



# How to Have a Brilliant Life: Put a little bit more in. Get so much more out

*Michael Heppell*

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**Do you want to live life to the full? To know in years to come that you really gave it your all – and got the most out of it?**

The simplest way to a brilliant life is by making sure you're paying attention to the stuff that matters, in every area of your life, and by making positive and lasting change where it's needed, when it's needed.

Although that's not rocket science, it's so very easy to just get swept along by the flow and then wonder what happened. We all need a bit of help to make sure we're living our best possible life. And that's where this book comes in.

Taking each area of your life by the horns, you'll quickly start to see what's working well and where attention is needed. One small action at a time, you'll move towards your own Brilliant Life.

STOP LIVING AN ORDINARY LIFE

START LIVING A BRILLIANT ONE

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