

Get Off Your Arse

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The message is clear, clue is in the title, just get off your arse and do it. Brad Burton, the author, does a very good job at telling his story, from nothing to where he is

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today. Many of us are not very good at self praise and realising our self worth, this book doesn't give you all the answers, but it gives you the questions you should be asking yourself and what those possible answers ...

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In Get Off Your Arse Too, it is characterised by the same style of Get Off Your Arse - i.e. light on theory and jargon, heavy on practical actions you can take and mindsets you can adopt. This book is less about what you can do (which GOYA 1 is) and more on the mental attitude you need to adopt to change or turnaround your life.

Get Off Your Arse Too: Amazon.co.uk: Brad Burton ...

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Amazon.co.uk:Customer reviews: Get Off Your Arse Too

The title of the book, Get off your arse, is akin to Brad 's style of business. It is very in your face with a lot of beyond the watershed language. Don ' t read it if easily offended. It has to be this way to get straight to the point. A key message that Brad is getting across is to be real and true to yourself.

No more excuses! The Life Bitch is here, and he has no time for whingers. If you know your bum looks big, then get it off the sofa. Steve Miller is an expert in training people in positive thinking. His approach depends on using skills that everyone has: common sense (you are fat because you eat too much - no one is fat in a famine) and a bit of determination. He is tough-talking (he calls a hippo a hippo) but warm and witty too; and he shows you - with real life examples and stories - techniques that really work. His approach is realistic, and it's all about getting real. This is not just about shedding the flab, but about becoming the person you want to be, and realising that it is in you to make it happen.

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Read Book Get Off Your Arse

Tried all the other diets and found that they just didn't work for you? Want a Guaranteed way to lose weight, feel healthier and save money while you're at it? Then read this book - It's so simple - you will be AMAZED.

A motivational smack in the face! “ Beneath the bluff exterior of the self-styled “ fat bloke from Manchester ” is a shrewd business brain. ” The Times “ ...a northern Anthony Robbins! ” Theo Paphitis Brad Burton, once a regular in the dole queue, burdened with unbearable levels of debt, is now the MD of a multi-million pound international business. If anyone knows about sorting your life out, it ' s Brad. But this isn ' t Brad ' s story – this is about YOU. Brad is here to share practical, actionable steps – stuff you can actually do – to improve your life, both at home and in business. He ' s learnt exactly how to motivate yourself, focus on your passion, face setbacks and keep on moving forward – and now Brad wants to share these lessons with as many people as possible. We all have it in us to improve our lives and succeed – we just need a friendly kick in the pants from Brad! Chapters include: If your only motivation is money it ' s not enough 2 year plan. Forget it. More like 2 week plan No passion. No point Buy my stuff Eject. Eject. Eject. Ignore. Ignore. Ignore

Hate your job? Lost your job? Steve Miller - the man who gets you off your arse - is back, and this time he's here to help you find the career you've always wanted. If your job is more irritation than inspiration, or you're facing an uncertain future, then now is the time to do something about it. Steve Miller will help you discover what you want out of work and life and, using his no-nonsense commonsense approach, he'll help you get it. Whether you need to figure out what it is you are good at, or whether you need to overcome a lack of confidence, or whether you need to learn how to sell yourself - Steve Miller has sound and practical advice for you, all given in his unique, cheeky but helpful style. So no more Monday morning gloom; it's time to get cracking, and get the job you were made for. You won't regret it.

Last book of 2017. As with all the other books. These are my own personal thoughts and opinions and not meant to disrespect or upset anyone. I write what I think. All words are for the interpretation of the reader, not just the writer.

The cyclist describes his adventures in such places as Ireland, Australia, Mexico, and South America.

In 2003 Sihle Khumalo decided to give up a lucrative job and a comfortable life style in Durban and to celebrate his 30th birthday by crossing the continent from south to north. Celebrating life with gusto and in inimitable style, he describes a journey fraught with discomfort, mishap, ecstasy, disillusionment, discovery and astonishing human encounters. A journey that would be acceptable madness in a white man is regarded by the author ' s fellow Africans as an extraordinary and inexplicable expenditure of time and money. Newly conscious of language barriers and regional difference in a continent still unexplored by the majority of Africans, the author presents a strikingly original and highly enjoyable account of a unique adventure. Each chapter is prefaced by a description of the ‘ father of the nation ’ of the country in question and ends with a hilarious ‘ important tip ’ .

This remarkable new dictionary represents the first attempt in some four centuries to record the state of development of English as used across the entire Caribbean region.

Read Book Get Off Your Arse

This is a revised version of my first publication from 2009. This represents the start of my journey. A collection of my poetry from the age of 10 years. I lost so many of my poems along my journey, I am happy to be able to share these ones that are remaining. I am working on 2 more books, In this revised version I have added some insights into my 2nd and 3rd book at the end. This one contains Poems of Woes, Hardship, Love and many more experiences. My Spiritual Journey and the Wisdom I learned along the way. Journey with me, and may you find some upliftment and inspiration. We often start out our journey on a survival story, This book is a testament that all is meant in order to shape our destiny to a successful outcome. Thank you for purchasing my book, I hope you enjoy. Peace, Love and Light to All in All Oneness. BeINenerGy:)

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