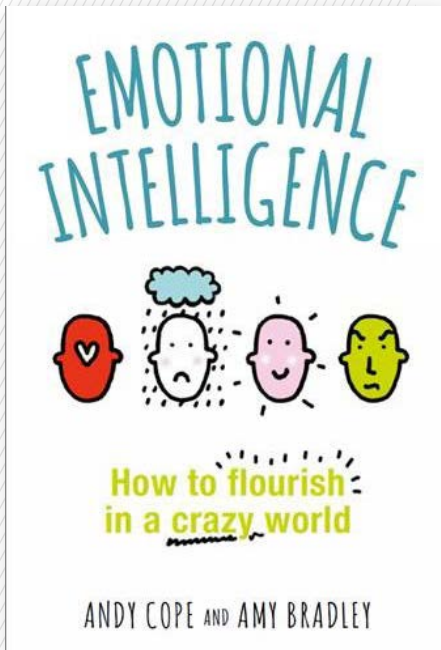


NEW
BOOK

You shine brightest when you're being your best self

THE LITTLE BOOK OF EMOTIONAL INTELLIGENCE: HOW TO FLOURISH IN A CRAZY WORLD



When the world around you is going crazy, how do you stay upbeat? With the UK in social and political turmoil, it's hard to avoid the emotional fallout.

Or are you caught in a 'busyness trap', living life on fast-forward, working too hard and sleepwalking through the days like a zombie? Too many people are having what Andy calls a near-life experience.

But this book can help!

Funny, colourful and profound, it is a gripping manual for the human mind, enabling you to understand and control your emotions, communicate better and live a happier, more balanced life.

The Little Book of Emotional Intelligence will show you how to unpick limiting beliefs, recalibrate your thinking, tilt at happiness and flip the script of your life for the better.

It is an immediate, outcome-focused primer on the important topic of EQ (emotional quotient), which provides practical, no-nonsense life advice and takes a sideways look at a world that is

overwhelming at times.

A Self-Help Manual For Human Beings

It's time to stop kicking happiness into the long grass. This funny and profound book is about **intelligent living** – uncovering why you feel the way you do and showing how to transform your thinking so you can live a full colour, high-definition, surround-sound life, **being your best self**.

Andy Cope describes himself as an author, happiness expert, qualified teacher and learning junkie. He has spent 10 years researching 'positive psychology' culminating in a 'PhD in Happiness' from Loughborough University.

He has developed a series of keynotes and courses centering on themes of happiness and flourishing, which he delivers in business and schools across the world. Andy has written several best-selling personal development books, including *The Art of Being Brilliant*, and is also a best-selling children's author. His *Spy Dog* series has enjoyed huge global success.

The Little Book of Emotional Intelligence: How to Flourish in a Crazy World by Andy Cope and Amy Bradley is out in August 2016, published by **John Murray**, priced £12.99. For more information see www.artofbrilliance.co.uk

ABOUT THE AUTHOR

Andy Cope is well on his way to becoming the UK's first Doctor of Happiness, investigating the science of positivity and happiness. He founded his company, **The Art of Brilliance**, in 2004 to deliver the scientific findings of his PhD in a way that is simple, engaging and fun to audiences ranging from school children to top executives of major corporations like **DHL, LloydsTSB, Toyota** and **Ikea**.

As well as running **The Art of Brilliance**, Cope juggles his career as highly successful and sought after public speaker with an alternative double life as a million-selling children's author.

Andy's training website is www.artofbrilliance.co.uk

Twitter: @beingbrilliant

EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE

Andy Cope is an experienced and charismatic speaker, entertaining audiences from school children to top executives in his **Brilliant Workshops**. He regularly provides expert opinion for the media and is available for interview, comment or by-lined articles on a wide range of lifestyle, motivation and happiness related topics.



— Dealing positively with change: how to stay upbeat when the world around you has gone crazy

— Ten healthy mind tips from the first Doctor of Happiness

— The emotional ripple effect – on a good day, you will inspire 64k people

— You are already a superhero: Stop pretending to be normal

— Does money make you happy – the truth!

— Stop kicking your happiness into the long grass. How to feel amazing NOW!