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Titolo	Flip it : how to get the best out of everything // Michael Heppell
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ISBN	0-273-76965-0 0-273-76966-9
Edizione	[Second edition.]
Descrizione fisica	1 online resource (1 v.) : ill
Disciplina	650.1
Soggetti	Success - Psychological aspects Self-help techniques Self-esteem Self-confidence Optimism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di contenuto	Finding flip it -- Flip it for confidence and happiness -- Flip it for friends, love and family -- Flip it for health -- Flip it for money -- Flip it for success -- Flip it for creativity -- Flip it at work and in business -- Flip it for your fantastic future -- Flip it when you're having 'one of those days' -- Flip it for everything else -- The end bit.
Sommario/riassunto	There's a simple way of thinking, acting and doing that, once learned, will make sure you get the very best out of everything. This book challenges you to get curious about how you interpret and handle every situation. It liberates you from the beliefs that have been holding you back and gives you powerfully simple ways to switch your thinking and change your actions so that you can get the very best from whatever life sends your way. With the new, revised edition of this bestselling book, you'll discover how to make sure you never have a 'bad day' ever again.