your career, meeting and marrying your perfect partner, producing three wonderful kids, owning a holiday home in Mustique and having a drop-dead gorgeous life. In which case, we applaud you. If, on the other hand, you need the cheat codes, then this book will give you a nudge. Redefining the genre of self-help comedy, Shine is a book about the brevity of life. It contains adult themes of mortality, change, exhaustion and unrelenting pressure. Thankfully, the bleakness is done with humour and the solutions are entertaining, do-able and uplifting. Shine is the literary equivalent of ctrl/alt/delete. All you have to do is read the book, keep an open mind, and apply the learning. You will experience a personal re-boot with new mental software installed, upgrading you to best possible self. It s a very simple process that also happens to be not very easy. Because, of course, if being your best self was easy, everybody would be doing...

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Reviews

It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Talia Cormier**

It is fantastic and great. This is for those who state there was not a worth looking at. Its been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

-- **Barry O'Reilly**