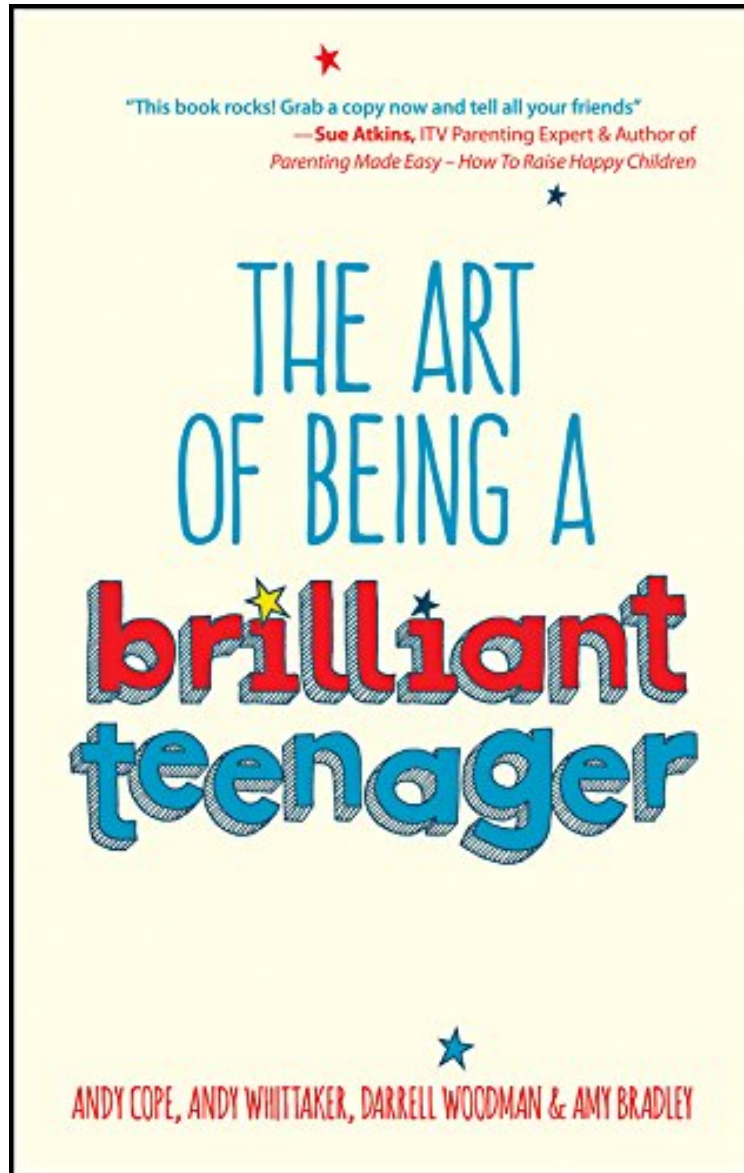


(Download) The Art of Being a Brilliant Teenager

## The Art of Being a Brilliant Teenager

*Andy Cope, Andy Whittaker, Darrell Woodman, Amy Bradley*  
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**Andy Cope, Andy Whittaker, Darrell Woodman, Amy Bradley : The Art of Being a Brilliant Teenager** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Being a Brilliant Teenager:

Calling all teenagers—quit the moaning and start loving life! Don't be a cliché. Don't stay in your bedroom

grunting and grumbling. How about getting motivated, energized and start making a difference?! The Art of Being A Brilliant Teenager teaches you how to become your very best self and how to figure out who that is, exactly. The bestselling authors of The Art of Being Brilliant and Be Brilliant Everyday are experts in the art of happiness and positive psychology and, with this new book, you'll find your way to becoming brilliant at school, work, and life in general. Stay cool under all the pressures you're facing, and plot a map for the future that takes you wherever it is you want to go. Become proactive, determined, successful and most importantly: happy! Fact: your life span is about four thousand weeks. It seems like a lot, but it's not. Complaining about life, homework, parents, and relationships may be normal now, but don't let it become your defining trait. When you're forty years old and still moaning, a big chunk of your four thousand weeks have slipped by, and you're no closer to happiness than you were as a teen. This book is a guide to starting the journey to your ideal life now, instead of wasting time being a drip. Discover the real you, and what you want out of life Stop moaning and get moving now, while there's plenty of time Lose your bad habits before they become your personality Figure out how you want to contribute, and find a way to do it The bottom line is this: it's easy to be the average version of yourself, but is that really all you want? Don't you want to achieve something? Get started now. The Art of Being A Brilliant Teenager helps you figure out where you want to go, and how to get there. So, whether you're an ambitious teenager, a parent or teacher desperate to turn a down-beat teenager into a ray of positivity and delight, How to Be a Brilliant Teenager is here to help.

It's a motivational, feel-good read that targets teens but also has some nuggets of wisdom for nosy parents who may be sneaking a peek when the kids are in bed. (Madhouse Family s!, November 2014) This book is clever, funny, interesting and insightful. If you are the parent of a teen, not only should you buy it for them, you should also read it yourself (Stressy Mummy, December 2014) From the Back Cover "This book rocks! Grab a copy now and tell all your friends" — Sue Atkins, ITV Parenting Expert Author of Parenting Made Easy — How To Raise Happy Children Don't be a stereotype. Start being the real, brilliant YOU! Do you catch yourself saying that life's unfair? Or that you're a victim of having too much homework? Or that your teachers are picking on you for no reason? Or blaming your mum when you can't find your favourite shirt? Thought so! Yes, you're a teenager and you're under massive pressure . . . School, friends, homework, exams, teachers, parents, relationships, looking good . . . you name it. But don't just sit there and grumble. How about getting motivated, energized and start making a difference instead? The Art of Being a Brilliant Teenager teaches you how to become your very best self and how to figure out who that is, exactly. You'll find your way to becoming brilliant at school, work, and life in general. Discover the real you, and what you want out of life Stop moaning and get moving now, while there's plenty of time Lose your bad habits before they become your personality Figure out how you want to contribute, and find a way to do it Don't let life just pass you by — it's time to start living better right now, so that when later comes along, it's guaranteed to be absolutely brilliant! About the Author Andrew Cope lives with his wife and two children in a small town near Derby. He really does have a dog called Lara, who has one sticky-up ear and came from the RSPCA. He suspects she could be a secret agent but she hides her identity well.