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Titolo	How to have a brilliant life : put a little bit more in, get so much more out / / Michael Heppell
Pubbl/distr/stampa	Harlow, England : , : Pearson Education Limited, , [2012] Â©2012
ISBN	1-283-73406-0 0-273-76963-4
Edizione	[Second edition.]
Descrizione fisica	1 online resource (xxii, 301 p.) : ill
Disciplina	158
Soggetti	Self-help techniques Success Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Previously published under title: Brilliant life.
Nota di contenuto	Your health -- The wheel of health -- Eat well -- Move well -- Think well -- Your family -- The family wheel -- Your significant other -- Your mum -- Your dad -- Your children -- Your siblings -- Your grandparents and older relatives -- Your aunts and uncles -- Your money -- The money wheel -- Worries vs confidence -- Saving -- Savvy -- Debt -- Lifestyle -- Investment -- Management -- Your relationships -- The relationships wheel -- Close friends -- Work colleagues -- Your boss -- Your staff -- Your neighbours -- Old friends -- New friends -- Contribution -- The contribution (and higher purpose) wheel -- Charity -- Your time -- The environment -- You -- Your values -- Self-awareness -- Your vision -- The vision wheel -- Know what you want -- Short-term vision (the next 90 days) -- Medium-term vision (1/5 years) -- Long-term vision (5 years) -- Written plans -- Visualisation -- Resources -- Your career -- The career wheel -- Right job? -- Fun and enjoyment -- Challenge -- Salary and benefits -- Convenience -- Future -- Personal effectiveness -- Our personal development -- The personal development wheel -- Positive attitude -- Confidence -- Motivation -- Open to change -- Courses -- Reading -- Keep a journal -- Mentors -- Final note.

Sommario/riassunto

If you want to achieve greater balance & succeed in all areas of your life, from health through to work & relationships, then this book can help you do it. It reveals the mindset, motivation & tools you need to unlock the secrets of successful change, unleash the power of possibility & make your life the best it can be.
