



Flip It: How to Get the Best Out of Everything

Michael Heppell

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There's a simple way of thinking, acting and doing that, once learned, will make sure you get the very best out of everything. It's called Flip It.

Flip It, the bestselling book of the same name, challenges you to rethink 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 out of whatever life sends your way.

Something or someone making you irritated or stressed?

Flip It!

Frustrated by not being able to get anywhere with anything?

Flip It!

Lacking energy, time, ideas or support?

Flip It!

And it really works! At home, at work, in love and in life, *Flip It's* techniques have already helped millions of people achieve what they want, when they want.

Now it's time for you to Flip It and reap the rewards: higher levels of happiness, confidence, creativity and success. With the new, revised edition of this bestselling book, you'll discover how to make sure you never have a bad day ever again.

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